



Healthy Eating Policy

Healthy eating means “*eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy*”.

The Town of Portugal Cove-St. Philip’s recognizes the importance of healthy eating and the endless benefits this lifestyle can bring. The two greatest benefits of a healthier lifestyle are a better quality of life and of course, an increased life expectancy. We, as a Town committed to the betterment of our residents, want to make a stance to ensure healthy alternatives are available at all community events and programs where food is served, and all facilities where food and beverage is available for purchase. On March 6, 2018, the Town of Portugal Cove-St. Philip’s adopted a new Healthy Eating policy, developed in partnership with the Eat Great and Participate Program, to support this commitment.

We would like to thank Eat Great and Participate and the PCSP Recreation and Community Services Department for initiating this new policy and continuing to work toward a healthier and happier community.



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