

GETTING STARTED WITH HEALTHY EATING IN YOUR RECREATION SETTING



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Ontario Society of Nutrition
Professionals in Public Health

La société ontarienne des professionnel(le)s
de la nutrition en santé publique

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Ontario Society of Nutrition Professionals in Public Health

The Ontario Society of Nutrition Professionals in Public Health is the independent voice of Registered Dietitians working in public health throughout Ontario. The Healthy Eating in Recreation Settings (HERS) is a workgroup of OSNPPH. This workgroup brings together Registered Dietitians from 36 health units across the province working on improving the food environment in their local recreation settings. For more information about OSNPPH, please visit their website here: <https://www.osnpvh.on.ca/>

Nutrition Resource Centre

The Nutrition Resource Centre is Ontario's centre for excellence for food, healthy eating, and nutrition. Funded by Ontario's Ministry of Health and Long-Term Care, the NRC strives to strengthen the capacity of community partners and health promotion professionals to advance population health nutrition and the development of healthy food environments, policy, and programming. Specifically, NRC has launched a capacity building series, entitled *Transforming the Food Environment*, to disseminate and facilitate knowledge into action and provide expert consultation to support communities as they work to influence the food environment across Ontario. For more information about the NRC, please visit their website here: <http://opha.on.ca/Nutrition-Resource-Centre/Home.aspx>

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GETTING STARTED WITH HEALTHY EATING IN YOUR RECREATION SETTING

What is the food environment?

The concept of the food environment includes¹⁻²:

- The various types and locations of food serving outlets in your community
- The types of foods available in community settings, such as schools, the workplace, and recreation spaces
- The communication environments where individuals are exposed to marketing and messaging aimed to influence food and beverage choices
- The social environments, including values, beliefs, norms, and attitudes of the community around foods and beverages
- The pricing and cost of foods which can affect access to food and influence purchasing behaviours
- The political environment or policies in place which influence the access and availability of foods and beverages



Why is it important to change the food environment?

The environment—where we live, work and play—is an important determinant of health³. Research has shown that the food environment, specifically, has a significant influence on individuals' dietary choices and food and beverage intake^{1,4}. In recent decades, there have been drastic changes to the food environment that have encouraged a 'positive energy balance', that is, when individuals take in more energy than their body needs⁴. This can lead to increasing weight and increased risk for chronic diseases⁴.

Environmental changes in North America, for example, have included an increase in both the availability and marketing of more energy dense and less nutritious foods and beverages⁴. Food service establishments have increased portion sizes and, at the same time, individuals and families have increased the frequency of consuming foods away from the home^{1,4}. While there is a trend towards increased availability of recreation and physical activity spaces and an increase in the amount of time children spend in structured activity, research suggests that changes to the food environment and the resulting dietary patterns are having a greater impact on energy balance, contributing to rising rates of chronic diseases⁴⁻⁵.

What is happening in Ontario and the recreation food environment?

In Ontario, the Government has recognized the importance of acting on determinants that impact children's health to prevent chronic diseases and ensure our society flourishes⁶. In 2012, the Government of Ontario commissioned a multi-sectoral group of experts, The Healthy Kids Panel, to develop a strategic direction for a comprehensive approach to promoting the health of our children and families, as outlined in the milestone report [No Time to Wait: The Healthy Kids Strategy](#)⁶. The report's three-pronged strategy, for proposed action in Ontario, clearly identifies the need to "change the food environment" as one of the three core strategies to ensure kids are started on the right path to health⁶.

Publicly-funded facilities and community spaces, like recreation centres, are important community gathering places that can have a positive impact on the health and behavior of all residents, as they enable opportunities for both healthy eating and physical activity^{5,7}. However, Canadian research confirms that the majority of foods and beverages served in recreation settings are high in calories and of low nutritional value⁷. Therefore, recreation settings are important food environments to carry out the strategic directions outlined in the Healthy Kids Panel report and positively influence the dietary intake and health of people of all ages⁶.



“[There is] a blatant yet unspoken irony – the overwhelming presence of calorie-laden processed foods and sugary drinks in recreation facilities⁷.”

Ashley Hughes RD
Alberta Policy Coalition for
Chronic Disease Prevention

How can you get started with healthy eating in your recreation setting?

The Ontario Society of Nutrition Professionals in Public Health's Healthy Eating in Recreation Settings Workgroup (OSNPPH HERSWG) and the Nutrition Resource Centre (NRC) sought to support communities across Ontario to take action and create healthier recreation food environments through the development of **Getting Started with Healthy Eating in Your Recreation Setting**. Health promotion, public health, and community partners can use this resource package to promote the concept of healthy food environments to their local partners. It was designed to operationalize the essential elements (see page 9 of this resource or [page two of this OSNPPH document](#)) of a healthy recreation food environment, including⁸:

1. Commitment to building a positive healthy eating culture
2. Supportive social environment
3. Access to nutritious, reasonably priced, culturally

appropriate food

4. Credible, consistent health messaging and support for recreation space staff and users
5. Safe food practices
6. Nutrition policies that encourage a positive healthy eating environment

This resource provides details on each of the six elements, as well as a business case, contract inclusions, sample policy recommendations, local success stories, and an extensive resource list. The OSNPPH HERSWG and the NRC envision comprehensive healthy food environments in recreation settings throughout Ontario. It is the hope of the OSNPPH HERSWG and the NRC that this resource will facilitate users to further their own work with municipalities or recreation departments/facilities, regardless of their position in the journey to improve the food environment in local recreation settings.



Note: The reference list for this section, as well as the entire resource package, can be found in the complete version of "Getting Started with Healthy Eating in Your Recreation Setting", which is available on the NRC and OSNPPH websites.

ADVOCACY RESOURCE

Building healthier food environments within recreation spaces

Recreation spaces are a gathering place and community hub for people of all ages. They are key community settings that can have a positive impact on the health and behaviour of all residents. They are an ideal location to promote a healthy food environment as they already support physical activity and active lifestyles.

The Ontario Government set the goal to reduce childhood obesity by 20%. Local public health units are aiming to partner with their communities to target all environments in which children live, play, and learn to create supportive food environments conducive to healthy living. Recreation spaces are one of these identified environments.

There are many benefits to be gained by recreation centres, operators, and facility staff by offering healthy foods and enhancing the healthy food environment within a recreation space, including:

- Contributing to the overall health of patrons
- Becoming a leader in promoting health and wellness in the community
- Increasing profitability and broadening customer base
- Building partnerships with coaches, community members, parents, and young athletes
- Receiving positive media attention

What are the components of a healthy food environment within recreation spaces?

