



## Town of Pouch Cove 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 Pouch Cove, 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.

Approved by \_\_\_\_\_

*Date*