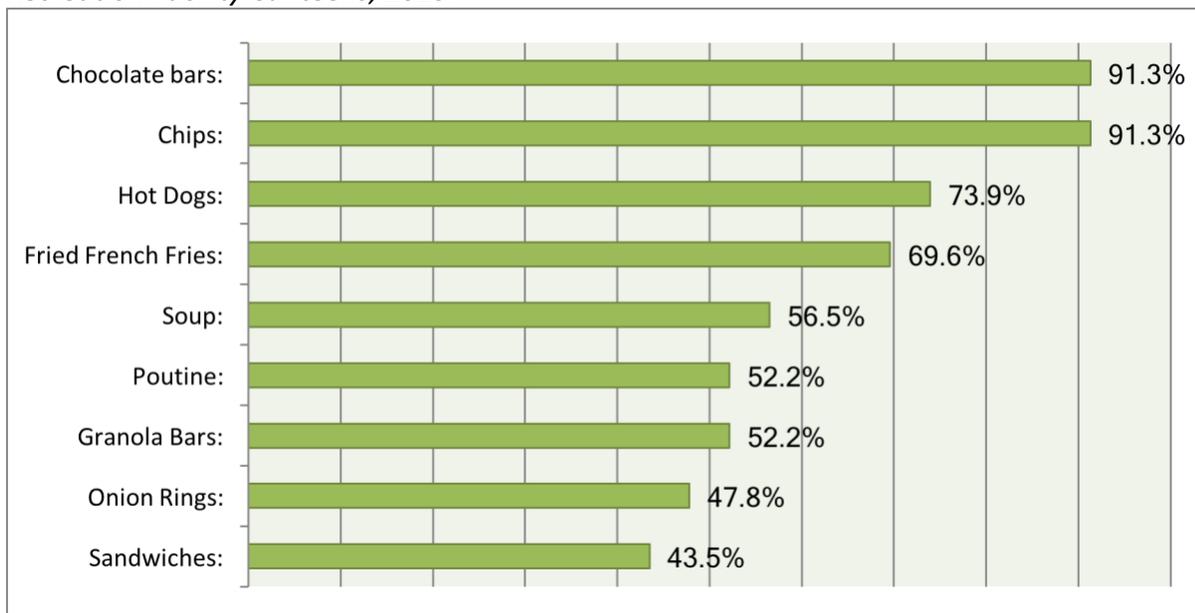


Municipal Healthy Eating Policy

Why Adopt a Healthy Eating Policy?

Adopting a healthy eating policy that promotes and supports healthy *options* for your community events, programs, and recreation facilities is a vital step in helping improve the food environment in NL. A recent survey by Eat Great and Participate indicated that the top four food choices in recreation facilities across the province are chocolate bars, chips, hot dogs and fried French Fries (See Table 1). Research also indicates that children who participate in sports consume more junk food and sugary drinks than children who do not participate in sports (Nelson et al., 2011), likely because of the large quantity of unhealthy options typically available in recreation and sport settings.

Table 1: Most Commonly Available Food Choices Served in Newfoundland and Labrador Recreation Facility Canteens, 2015.



To help change the current situation, the provincial government released the *Way Forward* vision document in late 2016 which outlines a number of actions to support health and wellness in NL. Several actions relate to healthy eating including:

- By 2025, increase vegetable and fruit consumption by 5%
- Support municipalities to implement policies and/or practices that support healthy eating**

What are the Benefits of Adopting a Healthy Eating Policy?

- Defines what “healthy eating” means - this can mean different things to different people. We want to promote healthy food and beverages found in Canada’s Food Guide;
- Ensures that healthy eating will be promoted in your town even after changes in town council/staff;
- Highlights your commitment to the health and wellbeing of your community and the individuals that live there – you’ll be viewed as a leader in health and wellness

Did you know.....?

- To date, 22 municipalities have adopted healthy eating policies including:

Baie Verte	Makkovik Recreation Department
Botwood	Marystown
Campbellton	Mount Pearl
Clareville	New-Wes-Valley
Eastport	Pasadena
Flat Rock	Port aux Basques
Grand Falls-Windsor	Portugal Cove- St. Philip’s
Happy Valley-Goose Bay	Port Blandford
Holyrood	Pouch Cove
Indian Bay	Stephenville
Lewisporte	Torbay

- Eat Great and Participate is available to support you in adopting a policy, and can work with your town to figure out how to implement the policy at the community level

Questions? Contact Stephanie, Eat Great and Participate Coordinator, at (709) 729-4490 or sobrien@recreationnl.com