A healthy food environment exists when there is promotion of healthy eating through both words AND actions. The components consider all elements of the food environment including food and beverage sales (vending machines, canteens/concessions, restaurants, catering), meetings, recreation programs, fundraising and advertising on site. It means going beyond educating patrons about healthy eating and using a comprehensive approach to create a supportive environment that makes the healthy choice the easy choice.

Our communities deserve supportive environments that offer opportunities for both active living and making healthy food choices. This resource outlines different ways we can create a healthier food environment within recreation spaces.



ADVOCACY RESOURCE

Essential Elements of a Healthy Recreation Food Environment

Commitment to a positive healthy eating culture

- Key stakeholders (management and/ or concession operators) foster the creation of a healthy food environment by demonstrating commitment to achieving the essential elements.
- The recreation space collaborates with their local public health unit to develop healthy eating marketing initiatives, programs, and policies to support the wellbeing of the surrounding community.
- Key stakeholders form partnerships with community groups who can help to advance a positive healthy eating culture in recreation spaces (e.g. recreation associations, local sports teams, parents, municipalities, local public health units).

Supportive social environment

- Praise and non-food based incentives are used as rewards to recognize physical activity engagement, athletic performance, and for celebrations.
- Fundraising and marketing initiatives support and encourage healthy eating.
- Key child influencers (e.g., parents, coaches, instructors, sports associations) demonstrate consistent and positive role modeling of physical activity and healthy eating.
- Recreation space is welcoming and supportive of breastfeeding mothers.

Access to nutritious, reasonably priced, culturally appropriate food

- Food and beverages served and sold on site are nutritious, competitively priced, and reflect the cultural diversity of the community.
- Meetings, programs, and events for patrons

and staff encourage healthy eating and support environmentally-friendly initiatives.

- Local foods are offered first and opportunities are considered to build sustainable community partnerships for food distribution.

Credible, consistent health messaging and support for recreation space staff and users

- Nutrition and health information and educational opportunities are provided by a Registered Dietitian and/ or public health staff.
- Concession operators consult with a public health Registered Dietitian regarding food and beverage selection.

Safe food practices

- The recreation space adheres to food safety regulations.
- Opportunities are provided for recreation space staff and volunteers to participate in food safety and safe food handling workshops offered by the local public health unit.

Nutrition policies that encourage a positive healthy eating environment

- A nutrition policy is developed that supports the essential elements of a healthy recreation food environment. The policy provides direction and establishes commitment to working toward a healthy food environment within the recreation space and can be used as a tool for collaboration.

Adapted with permission from the OSNPPH Workplace Nutrition Advisory Group document *The Nine Essential Elements of a Healthy Workplace Nutrition Environment*.

ACTIONS TO GET STARTED

Taking action on healthy eating in recreation facilities

Recreation facilities can provide a healthy, supportive environment that offers opportunities for both active living and making healthier food choices. This resource outlines some specific actions that recreation facilities can take to support healthy eating. Change doesn't have to happen all at once. What steps can your facility take to get started today?

Concessions and vending

- Work with your recreation facility's canteen and vending operators to offer healthier choices.
- Consult with a public health Registered Dietitian regarding food and beverage selection in your facility.
- Reduce prices of healthier food (increase prices of less healthy food to make up the difference).
- Remove unhealthy options that are not selling well and replace them with healthier options.
- Offer samples or promotions on new healthier options to draw attention to them.
- Place healthier options where they are highly visible to customers.
- Replace traditional snack vending machines with refrigerated units that can sell a larger variety of healthier options.
- Remove deep fryers from recreation facility kitchens and source healthier alternatives.
- Have all staff and volunteers that handle food trained in safe food handling.



Canteen favourites to try now!

- ✓ fresh fruit
- ✓ veggie sticks and dip
- ✓ real fruit smoothies
- ✓ water
- ✓ milk
- ✓ cheese and whole grain crackers
- ✓ veggie or chicken wraps
- ✓ yogurt
- ✓ lower-sugar granola bars

ACTIONS TO GET STARTED

Taking action on healthy eating in recreation facilities

Supportive environment

- Serve only healthier food and beverages at events.
- Choose fundraisers that do not involve food or only include healthier food. For example, try a fundraiser selling fresh produce, greeting cards, or host an event.
- Ask coaches, instructors, and other staff to not use food rewards and act as positive role models for healthy eating.
- Develop a policy that does not allow unhealthy food marketing (e.g., sponsored signs).
- Contact your local public health agency for support in becoming a breastfeeding-friendly space.
- Collaborate with your local public health agency or a Registered Dietitian for any nutrition or health information needs.

For more information on the impact of commercial marketing to children and youth, visit <http://stopmarketingtokids.ca/>.

Organizational commitment to healthy eating

- Document a commitment to promoting healthy eating in a vision statement, policy, or in the mission of a recreation facility.
- Gain support of your local council members raising awareness about the importance of a healthy food environment in recreation facilities.
- When food service or vending contracts are

developed or up for renewal, include nutrition standards in Request for Proposals (RFPs) and contracts.

- Develop and implement a healthy food and beverage policy. This can be broad in that it covers all topics related to promoting healthy eating in your facility, such as all food and beverages sold and offered, advertising, and fundraising.
- Endorse your local Food Charter, if applicable.

Community involvement

- Survey the community members who use the facility about what types of healthier items they would like to buy and what changes they would support in recreation facilities.
- Form partnerships with community groups such as recreation associations and local sports teams. This will build support for healthy changes within the facility and help spread a consistent message about healthy eating.
- Look for local food distribution options for opportunities to source local vegetables and fruit for canteens or healthy fundraising.
- Ask municipal and community leaders to be champions in supporting healthy eating at the recreation facility.

Note: The reference list for this section, as well as the entire resource package, can be found in the complete version of "Getting Started with Healthy Eating in Your Recreation Setting", which is available on the NRC and OSNPPH websites.

BUSINESS CASE

Healthier food for recreation spaces: a business case for managers, operators, and decision makers

Local recreation and sport facilities provide an opportunity to improve access to healthier food and beverage choices for children, youth, and other visiting patrons. Public health units across Ontario are excited about building partnerships with local municipalities and recreation managers and staff as a strategy to create environments that support health. A balance can be maintained between profitability of food service operations, the impact of rising food costs, and the necessity to encourage health for young athletes and community members.

