

Hamiota's experience with their Nutrition Policy

Hamiota and District Sports Complex have taken the right step in always having healthy food choices in their canteen. This past year, their canteen committee developed and passed a nutrition policy for their canteen. Canteen Manager, Bonnie Michaudville says, "the policy is straightforward and easy to understand." The committee used the 'Move to Healthy Choices' food rating chart to assist them in developing the policy. They found that the policy highlighted many things they are already offering in their canteen; however, the policy makes sure that those items continue to be on the menu, even when there is a management change. Bonnie states, "it really ensures that there is no slacking off during the season, that you have to supply what is in the policy."

A key part of developing a nutrition policy is that you have someone, that sees the importance, and assist in the implementation of the policy. In Hamiota, the canteen conveners care about healthy eating and take pride in the healthy options they have. Their nutrition policy has helped them stand behind the healthy choices offered and they feel confident they are offering the good food to the athletes and spectators. For them, the policy has been a positive change as the conveners have realized that it was not that hard to follow.

The *Hamiota Complex* has received positive feedback about their policy. Bonnie states, "*The curlers are really seeing the change and appreciating everything, especially for the play off bonspiels. Young parents are changing their view on eating at the rink and we need to keep up with them. This will also keep them in our facilities where they will spend their money.*" The *Hamiota Complex* has also received many compliments at their provincial tournament in regards to the healthy options that were provided. The positive feedback has helped their volunteers and board members see the benefit of the policy, which has helped the overall mindset of the facility.



As with any policy, there is follow up needed and Hamiota will continue to review and improve upon their policy.

Importance of having a nutrition policy

Recreation facilities already support healthy lifestyles through physical activity and social connections, so they should also be a key place to support healthy choices of food and beverages.

Benefits to having a nutrition policy:

- Encourages and creates opportunities for people to make healthier choices.
- Establishes guidelines which the board, staff and volunteers follow.
- It will ensure that positive steps will not be lost when a change in board members or staff occurs.
- Creates consistency.

If you are interested in learning more about nutrition policies, contact the Move to Healthy Choices committee chair, Kris Doull at 204-726-6069.

Baked Potato Bar

A simple and tasty new menu item to add to your canteen...

Serve baked potatoes with a variety of toppings:

- chili
- baked beans
- vegetables, such as: steamed broccoli, cauliflower, sautéed onions or mushrooms.
- Grated cheddar cheese



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](#)

Trend Alert: Facts about Gluten Free

Gluten is a protein found in wheat, barley, rye and some oats.

There are a few different reasons why some people avoid gluten: Celiac disease, allergy, or intolerance to gluten. It is trendy right now to eat gluten free. However, for those that have Celiac disease, it is important that they not eat even the smallest amount of gluten.

Tips in offering gluten free products in the canteen or vending:

- Items such as fruit, vegetables, milk and fresh meat are gluten free.
- Specialty items, such as canned soups, pizza crusts and wraps are available. However, extra precautions need to be made to prevent cross contamination of gluten, when serving these foods.
- Purchase gluten free products that are pre-packaged. This will prevent any possible cross contamination.

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 *Baldur Recreation Centre* and *Hamiota & District Sports Complex* for their work on a nutrition policy. Both policies can be seen on the *Move to Healthy Choices* website.

Move to Healthy Choices Contact Information

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