

Town of Eastport – Healthy Eating Policy March 2015

MOTION: 021-15 Proposed by: Arthur Crisby Seconded by: Anne Jenkins

<p>Whereas the Town of Eastport acknowledges the many health concerns affecting residents of Central Newfoundland and of our immediate area specifically;</p> <p>And whereas, it is recognized that healthier foods and beverages, along with more active life styles, are key components in improving the health and well being of our citizens and our community in general;</p> <p>Therefore be it resolved that, effective immediately, when food and beverages are served at community events sponsored by the Town, we will follow a healthy eating policy by serving vegetables and fruits more often, offering a variety of whole grain products, offering skim, 1% or 2% milk, offering lower fat milk alternatives (yogurt, cheese), providing smaller portion sizes, serving plain water, choosing green options when possible and always encouraging healthy options;</p> <p>Furthermore, the Town of Eastport adopts this as its Healthy Eating Policy.</p>
--

In favour – 6; Opposed – 0. Abstained – 0. Carried.
--