This business case will provide:

- Current evidence surrounding the financial impacts of introducing healthier food and beverages in recreation spaces.
- Examples of recent healthier canteen successes and consumer demands for healthier food.
- Top selling healthier options with current wholesale price comparisons.
- Tips for addressing common implementation concerns.

Evidence

Research shows that communities within Ontario have added healthier choices to recreation canteens and have achieved profitability^{2,3}. In addition, healthier menu changes were well-received and appreciated by many families and visitors to those sites^{2,3}. Recent surveys in Ontario noted that one of the primary reasons patrons are not buying food at recreation centres is the lack of healthier choices available on site^{1,2}. Grey and Bruce County found that 88% of patrons are interested in having

healthier food options at recreation centres¹. Similar results were shadowed by patron feedback in strong support of healthier options being introduced to local centres in many other Ontarian regions^{2,4,7}. A recent survey conducted in London showed the majority of respondents would even support the removal of bulk candy vending machines from city-run facilities as another means to improve the food environment⁶.

Profitability of healthier vs. less healthy food and beverage items

Research that compares wholesale food prices to retail prices also verifies that healthier food can be just as competitive and may even surpass profitability of less healthy, comparable products^{2,5}. The table below provides concrete examples from healthy foods in recreation facilities projects in Oxford County, Ontario, and New Brunswick^{2,5}.



BUSINESS CASE

Healthier food for recreation spaces: a business case for managers, operators, and decision makers

Healthier food or beverage item	Retail price	Whole-sale price	Profit
Baked potato with salsa	\$2.00	\$0.19	\$1.81
Large carton of milk (473 ml)	\$2.25	\$1.14	\$1.11
Granola bar	\$1.25	\$0.46	\$0.79
Less healthy food or beverage item	Retail price	Whole-sale price	Profit
French fries	\$2.00	\$0.30	\$1.70
Bottled sports drink	\$2.25	\$1.56	\$0.69
Chocolate bar	\$1.25	\$0.59	\$0.66

Evidence shows that healthier choices can be profitable and that patrons of recreation and sport facilities would purchase these foods if they were more available^{1-4, 7}.

BUSINESS CASE

Healthier food for recreation spaces: a business case for managers, operators, and decision makers

Financial successes and top selling healthier food items

A recent project in Oxford County introduced healthier menu options to a traditional arena canteen along with strategic promotions (e.g. competitive pricing, product placement, sampling, and promotional materials) and achieved higher net profits than the year prior². An earlier *Fuelling Healthy Bodies* program took place in the

Niagara region piloting healthy food uptake among six recreation concessions over 2014 and 2015 with much success. Top selling healthier items from both projects combined included: chocolate milk, smoothies, soup, 100% fruit juice, water, granola bars, and plain milk^{2,3}. Other healthier items that patrons identified as desired within recreation facilities across Ontario were: fruit, veggies, yogurt, chili, and wraps^{4,7}.

Food item	Retail price	Wholesale price	Profit
Apple	\$1.00	\$0.30	\$0.70
Whole grain bagel	\$1.50	\$0.30	\$1.20
Milk (237ml)	\$1.00	\$0.61	\$0.39
Granola bar	\$1.25	\$0.46	\$0.79
Yogurt tube	\$0.75	\$0.32	\$0.43
Canned fruit	\$1.00	\$0.65	\$0.35
Trail mix	\$1.25	\$0.87	\$0.38

BUSINESS CASE

Healthier food for recreation spaces: a business case for managers, operators, and decision makers

“Healthier choices won’t make money.”

As shown in the examples above, some healthier foods can be more profitable than less healthy options. Results from the project in Niagara showed profitability from healthier foods along with Oxford County’s healthier menu which surpassed net profits from the previous season.

“It’s the parents’ responsibility to limit unhealthy foods.”

Eating at recreation centres is common for families on the go. While having the knowledge to choose healthier foods is important, research shows that this is not enough to deter parents from purchasing unhealthy food when it is the only available option and the family is hungry. Let’s make it easier for families to find healthier choices in recreation centres.

“Food eaten at recreation centres is a ‘treat’.”

Busy families can find themselves spending several nights each week at recreation centres. The food choices made during frequent visits can have a significant impact on overall health and nutrition over time. The reality is that we live in communities with plenty of access to fast food, restaurants, junk food, and ‘treats’ at our fingertips. Let’s make public recreation spaces a place where being active is supported by healthier food choices.

“Healthier food will spoil.”

As shown in examples above, many of the healthier options that consumers want are non-perishable. The food industry is also beginning to respond to this demand and develop more products that are shelf-stable while still providing equal nutritional quality to their counterparts (e.g. bottled shelf-stable milk). Still, it is also valuable to consider fresh options if these are of interest to your local patrons. There is also potential to support local and seasonal food through partnerships in your community and contribute to local economic development.

Note: The reference list for this section, as well as the entire resource package, can be found in the complete version of “Getting Started with Healthy Eating in Your Recreation Setting”, which is available on the NRC and OSNPPH websites.

REQUEST FOR PROPOSALS & CONTRACTS

Including healthier choices in a food service provider contract or request for proposal

A request for proposals (RFP) is a document that communicates what requirements the supplier must be able to meet when bidding on a contract, which can include the types of food and beverages stocked in vending machines or canteens.

Recreation facility canteens and vending machines are traditionally a source of unhealthy food and beverages that are high in sugar, saturated fat, and sodium, and low in vitamins and minerals. Providing these types of food and beverages in a recreation facility does not support the overall goal for health and wellness. In fact, consumer surveys show there is support for having healthier options available in recreation facilities^{1,2}. Including criteria for healthier food and beverages in an RFP or contract will establish expectations for the supplier to provide these options.

Consider including the following items in your next canteen or vending machine RFP or contract.

Products:

Consider selling only healthier choices.

- Require a minimum proportion of healthier items and a maximum proportion of less healthy items. An increase in the number of healthier products can be phased in over the length of the contract.
- Apply the requirements consistently across all vending machines and canteen locations within a facility.
- Specify that energy drinks may not be sold.
- Consider a limit on product size if sugary drinks are to be sold (e.g. 355ml cans instead of larger bottles).

- Consider extending a ban on all bottled beverages if the sale of bottled water is not allowed in your facility or municipality.

