



HEALTHY EATING

- Scouts Canada and its members are committed to 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 is positively influenced by healthy and supportive policies where we live, learn, work and play.
- Foods and beverages in Canada's Food Guide, particularly vegetables and fruit, provide energy and nutrients that are needed to maintain a healthy lifestyle and a positive body image. Scouts Canada wishes to foster and support an environment which creates and maintains healthy food and beverage choices and healthy communities.
- Adopting healthy behaviors early in life is important for good health. Offering healthy food and beverage choices is important in striving for a healthy community and sets a good example for our members.

In alignment with Scouts Canada's commitment to active and healthy living, we encourage all groups in attendance at CampU to offer vegetables and fruit (fresh or canned) at each meal and at least one of the following while bearing in mind the need to mitigate risks posed by member's food allergies:

- whole grain products (breads, wraps, crackers, etc.)
- skim, 1% or 2% milk
- milk alternatives (yogurt, cheese)
- lean meats (chicken, turkey, beef) and/or meat alternatives (eggs, legumes)
- water

We encourage using green options whenever possible.