



# Town of Marystown

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## Healthy Eating Policy "Town of Marystown"

### *Council*

*Mayor*  
Sam Synard

*Deputy Mayor*  
Al Spencer

*Councillors*  
Mary Beth Farrell  
Ruby Hoskins  
Darlene LaFosse-Blagdon  
Leonard Pittman  
Lisa Slaney

### *Staff*

*Chief Administrative Officer*  
Dennis Kelly

*Director of Operations  
and Public Works*  
Daisy Senior

*Director of Recreation and  
Community Services*  
Dominic Lundrigan

*Director of Planning and  
Development Control*  
Alje Mitchell

*Director of Finance and  
Administration*  
Barb Walsh

The Town of Marystown and the Marystown Recreation Department are concerned about health issues:

> Many Community members are interested in healthy food choices, being physically active, staying tobacco-free, caring for the environment and supporting local products:

> What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play:

> Healthy Food choices are important for a healthy community:

Therefore the Town of Marystown and the Marystown Recreation Committee are committed to offering healthy food choices at all Town sponsored events:

### **We will do our best to:**

> Encourage healthy food choices.

> Offer healthy food choices at town events.

> Promote healthy eating and fitness in our community.

**Where Growth is a Way of Life**