Pricing:

- Require a pricing model that encourages the purchase of healthier food and beverages over unhealthy food and beverages (if these are sold).
- Prices charged for healthier food and beverages should be lower or, at a minimum, should not exceed the prices charged for unhealthy items.
- Raise the prices on less healthy options to compensate for any potential decreased profit margins on competitively priced healthier options. A price difference of at least 10% is effective in promoting the sale of healthier options³.

Placement:

- Require healthier items be placed in positions that are most visible to patrons. In a vending machine, this is typically the top row and the left-most displayed products. At a canteen, the most visible options are those displayed on the counter or where food and beverages are ordered or paid for. If children are customers of the facility, place healthier items at their eye-level as well.
- Require unhealthy items to be placed where they are least visible to consumers.

REQUEST FOR PROPOSALS & CONTRACTS

Including healthier choices in a food service provider contract or request for proposal

Promotion:

- Require that vending machine exteriors and canteen signs or displays do not promote less healthy food and beverages.
- Require that promotional signs encourage a healthy and active lifestyle. Require facility approval prior to implementing promotional changes to ensure they are in line with facility guidelines.

Monitoring:

- Require the supplier to maintain the set proportions of each food and beverage category throughout the term of the contract. Vending machines should be re-stocked regularly so that healthier items remain available.
- Require a categorized report of products available for sale and sales summary at regular intervals (e.g. every 6 months).
- Require suppliers be responsible for verifying that food and beverages meet the nutrition standards agreed upon in the contract.
- State that unscheduled monitoring audits may be carried out by the organization or by a qualified third party at any time throughout the agreement to ensure compliance with the requirements.



REQUEST FOR PROPOSALS & CONTRACTS

Including healthier choices in a food service provider contract or request for proposal

Implementation tips

Begin with an audit of the food and beverages that are currently being offered. Use this information to measure improvements.

- ✓ Ask municipal and community leaders to be champions for healthy change within recreation facilities and keep partners, staff, and consumers engaged throughout the change process.
- ✓ Collaborate with your local public health agency. They may be able to provide expertise from a Registered Dietitian, suggest product alternatives, and help promote healthy changes in your facility.
- ✓ Anticipate and be ready to respond to barriers that might be identified:
 - Some patrons may feel their choices are being limited, but they are still allowed to bring in food and beverages from home.
 - A common concern is about losing revenue. There is good evidence that increasing the proportion of healthier options will increase sales of these items without loss of sales volume or profits^{3, 4}.

Does your facility need vending machines?

Have you ever thought about why there are vending machines selling pop and other unhealthy choices in a recreation facility that promotes healthy lifestyles? Often it is just because they have always been there! Many people visiting recreation facilities bring their own water bottle from home⁵. Including healthy choices in the vending machines is an improvement, but water fountains or bottle refill stations could be all the facility needs. You could also reduce the number of vending machines in a facility.

Some beverage companies provide a financial bonus for having their vending machines in a facility because it allows them to market sugary drinks to patrons using the facility. The income generated from these vending machines is often minimal, and is at the expense of the health of children and the community. Consider if there is another way to make up these funds without marketing sugary drinks to the public.

REQUEST FOR PROPOSALS & CONTRACTS

Including healthier choices in a food service provider contract or request for proposal

Nutrition standards

It is important that your facility and the supplier have the same idea about what healthier food and beverages are. Be clear on a set of nutrition standards in the RFP or contract that your supplier must follow. Recommended nutrition standards to categorize food and beverage choices include:

- [Nutrition Standards for Workplaces © \(8.0 Appendix A\)](#)
- [Ontario Nutrition Standards for Schools \(PPM150\)](#)
- [Student Nutrition Program Nutrition Guidelines, 2016](#)
- [Eating Well with Canada's Food Guide](#)

A Registered Dietitian or your local public health agency can offer support on nutrition standards for your healthier vending machine or canteen RFP or contract.

Existing contracts

If you are currently in a contract with a supplier, try to work with them to identify changes that can be made within the terms of your contract. If you inform them that healthier options will be a requirement of the next contract, they may be willing to make changes now.

- ✓ Inform your supplier of your intention to offer healthier food and beverages.
- ✓ Discuss the suggestions listed in this resource. Ask your supplier to identify healthier items that they can source and changes they can make.
- ✓ Plan a timeline for implementation with your current supplier.



Note: The reference list for this section, as well as the entire resource package, can be found in the complete version of "Getting Started with Healthy Eating in Your Recreation Setting", which is available on the NRC and OSNPPH websites.

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Policy can positively influence the food environment in recreation facilities to increase the consumption and sale of healthy and safe foods. This tool is intended to help your organization define and describe various aspects of a healthy food and beverage policy for the recreation setting. While this tool is not exhaustive, it provides some key policy components related to the recreation setting. Modify and adapt the following suggested topics to create a policy that best suits the needs of your facility.

Vision statement

Rationale

- To indicate specific regulations, requirements, or modifications to behaviour that the policy is creating.
- To set the tone for all food and beverages sold in the facility.
- To shift staff and patron attitudes toward healthier choices.
- To help drive the need for policy to increase access to healthier choices.

Suggested vision statement	Your vision statement
<p>“ <u>(your facility’s name here)</u> is a facility that creates and maintains healthy food environments so that individuals and families can have the healthiest possible choices to support their healthy lifestyles.”</p> <p>(Alberta Health and Wellness, 2010)</p>	

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Purpose of a healthy food and beverage policy

Rationale

- To provide a framework for a supportive food environment. A supportive food environment makes healthier choices more visible, affordable, and accessible.
- To outline the steps to ensure that a supportive food environment is created, supported, sustained, and evaluated.

Suggested policy purpose	Your purpose
<ol style="list-style-type: none">1) Provide direction for choosing healthier food and beverage options for sale or distribution including vendors/operators.2) Support increased access, availability, and affordability of healthier choices.3) Reduce access and availability of less healthy choices.4) Provide education and awareness on the importance of creating a supportive food environment for all stakeholders and organizations involved in recreation programming and/ or using the recreation facility.	

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Scope

Rationale

- To identify the target population for which the policy applies.
- To ensure that new contracts within city or municipally owned and operated recreation facilities comply with this policy.

Suggested policy scope

Your scope

This policy applies to all stakeholders including staff members, user groups, and volunteers involved in recreational program instruction, supervision, and allocation of recreation facilities for municipal programming. Sport organizations allocated seasonal facility permits will be provided with information on this policy.

