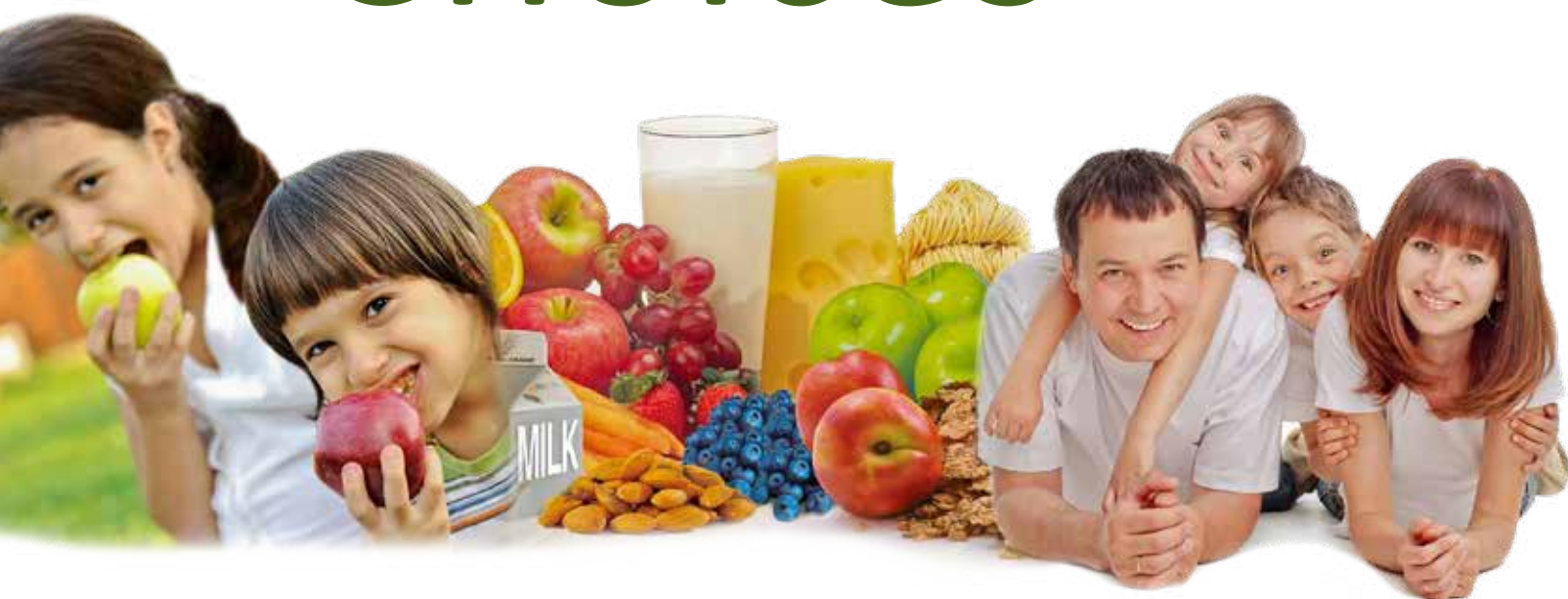


Making the Move to Healthy Choices



A HEALTHY EATING TOOLKIT
for Recreation, Sport and Community
FOOD SERVICE PROVIDERS





Acknowledgements

Eat Great and Participate would like to thank Manitoba's Healthy Food Choices for Community Recreation Facilities Committee for adapted content from their *Making the Move to Healthy Choices* toolkit. Thank you as well to Alberta Health Services- Nutrition Services for allowing us to adapt content from their *Marketing Healthy Food Choices* resource (see pages 31-32).

We also gratefully acknowledge the contribution and support of the Eat Great and Participate Steering Committee and stakeholder members: Recreation Newfoundland and Labrador, Sport Newfoundland and Labrador, School Sports Newfoundland and Labrador, Community Youth Networks, Aboriginal Sport and Recreation Circle of Newfoundland and Labrador, Regional Nutritionists (Registered Dietitians), Healthy Students Healthy Schools, and the Department of Children, Seniors and Social Development.

Reviewers

Regional Nutritionists (Registered Dietitians) from the four Regional Health Authorities; food service providers from the following recreation, sport and community facilities: Jack Byrne Arena, Gros Morne Arena, Mount Pearl Glacier, Fortune Arena, The Bay Arena, Joe Byrne Memorial Stadium, Wabush Arena, and Hodder Memorial Stadium.

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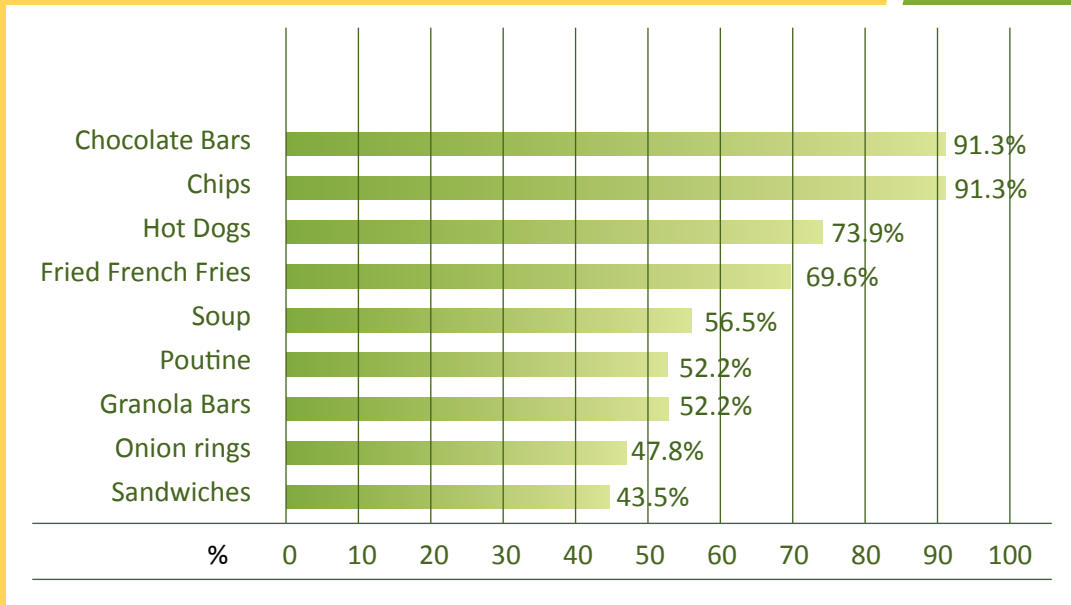
SECTION

1

Introduction

A 2015 survey by Eat Great and Participate indicated that the top four food choices in recreation facilities across the province were chocolate bars, chips, hot dogs and fried French Fries (See Table 1). There is also research to show that children who participate in sports eat more junk food and drink more sugary drinks than children who do not participate in sports (Nelson et al., 2011), likely because of the large amount of unhealthy options available in recreation and sport settings.

