



Town of Stephenville Healthy Eating Policy

The Town of Stephenville is fully committed to providing healthy eating options at all Town of Stephenville Facilities and Special Events.

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 August 2, 2018 when food and beverages are served with the Town of Stephenville facilities and events we will follow our healthy eating policy and provide healthy options.

We will offer healthy eating choices such as fruit and vegetables at all our facilities and events and we will do our best to have options including:

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

Approved by

Date:

AUG 2, 2018