This policy also applies to food and beverages offered at staff meetings or staff programming and all fundraisers and advertising within the recreation facility.

Rental Contracts (under 'conditions of use' or 'facility rental agreements') should include information about the healthy food and beverage policy.

Current vendor contracts within city or municipally owned and operated recreation facilities will be respected; however, in areas where there is room for immediate change, it is encouraged that they be made where appropriate.

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Definition: healthier food choice

Rationale

- To provide a clear and consistent definition for healthier food choices for operators/vendors. Examples of recommended nutrition standards to categorize food choices, include:
 - [Nutrition Standards for Workplaces © \(8.0 Appendix A\)](#)
 - [Ontario Nutrition Standards for Schools \(PPM150\)](#)
 - [Student Nutrition Program Nutrition Guidelines, 2016](#)
 - [Eating Well with Canada's Food Guide](#)

Suggested definition statement	Your definition
<p>A credible nutrition standard will be used to define what is meant by a healthier food choice.</p> <p>Definitions for unfamiliar food or nutrition terms will be provided as needed.</p> <p>Example: This sample policy* uses definitions and nutrition criteria from <i>Guidelines for Sporting Events in BC</i>. It is recommended that you choose an Ontario source for most effective implementation.</p> <p>Note: A Registered Dietitian can work with your facility to determine what set of definitions you may need and which of the nutrition standards are best suited to your facility, staff, and patrons.</p>	

*This policy can be found at:
[https://princegeorge.ca/City%20Hall/Documents/Mayor%20and%20Council/Council Procedure Healthy Food and Beverage Sales Recreation Facilities.pdf](https://princegeorge.ca/City%20Hall/Documents/Mayor%20and%20Council/Council_Procedure_Healthy_Food_and_Beverage_Sales_Recreation_Facilities.pdf)

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Sample categorization of foods and beverages

“Sell Most”	Products that are low in fat, sugar, and/ or sodium.
“Sell Less”	Products that have slightly higher amounts of fat, sugar, and/ or sodium than foods in the “Sell Most” category.
“Not permitted for sale”	Products that contain few or no essential nutrients and/ or contain high amounts of fat, sugar, and/ or sodium.



POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Training and education

Rationale

- To inform all stakeholders about the policy and supporting resources.
- To provide all stakeholders with the opportunity to receive training in safe food handling and creating supportive food environments.

Note: Consider a phase-in period for implementation with accompanying promotional strategies, including a social media campaign for the public. A communication and education strategy will keep all stakeholders involved with, and informed about, the healthy food and beverage policy.

Suggested training recommendations

Your training recommendations

- ✓ All staff, municipal council members, and facility user groups (community partners, coaches, sports associations, and volunteers) will be oriented to the policy and supporting resources.
- ✓ All staff will be trained annually.
- ✓ User groups will be offered re-training.
- ✓ The facility will collaborate with their local public health agency for staff/user group training on the understanding and importance of a supportive food environment.
- ✓ The facility will collaborate with their local public health inspector for safe food handling training opportunities for all staff, user groups, and volunteers.

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Roles and responsibilities

Rationale

- To identify who is responsible for carrying out individual policy statements.
- To support all stakeholders in promoting healthier food choices and a supportive food environment.
- To promote economic development opportunities for local food growers and manufacturers.
- To support allergy aware environments in recreation centres.



POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Suggested roles and responsibilities

Your roles and responsibilities

The facility/operator will :

- Increase the provision of healthier foods and beverages.
- Provide access to drinking water through water fountains and/ or water bottle refill stations.
- Ensure that bottled water, if sold, will cost less than sugar-sweetened beverages.
- Ensure that healthier food items are priced comparatively or favourably to less healthy foods.
- Ensure that healthier food items are placed more prominently than less healthy foods.
- Reduce provision of less healthy products.
- Ensure that packaged products are sold in single-serving sizes.
- Ensure that non-packaged food be sold in appropriate portions based on Canada's Food Guide.
- Restrict the promotion of less healthy food and beverages within the recreation facility.
- Restrict commercial marketing of any food and beverages targeted to children and youth.
- Provide ingredient and/ or label information to patrons upon request.
- Include and promote local, fresh foods when possible.
- Adhere to all food safety regulations for food premises (as per O. Reg. 562).
- Provide a comfortable eating environment for users and employees, including provision of Baby Friendly Spaces for breastfeeding mothers.
- Engage all user groups to support the message of healthy food choices in their training and programming.

POLICY RESOURCE

Healthy food and beverage policy resources for recreation facilities

Evaluation

Rationale

- To ensure all staff and user groups remain engaged and informed about the policy.
- To assess the policy and ensure it is accomplishing its original goals.
- To make revisions when a need for change is identified.

Suggested evaluation measures	Your evaluation measures
<p>The policy will be monitored and evaluated through one or more of the following means:</p> <ul style="list-style-type: none">• Annual review of policy• Audit of available foods for sale• Staff and patron survey• Review of sales data• Annual staff and user group training	

Promoting healthy hydration in publicly-funded facilities

While some communities have prohibited the sale of bottled water in an effort to reduce plastic bottle disposal, this has created an unintended consequence of consumers defaulting to less healthy hydration options that are available for sale, such as sugar sweetened beverages and/ or caffeinated beverages. If the sale of bottled water is not permitted in your facility, consider banning all bottled beverages.

For more information regarding how to promote healthy hydration and reduce consumption of sugar sweetened beverages, see [Sip Smart!™ Ontario in the Community](#).

Note: The reference list for this section, as well as the entire resource package, can be found in the complete version of “Getting Started with Healthy Eating in Your Recreation Setting”, which is available on the NRC and OSNPPH websites.

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Recommended healthy food and beverage standards and guidelines

Nutrition Standards for Workplaces © (8.0 Appendix A) (Ontario Society of Nutrition Professionals in Public Health)

This resource outlines the nine essential elements to a Healthy Workplace Nutrition Environment, suggested actions to achieve the essential elements, and includes the Nutrition Standards for Workplaces © to assess foods and beverages offered or sold in the workplace (see 8.0 Appendix A).

