

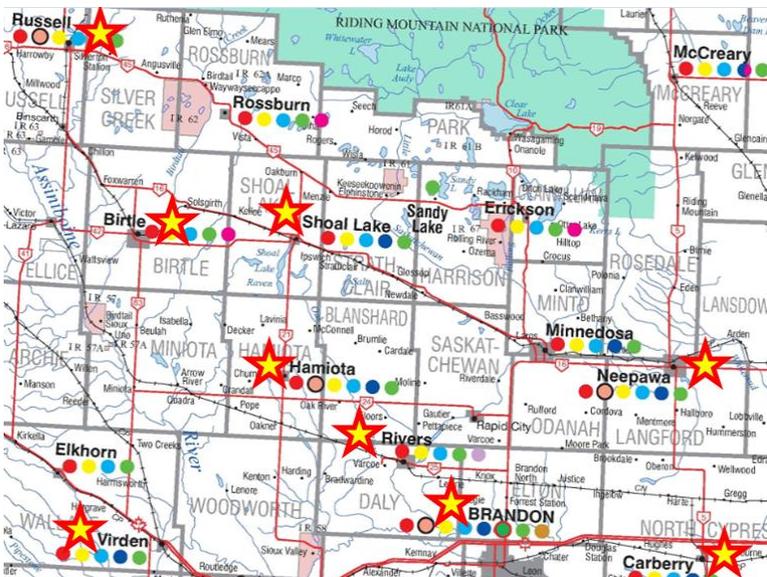
Move to Healthy Choices Recreation Canteen Surveys

Throughout the spring of 2015, the *Move to Healthy Choices* Committee Site Facilitator visited 9 recreation facilities in the northern part of the Westman. We are conducting a *Move to Healthy Choices Recreation Canteen Survey*, which is part of a four year project the committee is undertaking. Half of the chosen 17 facilities were recently visited in year 1 with the remaining facilities to be visited in the year 2. Follow-up surveys will be conducted in years 3 and 4. The goal of the survey is to gather information around regular menu offerings, specials and tournament menu items, nutrition policy status, barriers to offering healthy options and use of *Move to Healthy Choices* resources. Data from the surveys will track trends in menu offerings and help the committee understand how we can better assist facilities in encouraging the healthy choice is an available choice.

The Committee would like to extend a huge thank you to all the facilities that took part in the canteen surveys. Thank you for your time!

Year 1 Sites Visited

Russell, Birtle, Shoal Lake, Neepawa, Hamiota, Rivers, Brandon, Carberry, Virden



Recreation Canteen Survey Findings:

- Popular beverages sold in canteen: bottled water, milk (white, chocolate), sports drinks, hot chocolate, coffee/tea
- Menu boards consistently showcase higher fat and sodium options.
- Facilities are looking to remove non-popular food items from the canteen.
- Healthy options are often offered in the canteen during tournaments.
- Shelf life, preparation requirements and access to fast food were identified as some of the barriers to offering healthier food choices.
- Many facilities expressed interest in having a nutrition policy and working with the rink board to develop.
- Facilities that display food items on the counter or have a below the counter display window have a great opportunity to promote the healthy option as a focal point.

Visit the Move to Healthy Choices Facebook page!



A common struggle among rural recreation facilities is the ability to offer fresh healthy options in the canteen on a regular basis. Spoilage and waste often occur before the food items have been sold. There are many healthy snack options available that have a longer shelf life than fresh items and still offer great nutritional benefits.

Shelf Stable Snack Ideas:

Snack:	Tips on selecting a healthy option:
<ul style="list-style-type: none"> Fruit based bars 	Fruit should be listed as the first or second ingredient. Bars should contain 5g fat or less, 0g trans fat, 200mg sodium or less.
<ul style="list-style-type: none"> Granola or cereal bars 	Bars should contain 7g fat or less, 0g trans fat, 350 mg sodium or less and 8g sugar or less. Avoid sugar substitutes and dipped or coated bars.
<ul style="list-style-type: none"> Nut based bars 	Nuts, peanuts, seeds should be listed as the first or second ingredient. Bars should contain 0g trans fat, 350 mg sodium or less, 8 g sugar or less. Avoid sugar substitutes and dipped or coated bars.
<ul style="list-style-type: none"> Fruit cups 	Look for canned fruit packed in water or fruit juice.
<ul style="list-style-type: none"> Unsweetened apple sauce 	Made with 100% fruit, choose unsweetened or no sugar added varieties. Try freezing for a cool treat or try fruit snack squeezes.
<ul style="list-style-type: none"> Fruit snacks 	Made with 100% fruit
<ul style="list-style-type: none"> Dried or dehydrated fruit 	Made with 100% fruit, look for unsweetened or no sugar added Ideas: dried apple slices, mango, raisins. Serve with mixed nuts or in trail mix
<ul style="list-style-type: none"> Hummus 	A high protein snack! Serve with vegetables, whole grain crackers, pita chips or pretzels
<ul style="list-style-type: none"> Whole grain crackers 	Whole grain should be listed as the first ingredient. Try selling with cheese strings or hummus.
<ul style="list-style-type: none"> Canned tuna with pull off lid 	Smaller flavoured tuna cans can be served with whole grain crackers
<ul style="list-style-type: none"> Cheese strings 	Choose lower fat varieties less than 20% MF (milk fat). Keep refrigerated.
<ul style="list-style-type: none"> Frozen yogurt tubes 	Yogurt tubes can be frozen and served as a healthy snack
<ul style="list-style-type: none"> Baked potato chips 	A healthier option to traditional potato chips. Look for serving size containing 7g fat or less, 0g trans fat, 350mg sodium or less
<ul style="list-style-type: none"> Mini chocolate bars 	If selling chocolate bars, consider selling a smaller chocolate bar (such as Halloween size bars)

Check out our updated Toolkit on the website for more great ideas!



Move to Healthy Choices Contact Information
 Kris Doull, Committee Chair
 Phone: 204-726-6069
 E-mail: Kris.Doull@gov.mb.ca
 Website: Move to Healthy Choices