

Community Healthy Eating Guide



Here's how to create a healthier food environment in your community:

Get Ready! Form a team to help identify areas where you can make changes. Team members may include recreation staff, coaches, volunteers, parents, health professionals, municipal council, youth and other community members.

Get Set

- Consider food and beverages available at:
 - community programs and events
 - canteens/concessions
 - vending machines
 - banquets
 - tournaments
 - fundraising
- Are the following available?
 - ☒ vegetables and fruits (fresh, frozen or canned)
 - ☒ whole grain foods such as breads, cereals, crackers, etc.
 - ☒ protein foods such as beans, peas, lentils, white milk, yogurt or cheese
 - ☒ plain water
- Check out what type of kitchen equipment and space you have for preparing and storing food and beverages
- Offer healthy food and beverage choices by:
 - Talking to your vendors or food service providers for healthy food choices that are available
 - Making a plan for small changes you can make (e.g., add one new healthy menu item: add more vegetable toppings to sandwiches, etc.)

Go!

- Provide healthy food and beverage choices at all recreation, sport and community facilities, programs and events. This includes practices, tournaments, road trips, fundraisers and special events like banquets
- Display and promote healthy food and beverage choices:
 - Plan a "Healthy Menu" launch to get the message out
 - Ensure healthy choices are visible
 - Share your healthy menu on social media
 - Increase cost of unhealthy choices to help make the healthy choice, the easy choice
- Check your progress and make improvements as needed
- Celebrate your success

Healthy Food and Beverage Options

Healthy Dinners and Banquets

- Whole grain wraps, pitas or sub sandwiches (e.g., vegetarian, chicken or turkey)
- Homemade soup with a whole grain dinner roll
- Chicken, beef or veggie stir-fry on brown rice
- Whole grain pasta with tomato sauce and cheese
- Homemade meatballs with vegetables and brown rice or whole grain pasta
- Vegetarian or meat chili with a whole grain dinner roll

Healthy Snack Choices

- Fresh fruit
- Canned fruit (packed in juice or light syrup)
- Berries, yogurt and granola
- Fruit smoothies
- Vegetables with dip
- Yogurt
- Whole grain crackers with cheese
- Whole grain cereal or granola bars (not chocolate or yogurt dipped)
- Plain popcorn
- White milk
- Whole grain muffins

Desserts

- Fruit and yogurt parfait with granola
- Fruit salad
- Baked fruit crumble (apple or berry)
- Frozen banana pops with yogurt

Loot Bag Ideas

- Apples or oranges
- Pencils and pads of paper
- Sports items (hockey pucks, mini footballs, skate guards, tennis balls)
- Stickers
- Games
- Crafts

Try not to serve foods and beverages high in saturated fat, sugars or salt such as:

- Cakes, croissants, doughnuts, pastries, cookies and pies
- Potato chips (regular and baked), nachos, and other salty snacks
- Fried foods
- Chocolate, candy and bars
- Ice cream, frozen yogurt and frozen desserts
- Pop, sports drinks, energy drinks, juice, and chocolate milk
- Processed fruit snacks (e.g., fruit leathers and gummies)
- Processed meats (e.g., bacon, pepperoni, etc.)



Questions?

Contact Eat Great and Participate's Registered Dietitian at mpark@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