



## **RIVERDALE COMMUNITY CENTRE (RCC)**

### **Healthy Food and Beverage Policy**

#### **(In Ordinance with the Move to Healthy Choices (MTHC) Nutrition Policy Guidelines)**

#### **Purpose:**

1. To provide direction for consistent food and beverage provision within the Riverdale Community Centre.
2. To increase the availability of healthy choices in the complex kitchen.

#### **Policy Statement:**

1. The Riverdale Community Centre Kitchen Manager and Facility Manager will develop and support initiatives that encourage healthy lifestyle choices with respect to food and beverage service in our facility.

#### **Application:**

1. RCC Kitchen Manager and RCC Facility Manager as well as volunteers involved in the running of the concession will adhere to the policy.

#### **Authority:**

1. RCC Board of Directors
2. RCC Facility Manager
3. RCC Kitchen Manager

#### **Nutrition Standards:**

##### **1. Concession**

##### **Food Items**

- No less than 5 items off the MTHC Great/ Good Choice menu will be offered in the concession
- No more than 5 food items off the MTHC Poor Choice Menu will be offered in the concession
- Deep-frying must use low trans-fat oil
- Non packaged food must be offered in small serving size portions (i.e. fries, popcorn chicken, onion rings, pierogis), no “super-sized” portions
- Attempt to make some of the unhealthy choices/ poor choices a little healthier (e.g. option of whole wheat buns for burgers and hot dogs, option of whole wheat wrap, etc.)



**Beverages**

- Water
- White and chocolate milk
- Sports drinks (Powerade / Gatorade)
- 100% fruit juice
- Soft drinks no larger than 591ml
- Energy drinks are not available for purchase

**Snacks**

- No less than 4 items off the MTHC Great/ Good Choice Menu will be offered in the concession
- No more than 3 items off the MTHC Poor Choice Menu will be offered in the concession
- Pre-packaged products are offered in regular or “kid friendly” sizes (e.g. mini chocolate bars)

**2. Tournaments/Bonspiels/Special Events**

- When offering additional menu items, it must be a healthy choice
- Must offer a fruit or vegetable choice throughout the day
- Specials must include a lean healthy protein with complex carbs

**3. Marketing**

- Healthier options will be displayed near less healthy choice items of similar types (e.g. whole grain granola bars near chocolate bars)
- Nutritious choices marketed using attractive ads
- Nutritious options are priced lower than less nutritious (e.g. apple \$.50, Chips \$1.50)

**Policy Review:**

This policy will be reviewed annually by the Riverdale Community Centre Manager and Kitchen Manager.

**Approval History:**

Approval Date: \_\_\_\_\_ By: \_\_\_\_\_

Review Date: \_\_\_\_\_ By: \_\_\_\_\_

Revision Date: \_\_\_\_\_ BY: \_\_\_\_\_