



# Move to Healthy Choices Newsletter

March 2009

## Souris Glenwood Memorial Complex makes a steady *MOVE* to healthy choices.

Complex Manager, Sven Kreuzsch and the facility canteen manager have been working together to make a slow and steady change within the canteen at the Souris Glenwood Memorial Complex. The canteen is managed by Linda Steinke and the profits go towards the functioning of the complex. The canteen is open most evenings, during special sporting events and tournaments.

The regular canteen menu in Souris has the traditional deep fried foods, however foods with more nutrition are finding their way on the menu including soups, yogurt, submarine sandwiches, sandwiches, pork loin on a bun, milk, vegetable juice and fruit juice. The deep fat fryer oil was changed to a zero trans fat oil, which is more expensive but a healthier option. During tournaments the canteen serves vegetables and dip, fruit and salads which have been good sellers.



Long term plans for the canteen include trying new, healthier items to include on the regular menu as well as for tournament specials. To make changes to the traditional menu that most people expect in a rink does take time.

### Top Tips from Souris

- Bring in a new food item or try a new recipe at a tournament to see if it will be a good seller.
- Subsidize the cost of nutritious items with selling less nutritious foods at a higher price.
- Offer new, healthier food items so regular customers can have some variety.

### Need Ideas to Replace Candy, Chocolate Bars and Chips?

#### Better Snack Ideas... with a longer shelf life

- fruit cups packed in juice
- whole grain crunchy or chewy granola bars
- individual packages of almonds
- plain or lightly buttered microwave popcorn
- individual portion cups of wholegrain cereal
- wholegrain crackers in a bag with a peanut butter portion
- trail mix
- cereal-pretzel mix
- 100 calorie packets of cookies
- frozen grapes
- frozen yogurt tubes



## Granola bars: the inside story

Granola bars are often thought of as a healthy choice, but some bars are better choices than others. When picking a granola bar, it is important to look beyond the name of the bar or the claims made on the box and read the nutrition facts.

When reading the food label, compare two types of granola bars.

<b>Granola Bar:</b> dipped in a peanut butter coating		<b>Granola Bar:</b> with fruit and chocolate	
<b>Nutrition Facts</b> Per 1 bar (35 g)		<b>Nutrition Facts</b> Per 1 bar (35 g)	
Amount	%DV	Amount	%DV
<b>Calories</b> 170		<b>Calories</b> 130	
<b>Fat</b> 9 g	14%	<b>Fat</b> 2 g	3%
Saturated 2.5g	13%	Saturated 0.5g	3%
+ Trans 0g		+ Trans 0g	
<b>Carbohydrate</b> 19g	6%	<b>Carbohydrate</b> 24g	8%
Fibre 2 g	6%	Fibre 4 g	16%
Sugars 11g		Sugars 8 g	
<b>Protein</b> 4 g		<b>Protein</b> 5 g	
*DV = Daily Value		*DV = Daily Value	

This bar has fewer calories and fat, including saturated fat.

This bar has more carbohydrates and fibre and less sugar.

When looking for a better granola bar, choose one that has less calories, fat and sugar and has more fibre, protein, vitamins and minerals.

For more information about label reading, refer to page 24 of the Making the Move to Healthy Choices toolkit or check out these helpful websites: [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca) and [www.dietitians.ca](http://www.dietitians.ca).

*We want Your Story!*

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



### Questions?

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