



Move to Healthy Choices Newsletter

January 2009

Brandon Sportsplex Canteen: Moving to Healthy Choices

Have you been to the Brandon Sportsplex canteen lately? Well it is well worth the trip! Canteen manager, Leigh Wood, and her staff are making healthy choices more available:

- Fresh fruit is available all the time and vegetables and salads are often available too!
- Sandwiches are available on whole wheat or white bread and homemade soup is always a hearty choice.
- Fresh baking such as muffins, cookies and loaves are the most popular item sold, and they are made everyday using a mixture of whole wheat and white flour.
- Fried food is still offered but Trans fat free oil is used to cook the food.
- Hamburgers are still a popular choice but the beef patties are homemade with lean ground beef.
- 100% fruit juice, vegetable juice, yogurt, applesauce and milk are kept in a cooler that can be visibly seen from the counter.
- Sometimes some products are more challenging to sell such as vegetarian chili, but they didn't stop there, free samples were offered to promote the new product!



Healthy Choices cooler at Brandon Sportsplex

Changes to the canteen have received lots of positive feedback from parents as they are very excited and welcoming of the healthy changes. Staff has found the toolkit helpful and looks forward to trying new recipes in the future to improve on their ever growing selection of healthier choices. We would like to commend Leigh Wood and her staff at Brandon Sportsplex for the positive changes they are making to improve the quality of food at their canteen. As we know food impacts performance!

Feature Product: Sweet Potato Fries

Imagine French fries made from sweet potatoes and they are now available from McCain Foods Ltd™. Currently these fries are only available for food service, but you will start to see them in grocery stores in January 2009. These fries will add colour and appeal to the plate. Sweet potatoes are high in vitamin A.

Nutrition Hints: Bake them in the oven at 425°F for 10-12 minutes to keep the fat content low and serve smaller portion sizes.

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Recipe Corner

Chili Soup

- 1 large onion, chopped finely
- ½ cup mushrooms, chopped finely
- 1-125ml can jalapeno peppers, chopped finely (optional)
- 2-398ml cans red kidney beans, drained
- 2-398ml cans diced tomatoes
- 1-398ml can tomato sauce
- 2 ½ cups low sodium beef broth
- 1 ½ cups extra lean ground beef
- 2 tbsp flour
- 2 tbsp chopped fresh parsley
- 2 tbsp canola oil

Rinse and drain can of jalapenos, kidney beans, and tomatoes. Heat oil and onions for 5 minutes, add beef and cook for another 5 minutes. Add mushrooms. Sprinkle with flour and stir well. Add remaining ingredients (except beans and parsley) and simmer for 30 minutes, stirring often. Add beans and parsley. Heat well and serve. (Freezes well)

Serves: 10 people (1 cup serving size)

From: "Friends of Hope" Breast Cancer Cookbook

A healthier choice!

This chili soup is low in fat and high in fibre it still has a wonderful flavour. Try serving it along with a whole wheat bun and milk on a cold day at the rink.

Tips for Promoting New Foods and Marketing Strategies

- Advertise on the Specials board or over the Speaker system
- Make products visible when at the counter
- Price to sell - consider offering specials on new foods
- Use sensory words to describe menu items such as 'delicious' or 'mouth watering'

Did You Know?

1 (355ml) can of pop contains **8 tsp** of sugar

1 (355ml) can of diet pop contains **0 tsp** of sugar

Healthier Choices would be milk, chocolate milk, 100% fruit juice, vegetable juice and water



Have You Tried These Meal Deals?

- Grilled Chicken Burger with Veggies and Dip, Yogurt and Water
- Vegetable Soup and Salad with a Small Milk
- Chicken Pita or Fajita with an Orange and choice of Milk
- Fruit Smoothie and slice of Pizza
- Cheeseburger loaded with vegetables, Apple and a Chocolate Milk

We Need Your Story!

Do you want to be featured in an upcoming newsletter? Phone us with your community success story and when you are featured, you will win a prize!

Questions? Contact us at:

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