



Move to Healthy Choices Newsletter

November – December 2013

Baldur Develops a Nutrition Policy

The Baldur Recreation Centre in Baldur, MB has made a Nutrition Policy for their canteen. Their committee has a policy that will make sure the canteen has healthy food choices. Nicole Desrochers, Recreation Director and Baldur Community Complex Committee member states, "By implementing a Nutrition Policy, the Baldur Recreation Center Committee is stating that, as a committee we collectively agree that it is important to all of us to improve and sustain the healthy food choices for the patrons of our facility. With the implementation of the Policy passed down from board level there is no issues when there is a changeover of kitchen convening." Putting a policy in place is a long process. However, it is worth the time and effort to see changes stand up to the ever changing setting of a rink canteen. The Baldur committee has worked hard to make a policy that will work well for their community. To make sure the policy is followed; the committee will frame and post the final policy at the canteen for everyone to see. Like any policy, the committee may need to review it from time to time; however, the groundwork is now there to make for a lasting change. The committee has heard very positive comments from customers at the rink and they feel the healthy options are well liked.

Congratulations
Baldur Recreation
Centre for
implementing a
nutrition policy!



By putting a policy in place, Baldur has taken a big step to help their community members live healthier lives. Community members spend many hours at rinks and to have the option of eating healthy is important. The *Move to Healthy Choices* Committee gives Baldur Community Complex a pat on the back for being leaders in making healthy food choices in their rink a long-lasting change.

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*!!



Importance of having a nutrition policy

Recreation facilities already support healthy lifestyles through physical activity and social networking, 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

Label Reading: *focus* on sodium

4 Facts about sodium:

1. Too much sodium in the diet can lead to high blood pressure.
2. Canadians eat about double the sodium they need. Many Canadians are trying to lower the sodium in their diet.
3. The top sources of sodium are processed foods and take-out meals. Other sources of sodium are: breads, cereals, crackers, snack foods, table salt, seasonings and sauces.
4. You can find out how much sodium is in a product by looking at the nutrition facts table:

Serving Size: The nutrition information is based on this portion size.



Sodium: It is recommended that everyone lowers their intake of sodium. Aim to choose items that have 5% or less or choose the product that has the lower amount of sodium.



| Nutrition Facts | |
|--------------------------|----------------------|
| Per 2/5 cup (100mL) | |
| Amount | % Daily Value |
| Calories 70 | |
| Fat 0 g | 0% |
| Saturated 0 g | 0% |
| +Trans 0 g | |
| Cholesterol 0 mg | |
| Sodium 700 mg | 29% |
| Carbohydrate 17 g | 6% |
| Fibre 0 g | 0% |
| Sugars 12 g | |
| Protein 0.2 g | |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 0% |
| Iron | 0% |

Tips to lower sodium in your canteen:

- Choose lower sodium sauces when available.
- Offer 'fresh' fruits and vegetables.
- Use sauces and gravies sparingly.
- Use less 'instant' foods and make more from scratch.
- Use lower sodium soups, broths and canned foods.
- Offer lower salt or salt-free seasonings.

Move to Healthy Choices Contact Information

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