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



The Food Environment Influences What we Eat

The food environment influences our food and beverage choices. In other words, the food and beverages available to us in recreation, sport and community facilities and events have a big impact on what and how we eat. Supporting healthy eating is a shared responsibility. Providing food and beverages that follow Canada's Food Guide can make an important contribution to the health and wellbeing of community residents of all ages. As such, to create supportive environments for healthy eating, the food and beverages offered in publically-funded institutions should align with Canada's Food Guide. This includes not only providing healthy options, but also limiting the availability of highly processed options that undermine health including deep-fried foods, sugary drinks and confectioneries.

Recreation, sport and community settings provide a place for people of all ages to come together to enjoy being physically active. It makes sense to also promote healthy eating since healthy food and beverages provide the nutrients needed to feel good and fuel an active lifestyle, whether for recreation activities or competitive sports. The goal of the *Making the Move to Healthy Choices Toolkit* is to make it easier for recreation, sport and community food service providers to provide more healthy food and beverage choices in facilities and at tournaments and events. It includes healthy meal and snack ideas, strategies for marketing healthy choices, food safety considerations and recipes.

Some of the areas these guidelines can be implemented include:

- Arenas
- Youth Centres
- Outdoor Sports Fields
- Recreation Centres
- Community Centres
- Outdoor and Indoor Pools
- Bowling Alleys
- Community Special Events
- Curling Rinks
- Festivals
- Regional and Provincial Games
- Banquets

SECTION

2

Taking Steps to Offering Healthy Choices

Changing the types of food and beverages offered in a facility's concession, canteen, snack bar, at events and in vending machines can be more successful with a planned approach. Be flexible and remember: sometimes, timing is everything. Everyone has a role to play!

STEP 1: CONSIDER A HEALTHY EATING POLICY

A healthy eating policy is a great first step in helping create a healthy food environment which promotes and supports health. Adopting a policy defines what we mean by healthy eating - which are food and beverages found in Canada's Food Guide – and shows your support for the health and wellbeing of community members. A policy also continues to exist after staff/volunteer turnover, so you know healthy eating will continue to be promoted even after personnel changes.

STEP 2: ESTABLISH A COMMITTEE

A committee can develop an action plan to leverage a healthy eating policy to create a healthier food environment in your community. Involve key people that can help make it easier to introduce more healthy food and beverage choices. Consider:

- Municipal leaders, facility managers, recreation practitioners, and recreation committees to obtain buy-in and support.
- Food service staff and volunteers to discuss possible changes and opinions.
- Regional Nutritionist (Dietitian) to assist with menu planning.
- Coaches and parent committees to rally enthusiasm and excitement around proposed healthy changes.
- Athletes and facility users, including youth, for additional input.

STEP 3: PERFORM AN ASSESSMENT

Before you start making decisions about what changes you want to make, it's important to take a look at your current situation. Conducting a food and beverage assessment will help determine the current state of the food environment in your community, and help you identify and prioritize actions. Areas that could be included in the assessment are canteens/concessions; vending machines; programs; events and fundraising; staff meetings; and marketing and promotion. For example, consider:

- What types of foods are being offered now? Are vegetables and fruits, whole grain foods and protein foods provided? Is there limited availability of sugary drinks and deep-fried food?
- What type of kitchen equipment is available?
- What space is available for food preparation?
- Are your food service providers contracted or volunteers?
- Are healthy choices competitively priced?
- Do vending machines provide at least 50% healthy choices?

See a sample assessment form you can print on page 9.

STEP 4: BUILD PARTNERSHIPS

Partnering with community businesses and organizations can help support your work. Consider:

- Approaching local businesses (e.g., grocery/convenience stores) for food and/or kitchen equipment donations in exchange for advertising.
- Partner with local farmers to sell vegetable hampers/other local products as a fundraiser, or to provide their products at your facility, programs and events.

Food Environment Assessment

This form will help you determine the current state of the food environment in your community with respect to how healthy eating is supported and promoted, and will assist you in identifying possible areas for improvement. The form can be completed by individuals or committees working to make healthy food and beverage choices more readily available in their community.

On a scale of 1 to 5, rate the following qualities of a healthy food environment for each of the settings below including: canteens/concessions, vending, programs, events, staff meetings and work space, fundraising, and promotions/marketing. When determining a score for each setting, base your score on the number of qualities each setting has. For example:

- If all qualities are present in a setting; score = 5
- If more than half of the qualities are present, but not all; score = 4
- If half of the qualities are present in a setting; score = 3
- If less than half of qualities are present in a setting; score = 2
- If no qualities are present in a setting; score = 1

Setting	Does Not Support Healthy Eating → Supports Healthy Eating					Qualities of a Healthy Food Environment	Comments
	1	2	3	4	5		
Canteens/ Concessions						<ul style="list-style-type: none"> • Vegetables and fruit (fresh, frozen or canned) are offered on a regular basis • Whole grain breads, bagels, wraps, etc., are offered • Water stations available • Kitchen equipment to prepare (e.g., grills, ovens, blenders, etc.) and store (e.g., fridges, freezers, etc.) healthy menu choices is available • No deep-fat fryers, hot dog and/or pizza warmers, nacho cheese machines or Slushy machines on site • Limited availability of sugary drinks (soft drinks, 100% juice, chocolate milk, sports drinks, etc.), and confectioneries (candy, chocolate bars, etc.) • Limited availability of deep-fried foods • Baked goods and desserts are provided in smaller portions • Healthy choices are competitively priced • Healthy choices are regularly promoted (e.g., on menu board, at cash, posters, etc.) 	

Setting	Does Not Support Healthy Eating → Supports Healthy Eating					Qualities of a Healthy Food Environment	Comments
	1	2	3	4	5		
Vending (both food and beverage machines)						<ul style="list-style-type: none"> • Predominantly (more than 50%) healthy beverage choices (e.g., plain water, plain low-fat milk, fortified soy beverage) • Predominantly (more than 50%) healthy food choices (e.g., granola bars, bananas, trail mix, etc.) • Unhealthy options are offered in smaller portions • Healthy choices are competitively priced 	
Programs						<ul style="list-style-type: none"> • When meals/snacks are offered, healthy foods and beverages from Canada's Food Guide are made available • Food skills and food literacy programs/workshops are available 	
Community Events						<ul style="list-style-type: none"> • Healthy foods and beverages from Canada's Food Guide are offered at town-operated events • Make EGaP print resources available • Staff work with external food service providers to identify healthy foods and beverages to serve • Outside groups booking meeting/event space are encouraged to offer healthy choices as part of your healthy eating policy 	
Staff Meetings & Work Space						<ul style="list-style-type: none"> • Healthy food and beverage choices are offered at internal meetings/events/training • A space is provided for staff to refrigerate and re-heat meals from home 	
Fundraising						<ul style="list-style-type: none"> • Healthy food fundraisers are used (vegetable hampers, bags of citrus fruits, etc.) • Non-food fundraisers are used (open mic nights, used book sales, seasonal flowers, etc.) 	
Promotions/Marketing of Healthy Choices						<ul style="list-style-type: none"> • When offered, healthy options are showcased via social media, websites or newsletters • Point-of-sale nutrition information is available • Healthy choices are listed first on menu boards • Healthy choices are visible and competitively priced • Healthy choice specials, promotions and meal combos are available • Marketing of unhealthy options through sponsorships is discouraged 	

What are we doing well?

