



Move to Healthy Choices Newsletter

September 2010



Calling All Canteen Operators Register Now!

The *MOVE* to Healthy Choices Committee is comprised of members representing the Westman Recreation Practitioners Association, Assiniboine Regional Health Authority, Brandon Regional Health Authority and Manitoba Healthy Living, Youth and Seniors.

The committee is working to provide awareness, education and make available resources to encourage healthy food choices in recreation facilities where families live, learn and play in the Assiniboine and Brandon Health Regions.

The committee would like to ensure that those involved in the operation of concessions and canteens have access to the "Making the Move to Healthy Choices" toolkit and regular newsletter. We would appreciate your assistance by informing other concession operators about the Move to Healthy Choices project and encourage them to register by contacting Linda Gibb at Linda.Gibb@gov.mb.ca or by calling 1-204-726-6066

Registration benefits include:

- monthly newsletters from the *MOVE* to Healthy Choices Committee full of recipe ideas, nutrition information and stories from canteens in the Westman area, Manitoba and beyond.
- first access to applicable information regarding nutrition resources, grants, contests and regional initiatives.
- access to all archived newsletters and the *MOVE* to Healthy Choices Toolkit

Marketing Tips

- Present nutritious food choices in an attractive way, consider colour, flavour, texture, and temperature when menu planning and preparing healthy food. If food looks good and tastes great people will buy it! The presentation of food is important to customers.
- When muffins are on the menu, bake at least one dozen in the oven in the canteen to entice customers with the smell.
- Place nutritious foods like wraps, chili, soup, and yogurt at the top left side of the menu board.
- Offer a free sample taste test before adding a new menu item.
- Promote meal and snack deals, theme days and tournament specials.
- Place nutritious food at eye level where both small children and adults can see.

Healthy Food Taste Testing Grant - *only available while funds last!*

A good way to trial a new menu item or product for your canteen is to hold a taste test providing free samples to your customers. A grant of up to \$100.00 is available to help facility operators introduce a new menu item. Eligible applicants include not-for-profit owner/operators of the following community facilities: arenas, curling rinks, indoor pools, youth centres, community centres and bowling alleys. The facility must be located within the boundaries of the Assiniboine and Brandon Regional Health Authorities (Westman region). For program guidelines and application visit our website at [Westman Healthy Lifestyle Coalition](#) or contact Kris Doull at (204) 726-6069 or Kris.Doull@gov.mb.ca.

Questions? Contact us or your local recreation director.

Kris Doull, Regional Manager - Westman Region
Healthy Living, Youth & Seniors - Committee Chair 204-726-6069

Kim Smith - Registered Dietitian
South Assiniboine RHA
204-523-3234

Linda Yablonski, Recreation
204-834-2140

Chantal Morais - Registered Dietitian
Northwest Assiniboine RHA
204-764-4273

Susin Cadman - Registered Dietitian
Brandon RHA 204-571-8399

Sandra Smith - Registered Dietitian
Northeast Assiniboine RHA
204-328-7101

Bonnie Michaudville, Recreation
204-764-3050 ext. 106