**[*Insert Town/Organization's Logo Here*]**

# Healthy Eating Policy

- ✓ What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work, play and commute.
- ✓ Recreation, sport and community leaders who promote and support healthy eating are helping to improve the food environment which creates and maintains communities that are supportive of health and wellbeing.
- ✓ Following Canada's Food Guide promotes healthy eating and the overall nutritional wellbeing of individuals and communities. Healthy eating is linked to lowered risk of chronic disease, can help support an active lifestyle, and keeps individuals engaged with their community.
- ✓ Adopting healthy behaviors early in life is important for good health. Promoting healthy eating to children and youth can help build lifelong healthy eating habits.
- ✓ Breastfeeding is the first step in healthy eating. Health Canada recommends breastfeeding as the optimal way to feed babies and young children for healthy growth and development.

Therefore, effective [*insert day, month, year*] when food and beverages are served at [*insert facility/event/program/town*], we will follow our healthy eating policy.

**We will strive to create a supportive environment for healthy eating by-**

- ➢ Offering vegetables and fruit (fresh, frozen or canned) and at least one of the following:
  - o whole grain breads, wraps, crackers, pasta, rice, etc.,
  - o protein foods such as nuts*, nut butters*, beans, lentils, eggs, poultry, lean red meat, lower fat yogurt and cheese
  - o Water, lower fat white milk, or unsweetened fortified soy beverages
- ➢ Limiting the availability of:
  - o highly processed foods including deep-fried foods and potato chips
  - o sugary drinks including sports drinks, energy drinks, 100% fruit juice and chocolate milk
  - o confectioneries including candy and chocolate bars
- ➢ Support individuals to breastfeed anytime, anywhere by:
  - o Creating and promoting spaces where breastfeeding families can comfortably and safely breastfeed in public.
  - o Providing a place for individuals to breastfeed privately, if they request that.

**Refer to your allergy policy*

Approved by: _____

Date: _____