



# Move to Healthy Choices Newsletter

January – February 2014

## Portion Sizes at the Oak River Arena

The Oak River Arena Canteen has added many healthy choices to their menu over the years. This past year, they added a smaller serving of French fries to the menu as a healthier choice for customers. Jacalyn Shamray, Canteen Manager says, “We decided to reduce the portion of fries because it is one of the unhealthiest items that we sell. Rather than eliminating them altogether, we decided to reduce the portion size. When in the cardboard trays, portion size is very deceiving. We dumped the trays onto plates to compare the different sizes and once we saw it on a plate, we decided that the smaller portion still provided an adequate serving, without promoting over-indulging of a less healthy item.” The cost of the smaller portion is \$0.50 less as well. This change has been successful and they will continue to offer the small portion of fries.

Shamray feels it is important to serve healthier choices in a place that is promoting recreation. She says, “Athletes need to fuel their bodies properly in order to perform to their full potential.” Offering a smaller portion of a less healthy item is another way to make the *Move to Healthy Choices*.



Jacalyn, Canteen Manager, showing the smaller sized fries portion sold at the Oak River Arena

## Facilities moving forward on Nutrition Policies:



Over the past year, the Move to Healthy Choices committee has worked with communities across the Westman area to develop nutrition policies for their recreation facilities.

We are proud of the following facilities for their work on developing nutrition policies:

- *Baldur Recreation Centre*
- *Hamiota & District Sports Complex*

Both policies can be seen on the *Move to Healthy Choices* website.

## Need Help Making Changes?

We can help! We can help with menu suggestions, recipe adjustments, promotion of new products and assist with policy development. Contact Kris Doull at 204-726-6069.

More ideas can be found in the ‘Making the *Move to Healthy Choices*’ toolkit and previous newsletters which can be found online at [Move to Healthy Choices](#)

Congratulations on Making the *Move to Healthy Choices*!!



## Portions matter!

Portion control is important for canteen profits, customer satisfaction and planning ahead so you don't run out of an item too soon.



### Double Berry Muffin

**Jumbo sized muffin** (107 g) vs **Regular sized muffin** (54 g)  
**Saves 145 calories!**



### French Fries

**Large sized fries** (40-50 fries) vs **Small sized fries** (20-25 fries)  
**Saves 236 calories!**

### Tips for better portions:

- Buy pre-portioned items
- Pre-portion fried foods, like chicken fingers and popcorn chicken
- French fries can be limited by size of container
- Use smaller containers for fried foods and drinks
- Buy or make smaller sized muffins
- Offer smaller sized portions alongside the regular sized portions
- When serving an entrée, fill half the plate with vegetables, ¼ plate with meat and ¼ plate with rice, potato or pasta
- Pre-portion candy, or sell mini sized candy bars and smaller sized chip bags
- Have pictures posted in the canteen to show the portion size for fried foods



**MOVE TO HEALTHY CHOICES**

### **Move to Healthy Choices Contact Information**

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