



Move to Healthy Choices Newsletter

June 2009

Hamiota Aquatic Centre Goes Healthy

Over the years the concession stand at the Hamiota Aquatic Centre has been changing. In 2007 they sold chocolate bars, five cent candy, chips and pop. For the summer of 2008 they decided to make a major change to the concession items. They didn't sell chocolate bars or any other kinds of candy. Instead, they started selling Thinsations snacks, Welch's Fruit snacks, Fruit Source Bars and Fruit to Go. The prepackaged fruit snacks were more convenient as cashiers had to pick out the penny candies one by one. They cut back on the pop order and increased the water and juice order and also sold crystal light singles. The Aquatic Centre decided to keep selling chips but limited it to fewer varieties. They also kept ice cream treats and freezies because they were major sellers on a hot summer day. They also switched to whole wheat buns for any BBQs that the facility held over the summer.



For the upcoming 2009 summer they again have added to the healthy choices. The Aquatic Centre will be selling the same snacks as last year plus Crispy Minis, Granola Crunchers and 100 calorie bags of chips. Once again they will be selling other chips and freezer treats. The bottles of water sold out quickly last summer so they added more to their order this year. Selling healthier snacks was an easy choice for Hamiota Aquatic Centre to make and all of the swimmers seem to have adjusted well. They sell lots of snacks daily but are not needing to make a profit, they only want to supply snacks to the swimmers.

A healthy eating environment reinforces and supports positive messages about nutrition, sports, performance and well-being. Offer nutritious foods to create opportunities for people to make healthy choices.





Nutritious choices for fun summer events:

Pudding Made with Milk
 Cheese Stick
 Orange Slices
 Frozen Grapes
 Chocolate Milk
 Sliced Cucumber
 Fruit Kabobs
 Fruit Cup
 Water
 Apple Slices
 Banana
 Watermelon
 Mini Carrots
 Popcorn
 Frozen Yogurt Tubes
 Yogurt Cup
 100% Fruit Juice
 Corn on the Cob
 Pasta Salad
 Potato Salad
 BBQ Pita Pizzas
 Frozen Yogurt

Simple Fruit Smoothie

1 cup frozen fruit
 2 cups 100% fruit juice
 1 banana, cut in pieces
 ½ cup milk

Add ingredients together in blender and blend until smooth.

Yield: approximately 6 – ½ cup servings



SUMMER BBQ



If processed meat like hot dogs, sausages or smokies are offered at your BBQ or special event pair it up with more nutritious foods when possible. Choose processed meat with 100% meat or poultry and the shortest ingredients list. Try to avoid MSG (monosodium glutamate), nitrates, by-products, soy or cereal fillers and animal parts.

Questions? Contact us at:

Kris Doull: 204-726-6069
 Kim Smith: 204-523-3234

Linda Yablonski: 204-834-6612
 Whitney Anderson: 204-328-7101

Susin Cadman: 204-571-8399
 Bonnie Michaudville: 764-3050ext 106