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Call-to-Action-Creating-a-Healthy-Workplace-Nutrit.aspx>

PPM 150 – School Food and Beverage Policy (Ontario’s Ministry of Education)

PPM150: School Food and Beverage Policy in Ontario provides a comprehensive approach to the sale of foods and beverages in schools province-wide. This resource guide provides an in-depth description of the nutrition criteria and evaluation standards, and highlights the three most crucial pieces of information about the policy: the 80/20 rule, how to read nutrition labels, and steps to classify items based on nutritional quality.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/School-Food-and-Beverage-Policy-Resource-Guide.aspx>

Quick Reference Guide (Ontario’s Ministry of Education)

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/School-Food-and-Beverage-Policy-Quick-Reference-Gu.aspx>

Student Nutrition Program Guidelines, 2016 (Ontario’s Ministry of Children and Youth Services)

These Student Nutrition Program guidelines, 2016, were developed by Ontario’s Ministry of Children and Youth Services. The guidelines can help schools, child and youth program providers, and staff and food service providers from public institutions’ to create a healthy food environment.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Student-Nutrition-Program-Nutrition-Guidelines,-20.aspx>

Eating Well with Canada’s Food Guide (Health Canada)

Health Canada’s Eating Well with Canada’s Food Guide provides evidence-based, dietary guidance for a food intake pattern developed to meet the nutrient needs for health and development and reduce risk for chronic diseases. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>

Additionally, this Health Canada resource provides background information, tips and tools to complement each recommendation in the Eating Well with Canada’s Food Guide and can be used to write and talk about the importance of eating well; to develop or advocate for nutrition policies; and/ or to create new tools or resources.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Eating-Well-with-Canada%E2%80%99s-Food-Guide-A-Resource-fo.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

General healthy eating in recreation settings resources and toolkits

Video - Hosting Healthy Sporting Events (Ever Active Schools)

This video, featuring Dr. Kim Raine RD, describes the ways that the food environment and foods/beverages served in recreation facilities influences people's eating habits and health. It outlines issues such as unhealthy food access and fundraising, working with vendors that profit from unhealthy foods, marketing of unhealthy foods to kids and sports teams, etc. The video also encourages communities to lead the change to health and offers ideas to create change and improve the recreation food environment. This video is a great conversation starter to engage community groups to make changes in this food environment.

<https://www.youtube.com/watch?v=3ENmGpUKH0M>

Building Healthier Food Environments within Recreation Spaces (Ontario Society of Nutrition Professionals in Public Health)

This high level resource can be used in advocacy for changing and improving the food environment in recreation spaces. It outlines what needs to be in place, beyond just having healthier food choices, and works toward policy initiatives and implementation. It is recommended this resource be used in conjunction with consultation from a public health professional.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Building-Healthier-Food-Environments-within-Recrea.aspx>

Initiatives Shaping Recreation Centre Food Environments in Canada (Nutrition Resource Centre)

This factsheet describes the food and beverage food environment landscape across Canada, including some of the challenges and next steps to create healthy change in this key setting. The factsheet also provides an overview of programs, policies, and guidelines that exist across Canadian provinces.

<http://opha.on.ca/getmedia/9d7257e6-026c-4c4a-bff4-bd9ea4b6a2c9/2-Page-Fact-Sheet-Rec-Centre-Programs.pdf.aspx>

Healthy Choices in the Recreation Setting: Toolkit (Stay Active, Eat Healthy)

This comprehensive toolkit is designed to inspire and assist you in changing your facility's food environment. It contains an overview of the food environment, a step-by-step approach to offering healthy choices, as well as individual actions and ideas to help you achieve your healthy choices goals. The following information and resources can be used by both large multiplex recreation facilities and small one-room facilities in rural communities and adapted based on what is most appropriate for your setting.

<http://stayactiveeathealthy.ca/managers/index.html>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

General healthy eating in recreation settings resources and toolkits , continued

Healthy Foods in Recreation Facilities: It Just Makes Sense (New Brunswick Department of Wellness, Culture and Sport and the Healthy Eating/Physical Activity Coalition of New Brunswick)

The goal of this toolkit is to provide awareness, education, and resources to encourage a greater availability of healthy food choices in New Brunswick's recreational facilities. Recreational facilities may include arenas, swimming pools, youth centres, community centres, curling rinks, bowling alleys, skate parks, and many other venues.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Foods-in-Recreation-Facilities-It-just-mak.aspx>

Creating a Healthy Workplace Nutrition Environment (Ontario Society of Nutrition Professionals in Public Health)

This toolkit has useful information, practical tools, checklists, and resources that may be applicable to a variety of community settings, such as the workplace or recreation setting. Specifically, it covers vending machine policy development and provides a vending machine assessment tool.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Toolkit-Creating-a-Healthy-Workplace-Nutrition-Env.aspx>

Healthy Eating in the Recreation Setting (Canadian Parks and Recreation Association)

This supplement was designed for staff and volunteers who are providing recreation services and are interested in integrating healthy eating into recreation settings. Topics include: understanding and incorporating healthy eating into recreation settings; integrating initiatives and policies; healthy eating and nutrition policies; success stories and resources.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Eating-in-the-Recreation-Centre.aspx>

Guidelines for Food and Beverages Available at Sporting Events in BC (SportMedBC and British Columbia's Ministry of Healthy Living and Sport)

This document is an educational and practical resource for foodservice operators who feed athletes and spectators at sporting events in BC. There are five guidelines, which focus on promoting healthy, well-planned, inclusive and safe food, and beverage choices.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Guidelines-for-Food-and-Beverages-Available-at-Spo.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

General healthy eating in recreation settings resources and toolkits, continued

Alberta Nutrition Guidelines for Children and Youth - A Childcare, School and Recreation/Community Centre Resource Manual (Government of Alberta)

The Alberta Nutrition Guidelines for Children and Youth were developed to help assist in creating an environment which provides and promotes healthy food choices and healthy attitudes about food. This document includes: nutrition guidelines for children and youth, summary recommendations, and a food rating system for foods served in childcare facilities, schools, and recreation and community facilities.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Alberta-Nutrition-Guidelines-for-Children-and-Yout.aspx>

Breastfeeding Friendly Business – A Toolkit (Grey Bruce Health Unit)

This toolkit provides local businesses with increased knowledge about breastfeeding and the tools to better support breastfeeding mothers and their families. Working towards a Breastfeeding Friendly community involves creating a community where breastfeeding for health and food security is recognized and appropriate breastfeeding supports are available.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Breastfeeding-Friendly-Business-%E2%80%93-A-Toolkit.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Promotion of healthier foods in recreation settings

Webinar - The Canadian Landscape of Food and Beverage Marketing to Kids – Spotlight on Recreation Facilities (Stop Marketing to Kids Coalition, Canada)

This webinar shines a spotlight on the issue of unhealthy food and beverage marketing to children in Canada. This presentation reviews the food and beverage marketing to children landscape in Canada, including where children may be exposed to advertising. Presenters discuss the research in public recreation facilities that describes the extent of food and beverage marketing to kids and actions that can be taken by public and policy makers to reduce children's exposure to them.