What can we improve on?

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SECTION

3

Healthy Food and Beverage Guidelines

PLANNING YOUR MENU

The following guidelines can help you determine the choices to offer in your concessions, canteens, snack bars and at events. Some items may also be suitable for vending machines. The guidelines are based on Canada's Food Guide, and divide meal and snack options into two categories: **1) Food and Beverages That Are the Foundation for Healthy Eating**, and **2) Food and Beverages that Undermine Healthy Eating**.

The type of food and beverage choices you offer will depend on the equipment and space available to prepare, and to keep foods at the proper temperature. Deep-frying is not a recommended method of cooking. Most deep-fried foods can be either baked or grilled.

Vending machines

Contact your vending service provider to ask what healthy choices they have available and request to have them offered in your facility.



1

FOOD AND BEVERAGES THAT ARE THE FOUNDATION FOR HEALTHY EATING

Nutritious foods are the foundation for healthy eating. These include:

Vegetables and fruit – offer fresh, frozen and canned options. They are all healthy choices. Check your flyer for promotions of fresh, frozen or canned vegetables and fruit before planning your menu. Serve what’s on sale and in season to get the best price on healthy foods.

Whole grain foods – offer whole grain choices when possible including breads, wraps, pasta, etc.

Protein foods – offer plant-based proteins more often such as legumes (beans, peas, lentils), nuts and seeds. Other protein foods include lean red meat (including wild game), poultry, fish, eggs, white milk, yogurt, and cheese.

In addition to these healthy foods, water should be promoted as the beverage of choice. Other healthy beverage choices include white milk, and unsweetened fortified plant-based beverages such as soy or almond milk. Refer to page 17 for more info on healthy beverage choices.

To make it easier to visualize what a healthy meal looks like, refer to the **Eat Well Plate**. The Eat Well Plate illustrates a balanced meal that has half the plate filled with vegetables and/or fruit, one quarter with whole grain foods, and one quarter with protein foods.

Visit Canada’s Food Guide: Canada.ca/FoodGuide



MEALS

THAT SUPPORT HEALTHY EATING

Here are some examples of healthy meals and sides that make great menu choices for recreation, sport and community facilities and events:

CHILI <i>(See recipe on page 28)</i>	<ul style="list-style-type: none"> • Make with a variety of canned beans and vegetables. • Can also add lean ground beef, chicken or turkey. • Serve with a whole grain bun.
FULL MEAL SALAD	<ul style="list-style-type: none"> • Make a salad a full meal by adding a variety of vegetables, fruits, and protein foods such as beans, nuts, seeds, lean meat, tuna, chicken, turkey, egg and/or cheese. • Serve with dressing on the side and whole grain bread.
SKINLESS CHICKEN BURGER	<ul style="list-style-type: none"> • Cook chicken on a grill, in the oven or on the barbeque. Serve on a whole grain bun and provide vegetable toppings such as lettuce and tomato. • Optional: cook chicken ahead of time, freeze and wrap individually. Thaw and grill to safe temperatures (see Section 6 Food Safety). • For events and tournaments – consider placing cooked chicken in a slow cooker to keep hot at safe temperatures.
SOUP/STEW <i>(See recipes on page 28 & 29)</i>	<ul style="list-style-type: none"> • Make with plenty of vegetables, a variety of beans, peas and lentils, lean meat or poultry, barley, brown rice, wild rice or whole grain pasta. • Choose a lower sodium soup base. • Serve with whole grain bread or crackers. • Use herbs and spices to increase flavor rather than salt.
SANDWICH/WRAP	<ul style="list-style-type: none"> • Make with whole grain bread, wrap or bagel. • Add flavor, color and crunch with a variety of vegetables such as tomatoes, red onion, cucumbers, lettuce, peppers and carrots. • Offer with soft margarine, mustard, mayonnaise or hummus. • Examples: <i>Salmon, Tuna or Egg:</i> mix canned salmon, tuna or egg, with mayonnaise, onions, celery, shredded carrot and lettuce and serve on whole grain English muffin or bread. <i>Chicken Caesar Wrap:</i> grill pieces of chicken breast with a small amount of lower fat Caesar dressing. Add romaine lettuce and shredded parmesan cheese. Wrap and serve.
TACO SALAD	<ul style="list-style-type: none"> • Make with lean ground beef, chicken or turkey. Add kidney beans, cheese and chopped vegetables. • Offer with multigrain or baked tortilla chips. • Serve with salsa on the side.

QUESADILLA <i>(See recipe on page 31)</i>	Put a whole grain tortilla on the grill. Top with a variety of ingredients such as salsa, peppers, onions, shredded grilled chicken breast and cheese. Top with a second tortilla and grill on both sides until cheese is melted.
WHOLE GRAIN MACARONI AND CHEESE <i>(See recipe on page 30)</i>	<ul style="list-style-type: none"> • Make with whole grain macaroni and cheddar cheese. • Add small pieces of broccoli, canned stewed tomatoes, or frozen green peas. • Serve with a garden salad.
PIZZA	<ul style="list-style-type: none"> • Use whole grain crust or pita. • Add a variety of vegetable toppings including mushrooms, onions, peppers, tomatoes. • Use lean chicken or ham. • Sprinkle with mozzarella cheese.
BREAKFAST SANDWICH	Toast a whole grain English muffin, lightly spread with soft margarine, add a scrambled egg cooked in the microwave, and slice of hard cheese.
COLESLAW <i>(See recipe on page 32)</i>	Buy the bagged varieties and add your own carrot and additional cabbage for more nutrition. Use a small amount of coleslaw dressing. Makes a great inexpensive vegetable-based side dish.
MIXED BEAN SALAD <i>(See recipe on page 32)</i>	Drain and rinse a can of assorted beans, a can of green beans and a can of yellow beans. Mix with celery, red onion and a dressing made of vinegar, oil and pinch of sugar.
VEGETABLE SALAD	Chop a variety of seasonal, fresh vegetables and marinate with a dressing made of vinegar, oil and pinch of sugar.
BAKED POTATO	Add your own toppings such as salsa, chili, sautéed mushrooms, baked beans, onions and shredded cheese.
CORN ON THE COB	Boil this great summer vegetable for an event or tournament. Serve with soft margarine.
POTATO SALAD	Skip the traditional and make a light version using boiled potatoes (with skins on), shredded carrot, green or red onion, and a small amount of Italian dressing.
QUICK PASTA SALAD	Toss whole grain pasta with assorted vegetables and small amount of Italian or Ranch dressing. Sprinkle with herbs to add more flavour.

