



Town of Flatrock Healthy Eating Policy

- ✓ 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.
- ✓ Foods and beverages in Canada's Food Guide, particularly vegetables and fruit, provide energy and nutrients needed to maintain a healthy lifestyle and a positive body image. A recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain 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 children and youth.

Therefore, effective [*insert day, month, year*] when food and beverages are served with the Town of Flatrock, we will follow our healthy eating policy and provide healthy options.

We will offer vegetables and fruit (fresh, frozen or canned) and at least one (1) of the following:

- whole grain products (breads, wraps, crackers, etc.)
- skim, 1% or 2% milk
- milk alternatives (yogurt, cheese)
- water

We will also encourage green options whenever possible.