

## Hosting larger events in Virden

Virden's *Tundra Oil and Gas Place* and the *Virden Oil Capitals* hockey team were pleased when Red Seal Chef, Erika Frauenlob and her *Amaryllis Eatery* joined their complex. As Erika settled into her new role, she quickly noticed that the canteen at *Tundra Oil and Gas Place* lacked healthy food options. She felt that having healthy food for the customers was important, as a large portion of people who eat there were children and their parents. Erika feels that, "When parents have a healthy attitude towards food, so do their children."

Virden is a busy arena and often hosts large tournaments. Erika finds it can be a challenge to offer healthy choices, as it can be hard to keep foods fresh and not have waste. For large tournaments, it can be difficult to know how much food to prepare and large crowds can make many orders hard to stay on top of. To cope with the added stress of cooking during these busy times, Erika prepares as much of the food ahead of time as possible. This allows less waste and unnecessary labour.

Erika's suggestions for "go-to" healthy options during tournaments include:

- Fresh homemade soups - these can be made ahead and frozen in smaller portions so you take out what you need.
- Wraps - meat can be cooked ahead and frozen in small portions.
- Grilled chicken breast burgers - lean chicken on a whole wheat bun.
- Fruit cups and vegetable cups – wash and cut fruit and vegetables ahead of time. Another tip is to buy fruit that will last longer such as apples, melons, oranges or grapes.

Although there are people that believe that traditional rink food should still be offered, this move to healthy choices has been very well received by the Virden community. The addition of *Amaryllis Eatery* to the *Tundra Oil and Gas Place* has sparked a new eating environment. Erika hopes her changes will help people make the healthy choice when eating at the rink!



Erika Frauenlob, a Red Seal Chef at the Amaryllis Eatery provide healthy options in the Tundra Oil and Gas Place in Virden, Manitoba.



A Soup Station can be helpful to display soup options available, while keeping the soups hot

### 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.

## Menu Ideas for Tournaments and Competitions

When planning the food for a tournament or competition day, consider offering healthier options. The athletes and families will appreciate having the option for better choices. Packaging and promoting them in an appealing way will increase sales. Below are some ideas to get you started:

### Hot meals:

- Quesadilla served with salsa and low fat sour cream
- Tuna melt or grilled cheese sandwich
- Soft taco or burritos – bean and/or beef
- Veggie burgers or lean beef burgers
- Kabobs (meat and vegetables) served over rice
- Stuffed potato bar – serve with toppings such as: salsa, sour cream, cheese sauce, broccoli, or chili
- Pulled pork sandwich
- Spaghetti and meat sauce or other type of pasta dish
- Rice bowl with vegetables and meat
- Stew, chili or soup served with a bun

### Snack ideas:

- Fresh fruit cup or canned fruit salad
- Fruit and yogurt parfait
- Vegetables and dip
- Hummus and carrot sticks or pita chips
- Yogurt tubes or individual yogurt cups (2% milk fat or less)
- Nuts and seeds
- Fruit and nut snack bars (low in sugar and salt)
- 100% dried fruit leather or bars
- Hard boiled eggs
- Milk or soy beverage (fortified)– plain or flavored
- Cheese – individual portions or string cheese

### Sandwiches and Salads:

- Sandwiches: try different breads, vegetables, cheese and lean meats
- Wraps: taco, pizza, lean meats and vegetables
- Tossed green salads – could add nuts, cheese, beans, meat, and/or fruit
- Pasta salad

### Breakfast ideas:

- Small sized bagels with light cream cheese
- Muffins
- Hard boiled eggs
- Pancakes or French toast
- Breakfast roll-up -scramble egg on tortilla with shredded cheese and salsa
- English egg sandwich
- Muesli
- Low sugar cereal in individual packages



### Making the Move to Healthy Choices toolkit has been updated!

Section 2 of the Making the Move to Healthy Choices toolkit has been updated and provides:

- an updated list of entrees, snacks and beverage choices.
- provides a rating for the foods and beverages.
- includes tips to choose or make healthier choices .

To get the updated version, go to the [Move to Healthy Choices](http://www.move-to-healthy-choices.ca) website.

### Move to Healthy Choices Contact Information

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