SNACKS

THAT SUPPORT HEALTHY EATING

New snack foods are always entering the food market. Choosing the healthiest option is not easy. Some snack foods may appear to be healthy, such as those containing “fruit” in the title, but, in fact, could be mostly sugar.

Try these healthy snack ideas:

VEGETABLES & FRUIT (FRESH, FROZEN, CANNED)	<ul style="list-style-type: none"> • Fresh: wash before serving. • Canned: fruit packed in juice or light syrup • Dried: with no sugar added (check the ingredient list)
APPLE SAUCE OR OTHER FRUIT SAUCE	<ul style="list-style-type: none"> • Made with 100% fruit. • Unsweetened or no sugar added. • Try frozen for a cool snack.
FRUIT SMOOTHIE	<ul style="list-style-type: none"> • Make with ingredients such as frozen berries, bananas, white milk and yogurt.
BAGEL	<ul style="list-style-type: none"> • Offer whole grain varieties. • Offer with nut butters, cheese or soft margarine.
YOGURT TUBE	<ul style="list-style-type: none"> • Milk should be the first ingredient. • Try frozen for a cool snack.
YOGURT PARFAIT	<ul style="list-style-type: none"> • Layer yogurt with frozen or fresh fruit, and whole grain or high fibre cereal or granola.
CHEESE STRINGS	
TRAIL MIX	<ul style="list-style-type: none"> • Make your own with nuts, seeds, plain whole grain cereals, dried fruits with no added sugar.
FRESH OR FROZEN FRUIT WITH DIP	<ul style="list-style-type: none"> • Use seasonal or frozen fruit. Serve in clear plastic dishes, fill the bottom with yogurt and top with fruit pieces.
VEGETABLES AND DIP <i>(See dip recipe on page 33)</i>	<ul style="list-style-type: none"> • Fill the bottom of a clear cup with a small amount of dip and place a variety of vegetables inside such as carrots, cucumbers, celery, peppers or broccoli.
GRANOLA BAR	<ul style="list-style-type: none"> • Choose whole grain options. Choose plain bars, not those dipped or covered in chocolate or yogurt.

POPCORN	<ul style="list-style-type: none"> • Plain or light varieties. • Offer in small “snack bag” sizes.
MUFFINS	<ul style="list-style-type: none"> • Offer whole grain varieties. • If homemade, use vegetable oil or soft margarine to replace shortening, lard or butter. Increase fiber by using whole wheat flour, oats, and/or seeds. • If offer pre-made muffins, choose ones in smaller portion sizes.
PRETZELS	<ul style="list-style-type: none"> • Choose unsalted varieties offered in small bags.

BEVERAGES

THAT SUPPORT HEALTHY EATING

According to Canada’s Food Guide, water should be promoted as the beverage of choice and, therefore, should be offered at all times. Other healthy beverage options include white milk and unsweetened fortified plant-based beverages such as soy or almond milk. These beverages support health since they provide less sugar than other beverages such as 100% juice, chocolate milk, sports drinks or energy drinks. See next page for more information on healthy beverages.



Beverages That Support Health & Physical Activity



Water is the best choice to quench your thirst and to help you participate fully in recreation or sport activities. Other healthy beverage choices include white milk and unsweetened fortified plant-based beverages such as soy or almond milk.

Sugary Drinks are Not Recommended

Sugary drinks can interfere with hydration, making them a poor choice before, during and after an activity. They contain high amounts of sugar which can lead to tooth decay, especially when sipped over long periods.

Sugary drinks include:

- Pop
- Fruit juice (including 100%)
- Sports drinks
- Energy drinks
- Flavoured waters with added sugars
- Fruit-flavoured drinks like fruit punch
- Hot chocolate
- Chocolate milk
- Speciality coffee and teas (e.g., iced teas, cappuccinos, etc.)
- Sweetened plant-based beverages (e.g., flavored soy, almond, or rice milk)

The chart below shows the sugar content in a 250 millilitres (mL) (1 cup) serving of some sugary drinks. Most of these beverages are purchased and consumed in larger portions, such as in 355 mL cans or 591 mL bottles, so the amount of sugar the drink contains could be much more than what's shown in the table.

Sugar Content of Common Beverages (per 250 mL serving)	
100% Orange Juice	26 g [6.5 teaspoons (tsp)]
Fruit Drinks and Fruit Punches	33 g [8.25 tsp]
Pop	28 g [7 tsp]
Iced Tea	23 g [5.75 tsp]
Sports Drink, Fruit Flavoured	16 g [4 tsp]

Source: Health Canada, 2010. *Nutrient Values in Some Common Foods*

Sports Drinks

Generally, plain water will quench your thirst and help you participate fully if you are active for less than an hour, or when you are participating in an activity at a moderate intensity such as walking quickly, skating, bike riding and skateboarding.

Sports drinks are designed to replace glucose (sugar) in the muscles and replace the fluid and the electrolytes (sodium and potassium) lost in sweat. Sports drinks may be helpful in the following situations:

- prolonged (i.e., continuous for at least 60 minutes) and vigorous competitive sport or physical activity, e.g., running, soccer, basketball, cross-country skiing, hiking, swimming, etc.
- activity in extreme heat, or
- if you've missed a pre-activity meal or snack (note: a pre-activity meal or snack that includes a mix of carbohydrate and protein is always recommended over consuming a sports drink. For example, banana and hard cheese portion)

While sports drinks are marketed to optimize sport performance, data showing positive effects in children are limited. Stick with water as the best beverage choice for hydration.

Energy Drinks

Energy drinks can be harmful because of their high levels of caffeine and other ingredients. Energy drinks should not be sold or provided at activities with children and/or youth participants. What you should know about energy drinks:

- the caffeine, high sugar content, and carbonation of energy drinks can interfere with hydration, making them a poor choice for staying hydrated during activity.
- energy drinks can have up to 180 milligrams (mg) of caffeine in a single serving container. One drink could have more caffeine than the maximum daily limit for youth.

