



## Healthy Food & Beverage Policy For the Baldur Recreation Center

### Purpose:

1. To provide direction for consistent food and beverage provisions within the Baldur Recreation Center and Programs.
2. To increase availability of healthy food choices in Baldur Recreation Center and Programs where food/beverages are sold.

### Policy Statement:

1. The Recreation Centre Board will develop and support initiatives that encourage healthy lifestyle choices with respect to food and beverage services in our facility and programs.

### Application:

1. Recreation Centre Staff as well as volunteers involved in program and service delivery will adhere to this policy.

### Authority/Responsibility to Implement:

1. Recreation Centre Board of Directors
2. Community Kitchen Convener

### Nutrition Standards:

#### 1. Concession

- Beverages that must be available for purchase at all times:
  - Water
  - Skim, 1% or 2% milk or fortified soy beverage
  - 100% fruit and/or vegetable juice
- Energy drinks are not available for purchase
- Deep-frying must use low-trans fat oil
- Snack foods, such as yogurt, cheese, granola bars, that meet the following criteria per individual package must be available for purchase at all times:
  - Total saturated and trans fat – 15% Daily Value or less
  - Trans fat – 0 grams (excluding dairy)
  - Sodium – 15% Daily Value or less
- Pre-packaged products are offered in regular sized serving packages (no jumbo or king sized)
- Non packaged food must not be offered in “super sized” portions
- Menu items are available in child-friendly sizes
- One healthy food option will be offered on weekends, and will be posted on our white board. (ex: homemade soup, chicken wraps, quesadillas, taco salad, sub sandwiches, pizza slice)

- Must offer a choice of fruits and/or vegetables on the weekends
- Nutritious options are priced lower than less nutritious options if possible (e.g. Apple \$0.50, chips \$1.50)

## 2. Comfortable Eating Space

- Ensure a calm, comfortable and clean, eating space is made available to make eating more enjoyable and convenient.

## 3. Vending

N/A at this time

### Policy Review:

This policy will be reviewed annually at the spring meeting by the Baldur Recreation Centre.

### Approval History:

Approval Date: Oct 21<sup>st</sup>, 2013

Revision Date: Spring 2014

By signing below I am stating that I will adhere to the Healthy Food & Beverage Policy for the Baldur Recreation Center.

\_\_\_\_\_  
Signature of Staff/Board Member

\_\_\_\_\_  
Date

