



Participation Nation Healthy Eating Policy

We know that 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. In support of *Healthy Students Healthy Schools* and the Provincial School Food Guidelines, School Sports NL's Participation Nation has implemented a new Healthy Eating Policy for Participation Nation events where food and beverages will be served (e.g. Jamborees). The Healthy Eating Policy ensures that healthy meals and snacks are provided to participants attending full-day events.

Effective **September 2011**, all Participation Nation event hosts will be asked to comply with the Healthy Eating Policy. Please refer to Provincial School Food Guidelines for planning your meals and snacks: www.livinghealthyschools.com. Additional support is available from the *Eat Great and Participate* Coordinator at 729-4432 or from your local Regional Nutritionist.

Hosts of Jamborees in Labrador or two day Island events are welcome to apply for partial funding to School Sports NL to offset the purchase of healthy foods.

Thank you for your cooperation in helping to making it easier for children and youth to eat healthy.

Sincerely,

Trisha Keough-Boyer
School Sports Newfoundland & Labrador
Participation Nation



The following suggestions will help with planning your healthy meals and snacks:

Beverages

- Serve tap water in pitchers
- Serve 100% vegetable or fruit juices
- Offer skim milk, 1% or 2% white or chocolate milk

Breakfast

- Offer fruit whole or cut up, fresh, frozen, canned or dried
- Include yogurt cups, tubes and/or drinks
- Serve hot or cold whole grain cereals with skim, 1% or 2% milk
- Offer a variety of whole grain bagels, 3 ½" diameter or less or cut in half
- Include nut butters such as peanut or almond
- Offer hard-boiled eggs
- Include a variety of muffins- small, mini or cut in half; lower fat, whole grain and fruit options

Snacks

- Serve fruit whole or cut up, fresh, frozen, canned or dried
- Offer raw vegetables cut up with or without low-fat dressing or dip
- Try yogurt cups, tubes and/or drinks
- Offer lower fat cheeses (21% milk fat/ M.F. or less)
- Provide lower fat and lower sodium whole grain crackers
- Consider smoothies made with fruit and yogurt
- Consider hummus and other bean dips with your vegetables and crackers
- Offer pudding made with milk as the first ingredient
- Serve small cookies made with whole grains and fruit

Sandwiches

- Choose whole grain breads, pitas, wraps or buns
- Choose unprocessed meats (e.g. roast beef, chicken or turkey)
- Include vegetarian sandwich options
- Include a selection of lower fat cheeses (21% milk fat/ M.F. or less)
- Make sandwiches using a small amount of salad dressing, margarine or mayonnaise
- Offer toppings like shredded lettuce, mixed greens, chopped tomatoes or sliced peppers

Hot Meals

- Choose leaner meats, fish and poultry grilled, broiled, roasted or steamed instead of fried
- Offer meat portions consistent with Canada's Food Guide (2 ½ oz or 75g portions)
- Serve grilled vegetables
- Offer pasta dishes with lower fat toppings like tomato sauce rather than butter, cream or cheese sauces
- Consider broth-based or pureed vegetable-based soups instead of cream-based soups
- Offer pizza on a whole grain crust
- Consider a vegetable, bean, mixed greens or spinach salad with a meal