Maximum Daily Limits for Caffeine	
Adults	400 mg
Women of childbearing age	300 mg
10-12 years	85 mg
7-9 years	62.5 mg
4-6 years	45 mg

Source: Unlockfood.ca, 2019. *Facts on Caffeine*

Questions?

Contact Eat Great and Participate's Registered Dietitian at sobrien@recreationnl.com, or (709) 729-4490.

For more healthy eating resources, check out:

Eat Great and Participate: recreationnl.com/eat-great-participate

Canada's Food Guide: Canada.ca/FoodGuide

Half Your Plate: halfyourplate.ca



RecreationNL

All Recreation Newfoundland and Labrador programs are funded by the Government of Newfoundland and Labrador, Department of Tourism, Culture, Arts and Recreation

2

FOOD AND BEVERAGES THAT UNDERMINE HEALTHY EATING

Processed or prepared foods and beverages are often high in sodium, sugars and saturated fat. Regular consumption and promotion of these foods can negatively impact the health of individuals and communities.

Examples of processed foods include:

- deep-fried foods
- processed meats (weiners, bologna, sausages, etc.,)
- potato chips
- confectioneries (candy, chocolate bars, fruit leathers, chocolate coated treats, etc.,)
- sugary drinks (sports drinks, slushies, 100% juice, chocolate milk, energy drinks, flavored waters with added sugar, iced tea, hot chocolate)

To create supportive environments that promote health and healthy eating, it is recommended that recreation, sport and community facilities, programs and events provide a variety of healthy food and beverage options, while also limiting the availability and promotion of highly processed food and beverages.

Goody Bag Ideas

Ditch the candy, chips, pop and other high sugar, fat and sodium items from the goody bag. Here are some ideas for items to give out in a tournament or event:

- fun pens, pencils and erasers
- coupon for white milk or fruit smoothie
- fruit such as apples, bananas and oranges
- paper pads
- Play doh™
- stickers



MAKING A

HEALTHIER MENU

When it comes to offering healthier choices, small changes can make a big difference! Try these tips to improve the nutrition of traditional menu items as you move toward making healthier choices more available in your community:

PACKAGED BREADED CHICKEN BURGER	<ul style="list-style-type: none">• Use food labels to compare brands and choose the brand that is lowest in sodium and saturated fat (see % Daily Value tip on next page for info on choosing healthier brands).
PACKAGED CHICKEN FINGERS	<ul style="list-style-type: none">• Use food labels to compare brands and choose the brand that is lowest in sodium and saturated fat (see % Daily Value tip on next page for info on choosing healthier brands).
FRENCH FRIES	<ul style="list-style-type: none">• Bake instead of deep-frying.• Offer only in small portions.• Avoid mayonnaise, gravy and cheese as toppings, or offer only in small portions on the side.
HOT DOG/ SAUSAGE	<ul style="list-style-type: none">• Best choice will usually be hot dogs and sausages with 100% meat or poultry and the shortest ingredients list.• Try to avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts.
ONION RINGS	<ul style="list-style-type: none">• Bake instead of deep-frying.• Offer only in small portions.
COOKIES	<ul style="list-style-type: none">• Offer in smaller portion sizes.• When making homemade, use ingredients such as soft margarine, oats, nuts and dried fruit.
ICE CREAM	<ul style="list-style-type: none">• Offer 1/2 cup portion or try lower fat frozen yogurt.
POTATO CHIPS	<ul style="list-style-type: none">• Offer in smaller portion sizes
NACHO CHIPS AND CHEESE SAUCE	<ul style="list-style-type: none">• Offer multigrain or baked nacho chips.• Serve cheese sauce on the side in small portions.
CHOCOLATE BAR	<ul style="list-style-type: none">• Offer a limited variety of small portion sizes.
PASTRIES, PIES, DONUTS	<ul style="list-style-type: none">• Offer in smaller portion sizes.



COMPARING

FOOD LABELS

New foods and beverages are always entering the food market. Choosing the healthiest option is not easy. Some foods may be marketed to appear to be healthy, like ones containing 'fruit' in the title, but in fact, are made up of mostly sugar. Be aware that food marketing can influence food choices. Decide whether a food product is a good choice by reading food labels, rather than relying on food marketing messages alone.

One part of the food label is the Nutrition Facts Table. Here you will find the **% Daily Value (% DV)** which makes it easier to compare similar products so you can make healthier choices.

Use the %Daily Value (DV) to see if the serving size has a little (5% DV) or a lot (15% DV) of a nutrient.

Choose foods with 5% DV or less for saturated fat, sugars, and sodium.

Choose foods with 15% DV or higher for fibre, potassium, calcium and iron.





Example of a
**GOLD
MEDAL
MEAL**
Package

Yogurt Parfait
Chicken and Veggie Wrap
Fruit Cup
White Milk

Hint: *Have the team pre-order the meal before the tournament to save time in preparations.*

SECTION

4

Marketing Healthy Choices

To encourage people to choose the healthy food and beverage choices consider the 4 P's of marketing:

1. Product availability
2. Pricing
3. Placement
4. Promotion

Product Availability

To market the healthy food and beverage choices they first must be available. Take a look at what healthy choices you are already providing and where you might consider making changes.

Pricing

Pricing may be one of the most important factors in helping people make healthy choices. If healthy foods cost more than less healthy foods, it may discourage people from choosing the healthy options.

Here are some suggestions on how to encourage customers to buy healthy options:

- Price healthy choices at the same, or at a lower cost, than less healthy choices
- Offer healthy choices as part of a special or “meal deal”
- Raise the prices of less healthy choices; this will discourage people from purchasing them, and also help make up for pricing your new healthy choices a bit lower
- If an item is popular, price may not matter. Ask youth what healthy choices they would like to see offered. Your sales of these foods may soar!

Placement

Remember the saying “out of sight...out of mind?” Healthier food choices should be more plentiful and more visible than the less healthy choices. Try these tips:

- Put healthy foods up front and centre where people can see them right away.
- Place healthy foods at eye level and in easy to access displays. Mark prices clearly.
- Make healthy foods more appealing. Use baskets, attractive arrangements, colourful food choices and garnishes to make these foods stand out.
- Have a lot of healthy choices available in all food service venues at all times.
- Position vending machines with healthy choices in high traffic locations.

Promotion

There are many fun ways to promote healthy choices. Examples are:

- Provide meal specials that include a satisfying tasty meal.
- Use frequent buyer cards.
- Have discount days such as “Thirsty Thursday” with a price reduction on water and milk, or lower the price of fruit on “Fruit Fridays.”
- Market healthy choices as the popular choice. Have a “hot sellers” section with healthier foods and beverages.
- Promote the performance benefits of good nutrition (e.g., sports performance).
- Change the front of vending machines to promote the healthier choices.
- Promote healthy menu choices in newsletters, posters and public announcements.
- Offer free samples of a new healthy menu item - they’ll be more likely to buy it later.

