



Move to Healthy Choices Newsletter

March/April 2013

This winter, the *Move to Healthy Choices* visited many of the recreation facilities in southwest Manitoba. It was exciting to hear about the positive changes that have been made to what is served in recreation facilities.

Here are some healthier options that we heard about that are going well:

- Selling smaller portion size of French fries and chocolate bars (Halloween sized).
- Having fewer candy options, including penny candy.
- Showcasing the healthier choices in the front for easy viewing.
- Always having milk (white and flavored) available.
- Having the local grocery store prepare salads, fruit trays, sandwiches and soup to sell during tournaments. This has kept the prep time down and allowed healthier options to be available.
- Good sellers: sub sandwiches, hot turkey/beef sandwich, yogurt cups, and different of soups.
- Regularly offering: grilled/baked chicken breast, soup, sandwiches, muffins, fruit, water and veggie bags.
- During busy times, offering items such as: soups, chili, pulled pork sandwich, lasagna, spaghetti, sandwiches, breakfast sandwich, salads, fruit, yogurt parfaits, and veggie and dip.

Big or small changes are positive changes!





Summer ideas on page 2...

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Summer is coming!

Here are some simple ideas to serve on the field, pool or beach:

Keeping cool:

- water flavor enhancers sold with a bottled water
- frozen fruit bars, made with fruit
- frozen yogurt tubes

Staying Fresh:

- shaker salads: pasta or rice with veggies, a protein source (chicken, beef, beans) and dressing
- Fruit cup: use fresh or frozen fruit
- Veggie and dip cup: ranch type dressing or hummus in the bottom of a clear cup with fresh vegetables (such as carrots, snap peas, pepper sticks and celery).

Hot meals:

- pulled pork sandwiches
- lasagna bowl – slow cooker, topped with cheese
- Baked potato topped with chili and cheese



Veggie and Dip Cup

Try serving vegetables and dip in a new way.

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](#)

Taste test success!

A good way to trial a new menu item 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 in their facility. This grant is available to communities located within the former Assiniboine and Brandon Regional Health Authorities and only while funds last.

This season, we have given out grant money for taste tests around southwest Manitoba for items such as:

- yogurt parfaits
- 'homemade' granola bars
- quesadilla

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Additional copies of the 'Making the Move to Healthy Choices' toolkit can be downloaded from <http://healthylife.cimnet.ca>