



# Move to Healthy Choices Newsletter

March – April 2014

## Snacks at the Shamrock Centre

The Killarney Shamrock Centre is home to a bowling alley, hall, meeting room, fitness centre, lounge, arena and curling rink. In the centre of the facility is a canteen that has offered a variety of healthier snacks such as fresh fruit, smoothies, veggie bags, chocolate milk, juices and waters. Other options are homemade granola bars, muffins, loaf slices, power bars and treats such as cookies, popcorn cake and frozen yogurt bars.

Last year, the granola bar was the most successful snack offered, according to canteen manager and assistant recreation manager, Heather Hiebert. The granola bar was made in the canteen with different add-ins each time. Some examples of the add-ins were trail mix, raisins, sunflower seeds, chocolate chips, or dried cranberries.

Hiebert feels that it is important to have healthier options available, stating that when they are available, 'people did choose them'. The canteen has offered other healthier options such as chili and soups, adding extra vegetables and grains and using lower fat ingredients and whole grain bread.

In addition to the choices offered in the canteen, the Shamrock Centre has added a new vending machine to the facility that provides some healthier options such as milk, fruit, nuts and seeds. The vending machine allows for over half the items to be refrigerated, allowing for a variety of snacks and beverages to be sold.

Thank-you Shamrock Centre for offering healthier options in the canteen!



*Heather Heibert, Assistant Recreation Director for Killarney and Turtle Mountain, stands beside the Shamrock Centre's new vending machine.*

### 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](#)



**MOVE TO HEALTHY CHOICES**

Congratulations on Making the Move to Healthy Choices!!



## Smart Snacking – Healthy Choices to offer in your canteen

### Vegetables & Fruit

- Raw vegetables and dip
- Fresh fruit – wash, chop and freeze unsold fruit for baking
- Fruit and yogurt parfait
- Dried fruit
- Portion cups of 100% fruit and juice, applesauce or other fruit sauces
- Fruit with yogurt dip
- smoothies



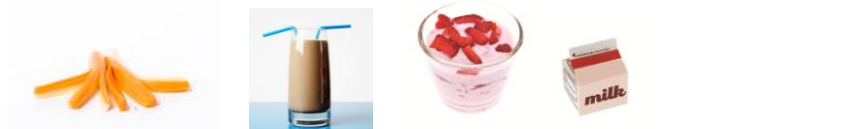
### Grain Products

- Whole grain bagels and light cream cheese
- Muffins, biscuits, or loaf slices
- Pita chips served with hummus or salsa
- Snack mix made with non-sugary cereals, dried fruit and nuts
- Cereal or granola bars



### Milk & Alternatives

- Yogurt cups or tubes
- Pre-portioned cheese
- Individual milk or soy beverage cartons (white or flavored)
- Yogurt parfait



### Meat & Alternatives

- Nuts and seeds
- Hummus served with veggies, whole grain crackers or pita chips
- Cottage cheese topped with fruit and nuts
- Individual cans of flavored tuna served with crackers
- Hard boiled eggs – use leftovers in egg salad sandwiches



### Move to Healthy Choices Contact Information

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