Remember to involve youth in the planning and promotion process - ask them how to get youth support and buy-in!



SECTION

5

Food Safety

Food safety is an important issue for the food service industry. Consider arranging for a local Environmental Health Officer to provide food safety education for employees, volunteers and/or summer students serving or preparing food. For more information, visit: Servicentl.gov.nl.ca

You may also want to encourage employees, volunteers and/or summer students serving or preparing foods to take a Food Safety Course. For a listing of Recognized Courses in Food Safety visit: Skillspassnl.com



Food Safety Tips

It is important to practice safe food handling when preparing and serving foods. Properly preparing, storing or serving foods can prevent illnesses caused by bacteria like Salmonella, Campylobacter, or E.coli. Cafeterias and canteens should be licensed and compliant with the Food Premises Regulations.

Consider the following when offering meals and snacks at school:

- Kitchen facilities should be used for food preparation only.
- Individuals who are ill should not be allowed in the kitchen.
- At least one employee and/or volunteer, who has taken a food safety course, should be on site when meals are prepared and served.
- Food handlers and servers should be kept at the lowest manageable number and other people should be asked not to enter the kitchen area.
- Sufficient refrigeration space is needed to keep perishable foods (e.g., milk, eggs, meats, fish, poultry) at 4°C (40°F) or lower. A thermometer should be kept in the fridge to monitor temperature.
- Sufficient equipment is needed to keep hot foods at 60°C (140°F) or higher.
- Thermometers should be available to check cooling and cooking temperatures.
- A separate sink with supplies (liquid soap and paper towels) should be on-site for hand washing only. Hands must be washed frequently.
- The kitchen should have a three-compartment sink for washing and disinfecting utensils and dishes.

Work with your Regional Environmental Health Officer to determine any specific requirements for your school's food service area.

The following food safety tips will help avoid food-borne illnesses:

1 CLEAN

Hands, surfaces and utensils frequently

2 COOK

All meats, poultry, fish and eggs to the proper internal temperature. Use a thermometer to check the temperature.

3 CHILL

All perishables and leftovers promptly to reduce the growth of bacteria. Thaw frozen foods in a refrigerator or a microwave oven, not at room temperature.

4 SEPARATE

Raw meats from raw vegetables and fruits and raw food from prepared food. Use different cutting boards to avoid cross-contamination. Store raw meats on lower refrigerator shelves, below ready-to-eat foods, to prevent dripping.



For more information on food safety, visit: <https://www.health.gov.nl.ca/health/publichealth/envhealth/foodsafetyinfo.html>

SECTION

6

Quick and Healthy Recipes





fast CHILI

Ingredients (8 Servings)

1 lb (0.45 kg)	lean or extra lean ground beef
1 cup	sliced white or red onion
1 cup	diced green bell peppers
1 cup	sliced mushrooms
1 can (28 oz/796 ml)	diced tomatoes (reduced sodium)
1 can (14 oz/398 ml)	tomato sauce (reduced sodium)
2 cans (19 oz/ 540ml)	kidney beans, rinsed and drained
3 tbsp	chili powder

Ingredients (24 Servings)

3 lbs (1.36 kg)	lean or extra lean ground beef
3 cups	sliced white or red onion
3 cups	diced green bell peppers
3 cups	sliced mushrooms
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)
3 cans (14 oz/398 ml)	tomato sauce (reduced sodium)
6 cans (19 oz/ 540 ml)	kidney beans, rinsed and drained
9 tbsp	chili powder

Directions

- In a saucepan, over medium heat, cook ground beef. Drain off fat.
- Add onions, green bell peppers and mushrooms and cook until softened, about 5 minutes.
- Add tomatoes, tomato sauce, kidney beans and chili powder.
- Reduce heat and simmer, covered and stirring occasionally for 20-30 minutes.

Adapted from Great Food Fast, Dietitians of Canada.



vegetable barley SOUP

Ingredients (12 Servings)

1 1/2 cans (19 oz/540 ml)	diced tomatoes
2 litres (L) and 1 cup (2250 ml)	chicken broth (reduced sodium)
3/4 cup	diced potato
3/4 cup	diced celery
3/4 cup	diced onion
3/4 cup	diced carrot
3/4 cup	diced turnip
3/4 cup	barley
Dash	ground black pepper

Ingredients (36 Servings)

4 1/2 cans (19 oz/540 ml)	diced tomatoes
6L and 3 cups (2750 ml)	chicken broth (reduced sodium)
2 1/4 cups	diced potato
2 1/4 cups	diced celery
2 1/4 cups	diced onion
2 1/4 cups	diced carrot
2 1/4 cups	diced turnip
2 1/4 cups	barley
1 tsp	ground black pepper

Directions

- In a large saucepan, over medium heat, combine broth, potato, celery, onion, carrot, turnip, barley and pepper to taste.
- Bring to a boil
- Reduce heat, cover and simmer for 1 hour or until barley is soft.

Adapted from Cook!, Dietitians of Canada.



beef & vegetable STEW

Ingredients (9 Servings)

2 tbsp	all-purpose flour
1/4 tsp	salt
Pinch	ground black pepper
1 1/4 lbs (0.68 kg)	stewing beef, bite size pieces
2 tbsp	non-hydrogenated soft margarine
1	onion, chopped
3 cups	beef stock (reduced sodium)
3/4 cup	potato, diced
3/4 cup	turnip, diced
3	carrots, sliced
3	stalks celery, chopped
1 cup	sliced mushrooms
1 can (28 oz/ 796 ml)	diced tomatoes (reduced sodium)

Ingredients (27 Servings)

6 tbsp	all-purpose flour
3/4 tsp	salt
1/2 tsp	ground black pepper
3 lbs (1.70 kg)	stewing beef, cut into bite size pieces
6 tbsp	non-hydrogenated soft margarine
3	onions, chopped
2 L and 1 cup (2250 ml)	beef stock (reduced sodium)
2 1/4 cups	potato, diced
2 1/4 cups	turnip, diced
9	carrots, sliced
9	stalks celery, chopped
3 cups	sliced mushrooms
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)

Directions

- In a small bowl, stir together flour, salt and pepper. Coat beef in flour mixture. Shake off any excess flour mixture and transfer to a plate.
- In a large saucepan, melt margarine over medium-high heat. Add beef and onion; cook for about 2 minutes or until beef is browned and onion is softened.
- Stir in stock slowly and bring to a boil, stirring constantly until thick. Add potatoes, turnips, carrots, celery, mushrooms and tomatoes.
- Cover and let simmer for 2 to 2 1/2 hours.