<http://stopmarketingtokids.ca/the-canadian-landscape-of-food-and-beverage-marketing-to-kids/>

Marketing Healthy Food Choices (Alberta Health Services)

This guide outlines the basics in the marketing of healthy food and beverage choices in schools. The principles of product, price, placement, and promotion apply to marketing of foods across settings, including recreation facilities. Note all foods sold in Ontario schools must comply to nutrition standards under Ontario's PPM 150 School Food and Beverage Policy. These standards would also be suitable for foods sold in a recreation setting.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Marketing-Healthy-Food-Choices.aspx>

Nudging Customers to the Healthy Choice in Recreation Settings (Alberta Policy Coalition for Chronic Disease Prevention)

This research summary describes the impact of pricing and nudging changes to the food environment in a recreation setting to encourage customers to buy healthier food options.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Nudging-Customers-to-the-Healthy-Choice-in-Recreat.aspx>

Tips to Promote Healthier Food and Beverage Options (Fresh It & Region of Waterloo Public Health and Emergency Services)

This handout provides tips to promote healthier foods and beverages in recreation environments, including positive messaging, engaging images, and naming products to make them more appealing.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Marketing-Tips-to-Promote-Healthier-Food-and-Bever.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Promotion of healthier foods in recreation settings, continued

Tips for Creating Healthier Concession Stands (Region of Waterloo Public Health and Emergency Services)

This handout provides tips to increase sales of healthier food and beverages at concession stands in recreation environments.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Tips-for-Creating-Healthier-Concession-Stands.aspx>

An Environmental Scan of Healthy Food Choices & Tap Water in Municipal Recreation Facilities & Affiliated Public Spaces (Grey Bruce Health Unit)

Grey Bruce Health Unit recently engaged in a process to conduct an environmental scan of the availability of healthy food choices and tap water in public spaces in Grey and Bruce County. This report outlines the methodology and steps taken, the results of the scan, and the plan to take action regarding the food environment in these spaces.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/An-Environmental-Scan-of-Healthy-Food-Choices-Tap.aspx>

Grey Bruce Recreation Space Food and Drink Survey Report (Grey Bruce Health Unit)

Additionally, the Grey Bruce Health Unit conducted a recreational space food and drink survey. This report provides an overview of the rationale, method, limitations, and results of the survey, with the goals of better understanding the purchasing behaviours and opinions of recreation space users and identifying barriers and opportunities to increasing the availability of healthy food and beverage choices. It includes tools that were used to conduct the research.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Grey-Bruce-Recreation-Space-Food-and-Drink-Survey.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Healthy vending and retail resources

Tips to Creating a Healthier Vending Machine (Region of Waterloo Public Health and Emergency Services)

This handout provides tips to improve vending machines in recreation environments, including pricing, placement, and promotion.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Tips-to-Creating-a-Healthier-Vending-Machine.aspx>

Healthy Vending Toolkit (Alberta Health Services)

The Healthy Vending Toolkit helps to guide you through a step-by-step process to take action on healthy vending in the school, recreation centre, or workplace. It includes evidence-based strategies and tools to create a successful healthy vending program.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Vending-Toolkit.aspx>

Developing a Healthy Beverage Vending Agreement (ChangeLab Solutions)

This fact sheet outlines key considerations for developing a healthy beverage vending agreement to improve the food environment, including what to look for when soliciting a vendor, best practices to ensure a sound agreement, and ways for parents and other community members to get involved in the process.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Developing-a-Healthy-Beverage-Vending-Agreement.aspx>

Healthier Choices in Vending Machines in BC Public Buildings (Government of British Columbia)

The policy outlined in this document supports the British Columbian government's priority to help residents' make healthy choices where they live, learn, work, and play.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthier-Choices-in-Vending-Machines-in-BC-Public.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Healthy vending and retail resources, continued

Making Change – A Guide to Healthier Vending Machines for Municipalities (Region of Waterloo Public Health and Emergency Services)

This guide explores different options for municipalities looking to develop a healthy vending policy to improve the food environment. Note: This is a U.S. resource. Nutrition standards for vending machines in Ontario should be based on Health Canada's nutrition guidance and the Eating Well with Canada's Food Guide.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Making-Change-A-Guide-to-Healthier-Vending-Machine.aspx>

Healthy Retail Playbook (ChangeLab Solutions)

This guide provides strategies to increase the accessibility of nutritious foods and beverages, and to limit the prevalence or visibility of non-nutritious foods and beverages in the retail environment. Strategies are grouped into five categories – products, placement, promotions, pricing, and prevalence – and each strategy includes an example and key resources.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Retail-Playbook.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Policy resources

Support Healthy Eating At Work and At Play – A Resource Guide for Creating Food Policies at Your Worksite or Recreation Facility (Public Health Nutritionists of Saskatchewan)

This handbook can be used to assist your community in creating and maintaining a healthy food environment within your work site and/ or your local recreation facilities. It provides tools for developing, implementing, and evaluating a nutrition policy, and tips for dealing with opposition.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Support-Healthy-Eating-at-Work-and-Play-A-Resource.aspx>

Fuelling Healthy Bodies – Healthy Eating Policy for Sports Teams (Niagara Region)

This toolkit outlines the steps that can be followed to implement a healthy eating policy for sports teams. It includes a policy template, parent letter template, and informational handout.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Toolkit-Fuelling-Healthy-Bodies-Healthy-Eating-Pol.aspx>

Ontario examples

Waterloo Region – FRESH-IT and Healthy Kids Community Challenge Community Forum

FRESH-IT: Food Retail Environments Shaping Health Intervention Toolkit is a research project in Canada that is focused on making changes in food retail settings across Canada. In Waterloo Region, Ontario, the FRESH-IT project is partnering with the Healthy Kids Community Challenge (HKCC)'s steering committee to focus on foods and beverages in recreation settings in Waterloo Region. On October 20th, 2016, FRESH-IT and the Waterloo Region HKCC hosted a community forum for community members, including those who operate food services in recreation settings and inviting representatives from their food distributors, for a series of presentations which are provided below.

