



Healthy Eating Policy

Recreation Newfoundland and Labrador is concerned about health issues.

- ✓ Many Community members are interested in choosing healthier foods and beverages, 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.
- ✓ Food such as vegetables, fruit, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy communities.
- ✓ Offering healthy choices is important in striving for a healthy community.

Therefore, effective January 29, 2016 when food and beverages are served at Recreation NL events, Recreation NL will follow our healthy eating policy.

We will do our best to:

- Serve vegetables and fruit more often
- Offer a variety of whole grain products
- Offer skim, 1% or 2% milk
- Offer lower fat milk alternatives (yogurt, Cheese)
- Provide smaller portion sizes
- Serve water
- Choose green options when possible
- Always encourage healthy options

Approved by the Recreation NL Board of Directors, January 29, 2016