Adapted from Better Baby Food, 2nd edition.



chicken & vegetable WRAP

Ingredients (4 Servings)

4	large soft tortillas (whole grain)
2	cooked chicken breasts, thinly sliced
8 leaves	green leaf lettuce
1 cup	carrot, grated
1/4 cup	red onion, thinly sliced
1 cup	peppers, thinly sliced (red, yellow, orange or green)
1/2 cup	lower fat cheese, grated (mozzarella, Cheddar or Monterey)
1/4 cup	Low fat Ranch dressing (could also try other sauces and spreads such as BBQ, hummus or Tzatziki sauce)

Ingredients (12 Servings)

12	large soft tortillas (whole grain)
6	cooked chicken breasts, thinly sliced
24 leaves	green leaf lettuce
3 cups	carrots, grated
3/4 cup	red onion, thinly sliced
3 cups	peppers, thinly sliced (red, yellow, orange or green)
1 1/2 cups	lower fat cheese, grated (mozzarella, Cheddar or Monterey)
3/4 cup	Low fat Ranch dressing (could also try other sauces and spreads such as BBQ, hummus or Tzatziki sauce)

Directions

- For each tortilla, spread 1 tbsp of dressing/sauce, 1/2 chicken breast sliced (if using), 2 green leaves of lettuce, 1/4 cup carrot, 1 tbsp red onion, 1/4 cup peppers and 2 tbsp cheese.
- Fold opposite ends in and roll from a non-folded end. Slice in half and wrap in parchment paper.

Adapted from Manitoba's Making the Move to Healthy Choices – Tournament/ Competition Menu Items.



whole grain Mac & Cheese

Ingredients (6 Servings)

- 1 1/2 cups whole grain macaroni
- 3 tbsp non-hydrogenated soft margarine
- 3 tbsp all-purpose flour
- 1/4 tsp salt
- 2 cups milk (skim, 1% or 2%)
- 2 cups shredded Cheddar cheese (lower fat medium or sharp)
- 1/4 cup dry whole wheat bread crumbs

Ingredients (18 Servings)

- 4 1/2 cups whole grain macaroni
- 9 tbsp non-hydrogenated soft margarine
- 9 tbsp all-purpose flour
- 3/4 tsp salt
- 6 cups milk (skim, 1% or 2%)
- 6 cups shredded Cheddar cheese (lower fat medium or sharp)
- 3/4 cup dry whole wheat bread crumbs

Directions

- Preheat oven to 350°F (180°C). Grease 11 x 7 inch (2 L) baking dish.
- Cook macaroni according to package directions until tender to the bite. Drain.
- Meanwhile, in a large heavy saucepan, melt margarine over medium heat. Whisk in flour and salt to make a smooth paste. Whisk in milk, 1/2 cup at a time. Cook, stirring frequently, until sauce thickens, about 5 minutes. (Add more milk if sauce is too thick). Remove from heat and stir in pepper. Stir in cheese until melted. Stir in macaroni until well coated.
- Transfer macaroni and cheese to prepared baking dish. Sprinkle with bread crumbs.
- Bake in preheated oven for about 15 minutes or until topping is golden.

Adapted from Simply Great Food, Dietitians of Canada.



quick Spaghetti sauce

Ingredients (12 Servings)

- 1 lb (0.45 kg) lean or extra lean ground beef
- 1/4 cup carrot, diced
- 1/4 cup celery, diced
- 1/4 cup green bell pepper, diced
- 1/4 cup onions, diced
- 2 tbsp garlic, minced
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp hot pepper flakes
- 1/4 tsp black pepper
- 1 can (28 oz/796 ml) diced tomatoes (reduced sodium)
- 1 can (14 oz/398 ml) tomato sauce (reduced sodium)

Ingredients (36 Servings)

- 3 lbs (1.36 kg) lean or extra lean ground beef
- 3/4 cup carrot, diced
- 3/4 cup celery, diced
- 3/4 cup green bell pepper, diced
- 3/4 cup onions, diced
- 6 tbsp garlic, minced
- 3 tsp chili powder
- 3 tsp paprika
- 3/4 tsp hot pepper flakes
- 3/4 tsp black pepper
- 3 cans (28 oz/796 ml) diced tomatoes (reduced sodium)
- 3 cans (14 oz/398 ml) tomato sauce (reduced sodium)

Directions

- In saucepan, over medium heat; cook ground beef. Drain off fat.
- Add onions, carrot, celery and green bell pepper and cook until softened, about 5 minutes.
- Add garlic, chili powder, paprika, hot pepper flakes and black pepper; cook for 2 minutes.
- Add tomatoes and tomato sauce; bring to boil, stirring often. Reduce to low heat and simmer, about 12 minutes.

Serve 1/2 cup of sauce over spaghetti or other noodles.



Blueberry Oatmeal Muffins

chicken & cheese Quesadillas

Ingredients (12 Servings)

- 1 cup rolled oats
- 1 cup buttermilk or *sour milk
- 1 tsp vanilla
- 1 cup + 2 Tbsp whole wheat flour
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp nutmeg
- 1 large egg
- 1/4 cup brown sugar
- 1/4 cup vegetable oil
- 1 1/2 cups blueberries or partridgeberries, fresh or frozen

Ingredients (24 Servings)

- 2 cups rolled oats
- 2 cups buttermilk or *sour milk
- 2 tsps vanilla
- 2 cup + 4 Tbsp whole wheat flour
- 2 Tbsp baking powder
- 1 tsp salt
- 2 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp nutmeg
- 2 large egg
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 3 cups blueberries or partridgeberries, fresh or frozen

Directions

- Preheat oven to 400°F (200°C).
- In a medium mixing bowl, combine rolled oats, buttermilk or sour milk*, and vanilla, and let stand.
- In a separate bowl, combine flour, baking powder, salt, cinnamon, baking soda, and nutmeg.
- Add egg, brown sugar and oil to the rolled oats mixture.
- Add wet mixture to dry ingredients. Stir just until moistened.
- Fold in berries.
- Spoon into paper-lined muffin tins.
- Bake at 400°F (200°C) for 15-20 minutes or until golden brown.
- *To sour milk, add 1 Tbsp (15 mL) vinegar or lemon juice to each 1 cup of milk.