- Welcome and opening remarks - Frank Prospero, Director of Recreation at the Township of North Dumfries and chair of the Waterloo Region HKCC, <https://www.youtube.com/watch?v=8sjxgxO3g6s>
- Keynote speaker - Dr. Kim Raine, University of Alberta <https://www.youtube.com/watch?v=3xQeG7Vi2pg>
- Recreation centre pilot project results - Katie Neil, Oxford County Public Health and Emergency Services <https://www.youtube.com/watch?v=bq8jocEHugs>
- FRESH-IT project lead- Dr. Leia Minaker, University of Waterloo https://www.youtube.com/watch?v=Dr_tyu4uTrU
- City of Hamilton – Hamilton's Healthy Food is an Easy Choice Program

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Ontario examples, continued

City of Hamilton – Hamilton’s Healthy Food is an Easy Choice Program

In 2011, the city of Hamilton adopted a healthy food and beverage policy to demonstrate the city’s commitment to healthy eating. The policy was corporate-wide and included all city buildings and public events where food and beverages are offered at city staff functions and where funds are used to procure foods and beverages. This ranges from city staff functions to vending machines and concessions in recreation facilities.

City of Hamilton’s Policy – Healthy Food and Beverage Policy

[http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Food-and-Beverage-Policy-\(1\).aspx](http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Food-and-Beverage-Policy-(1).aspx)

City of Hamilton’s Policy Report – Healthy Nutrition Environments in City Recreational Facilities (CS06015)

The City of Hamilton report supports its recommendations for a phased in approach to a Healthy Choice is an Easy Choice program to increase availability of healthy food products in recreation facilities and city buildings. <http://www.cancerview.ca/preventionpoliciesdirectory/ppd63392/>

Policy Story – The City of Hamilton’s Corporate Food and Beverage Policy

The City of Hamilton’s policy story provides a synopsis of the origin of the policy, the policy pilot phase, and key lessons learned.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/City-of-Hamilton-s-Corporate-Food-and-Beverage-Pol.aspx>

Oxford County – Healthier Recreation Concession Pilot Projects

To create healthier recreation food environments and promote healthier food and beverage options at municipal arenas, Oxford County Public Health launched two successful pilot projects in 2015. This evaluation report from the Healthier Recreation Concession Pilot Project in the Township of Blandford-Blenheim demonstrated that the healthier menu was financially feasible and describes the ways that a healthier food environment in recreation facilities can be achieved.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/A-Healthier-Recreation-Concession-Pilot-Project-Ev.aspx> and <http://www.oxfordcounty.ca/foodandsports>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Ontario examples, continued

Creating Supportive Workplace Food Environments – Café and Vending Pilot (Region of Waterloo Public Health)

This pilot report provides an overview of a process that was used to improve access to healthier food and beverages in a workplace, including changes to foods offered and sold in a workplace café and vending machines. The lessons learned can serve as a guide for workplaces that are looking to offer healthier choices and reduce the amount of less healthy food that is offered and sold in the workplace.

<http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Creating-Supportive-Workplace-Food-Environments-Ca.aspx>

Webinar – Getting Started: How to promote healthy eating in your recreation setting (Nutrition Resource Centre)

This webinar introduces a new resource to help communities build healthier food environments in recreation spaces. The resource outlines specific actions that recreation facilities can take to create healthy policies, develop request for proposals or contract processes, and build a business case to promote healthy eating. In this webinar, you will also learn key lessons learned and practical tips from three Ontario communities, including two Healthy Kids Community Challenge communities, who are taking action to increase access to healthier food and beverage options in recreation spaces.

<http://opha.on.ca/Nutrition-Resource-Centre/Events/Events/2017/NRC-Webinar-Getting-Started-How-to-promote-healthy.aspx>

Webinar - Healthy Beverages in Recreation Settings – Strategies to Limit Sugar-Sweetened Beverages and Promote Water Consumption in Municipalities (Nutrition Resource Centre)

This webinar highlights evidence-based strategies to limit access to sugar-sweetened beverages in the recreation setting and showcases key lessons learned from municipalities in Ontario who have made progress to create a healthier recreation food environment. Also provided on the events page, is a toolbox of resources and tools to facilitate efforts to create healthy recreation food environments.

<http://opha.on.ca/Nutrition-Resource-Centre/Events/Events/2016/Healthy-Beverages-in-Recreation-Settings.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Ontario examples, continued

Webinar – Helping Kids Eat More Vegetables and Fruit – A review of the evidence and Ontario-based stories from the field (Nutrition Resource Centre)

To support the Ministry of Health and Long-term Care's [Healthy Kids Strategy - Healthy Kids Community Challenge](#), the Nutrition Resource Centre conducted a scoping review to develop an inventory of evidence-informed community-based interventions and specific health promotion strategies to increase vegetables and fruit intake in school-aged children. In this webinar, you will learn about the findings of the scoping review and hear from two examples of Ontario-based interventions, including the *Eat Right to Stay Super Active* campaign, featuring the [Super Snackables](#), which seeks to promote healthier options in recreation centres using character branding and brand mascots with social marketing messaging to encourage kids to eat healthier options in recreation settings.

<http://opha.on.ca/Nutrition-Resource-Centre/Events/Events/2017/Increasing-vegetables-and-fruit-intake-in-school-a.aspx>

RESOURCE LIST

Resources to get you started with healthy eating in your recreation setting

Food environment

NRC's Transforming the Food Environment Series (Nutrition Resource Centre)

This series includes a number of capacity building and training events to help create healthier food environments in your community. Here you will find links to a number of webinars, resources, and workshop and forum e-books.

<http://opha.on.ca/Nutrition-Resource-Centre/News/NRC-News/2015/October-2015/Introducing-NRC-s-Food-Environment-Series.aspx>

- Workshop e-book: <http://opha.on.ca/getmedia/19abb610-9206-4363-9936-457d3179c0c0/FINAL-eBook-NRC-Workshop-2015-Taking-Action-to-Create-a-Healthier-Food-Environment.pdf.aspx>
- Forum e-book : <http://opha.on.ca/getmedia/52fea61e-9de3-4c82-80d6-3c52565c2591/2016-Forum-eBook-FINAL.pdf.aspx>
- Toolkit: <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Transforming-the-Food-Environment-Strategies-and-R.aspx>

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