Adapted from "Healthy Heart Cooking", Government of Newfoundland and Labrador, Department of Health, 1996

Ingredients (4 Servings)

- 4 large soft tortillas (whole grain)
- 2 chicken breasts, diced
- 3 cups chopped vegetables (such as peppers, mushrooms and/or green onions)
- 1 cup shredded skim milk mozzarella cheese
- 4 tbsp sliced olives or sun dried tomatoes (optional)
- Salsa
- Light sour cream or plain yogurt (optional)

Ingredients (12 Servings)

- 12 large soft tortillas (whole grain)
- 6 chicken breasts, diced
- 9 cups chopped vegetables (such as peppers, mushrooms and/or green onions)
- 3 cups shredded skim milk mozzarella cheese
- 3/4 cup sliced olives or sun dried tomatoes (optional)
- Salsa
- Light sour cream or plain yogurt (optional)

Directions

- Heat a non-stick frying pan over medium heat. Grill chicken and vegetables. Set aside.
- Place tortilla on a flat surface. On 1/2 the tortilla, layer 2 tbsps of cheese, 1/2 chicken breast, 3/4 cup chopped vegetables, olives or tomatoes (if using) and top with another 2 tbsps of cheese. Fold tortilla in half to enclose the fillings.
- Place in frying pan and cook until lightly browned, flip and cook second side.
- Remove from frying pan and cut into 4 wedges.

Offer with salsa and light sour cream or yogurt on the side.

Adapted from ActNowBC, Healthy Eating for Seniors.



easy Coleslaw

Ingredients (8 Servings)

6 cups finely shredded green cabbage, about 1/2 head
 2 cups carrot, shredded
 3 green onions, finely sliced

Dressing

1/4 cup apple cider vinegar
 2 tbsp olive oil
 1 tsp celery seed
 1 tsp sugar
 1/2 tsp black pepper

Ingredients (24 Servings)

18 cups finely shredded green cabbage, about 1 1/2 head
 6 cups carrot, shredded
 9 green onions, finely sliced

Dressing

3/4 cup apple cider vinegar
 6 tbsp olive oil
 3 tsp celery seed
 3 tsp sugar
 3/4 tsp black pepper

Directions

- Add all the salad ingredients in a large bowl and set aside.
- In a small bowl, whisk together dressing ingredients. Pour over salad and toss to coat.
- Cover and let sit in the fridge for at least 1 hour or overnight.

Adapted from the Heart and Stroke Foundation, www.heartandstroke.com.



fast & easy bean Salad

Ingredients (12 Servings)

1 can (14 oz/ 398 ml) green beans (rinsed)
 1 can (14 oz/ 398 ml) yellow beans (rinsed)
 1 can (19 oz/ 540 ml) black beans (rinsed)
 1 can (12 oz/ 341 ml) corn (rinsed)
 1 white onion, sliced into rings
 1 green pepper, seeded and sliced into rings

Tarragon vinaigrette

1/4 cup canola oil
 1/4 cup white vinegar
 2 tbsp granulated sugar
 1 tsp dry mustard
 1 clove garlic, minced
 1 tsp dried tarragon
 1 tsp dried basil

Ingredients (36 Servings)

3 cans (14 oz/ 398 ml) green beans (rinsed)
 3 cans (14 oz/ 398 ml) yellow beans (rinsed)
 3 cans (19 oz/ 540 ml) black beans (rinsed)
 3 cans (12 oz/ 341 ml) corn (rinsed)
 3 white onions, sliced into rings
 3 green peppers, seeded and sliced into rings

Tarragon vinaigrette

3/4 cup canola oil
 3/4 cup white vinegar
 6 tbsp granulated sugar
 3 tsp dry mustard
 3 cloves garlic, minced
 3 tsp dried tarragon
 3 tsp dried basil

Directions

- Drain and rinse green beans, yellow beans, black beans and corn. Mix in a large bowl.
- To prepare vinaigrette, whisk together canola oil, vinegar, sugar, mustard, garlic, tarragon and basil. Pour onto bean mixture prior to serving. Garnish with onion and green pepper rings.

Adapted from the Heart and Stroke Foundation, www.heartandstroke.com.



easy Hummus

tasty Yogurt

Ingredients (1 1/2 cups)

- 1 can (19 oz/ 540 ml) chickpeas
- 3 tbsp lemon juice
- 2 tbsp canola or olive oil
- 1 tsp ground cumin
- 2 garlic cloves, chopped or crushed
- salt and pepper to taste

Ingredients (5 cups)

- 3 cans (19 oz/ 540 ml) chickpeas
- 9 tbsp lemon juice
- 6 tbsp canola or olive oil
- 3 tsp ground cumin
- 6 garlic cloves, chopped or crushed
- salt and pepper to taste

Directions

- Drain chickpeas. Place in blender or food processor.
- Add garlic, cumin, lemon juice and canola (or olive) oil.
- Blend or process until smooth. Add a small bit of water, if needed.
- Add pepper to taste.

Ingredients (3/4 cup)

- 3/4 cup plain yogurt
- 1/2 tsp dried dill weed
- 1/2 tsp onion powder

Ingredients (3 cups)

- 3 cups plain yogurt
- 2 tsp dried dill weed
- 2 tsp onion powder

Directions

- Mix all ingredients together in a bowl.
 - Refrigerate until needed.
- Serve as a dip with a variety of vegetables.



yogurt Parfait

Ingredients (1 Serving)

- 1/2 cup lower fat yogurt
- 1/2 cup fresh, frozen, or canned fruit of your choice
- 1 tbsp granola or high fibre cereal

Directions

- Spoon half of yogurt into a clear glass or dessert bowl. Top with half of fruit. Repeat layers.
- Sprinkle with granola.

Adapted from Manitoba's Making the Move to Healthy Choices – Tournament/Competition Menu Items.



fruit Smoothie

Ingredients (1 Serving)

- 3/4 cup lower fat milk
- 1 banana
- 2 strawberries
- 4 ice cubes (if using frozen fruit, omit the ice)

Ingredients (10 Servings)

- 7 1/2 cups lower fat milk
- 10 bananas
- 20 strawberries
- 40 ice cubes (if using frozen fruit, omit the ice)

Directions

- If using fresh, wash the strawberries and take out the stem.
- Peel the banana and chop into chunks.
- Add all ingredients into the blender. Cover and blend on high speed until smooth.
- Pour into a cup and enjoy.

Hint: Pre-prepare the fruit smoothie ingredients. In a freezer safe container, measure out the strawberries, banana. Freeze. When fruit smoothie is requested, take out frozen mix and place in blender. Add milk, banana and optional ice cubes and blend.

Adapted from Manitoba's Making the Move to Healthy Choices – Tournament/Competition Menu Items.

SECTION

7

Additional Resources

EAT GREAT AND PARTICIPATE COORDINATOR

(709) 729-4490

www.recreationnl.com/eat-great-participate

Regional Nutritionists

EASTERN HEALTH

St. John's and Area

(709) 752-4422

Rural Avalon and Burin & Bonavista Peninsulas

(709) 229-1605

CENTRAL HEALTH

Gander

(709) 651-6335

WESTERN HEALTH

Corner Brook

(709) 784-5257, or (709) 784-5677

LABRADOR-GRENFELL HEALTH

Happy Valley- Goose Bay

(709) 897-2391



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