

HAMIOTA & DISTRICT SPORTS COMPLEX

Healthy Food and Beverage Policy

Purpose:

1. To provide direction for consistent food and beverage provision within the Hamiota & District Sports Complex.
2. To increase the availability of healthy choices in the Hamiota & District Sports Complex Kitchen.

Policy Statement:

1. The Hamiota & District Sports Complex Kitchen Committee will develop and support initiatives that encourage healthy lifestyle choices with respect to food and beverage service in our facility.

Application:

1. Kitchen Managing staff as well as volunteers involved in the running of the concession will adhere to this policy.

Authority/Responsibility to Implement:

1. HDSC Kitchen Manager
2. HDSC Kitchen Committee & Conveners

Nutrition Standards:

1. Concession

Food Items

- No less than 4 food items off the Great Choice/Good Choice menu will be offered in the concession (choices list attached)
- No more than 4 food items off the Poor Choice menu will be offered in the concession (choices list attached)
- No less than 2 gluten free menu items offered
- Deep-frying must use low-trans fat oil
- Non packaged food items such as fries, popcorn chicken, onion rings must be offered in trays no bigger than Savaday food tray # 50, no “super sized” portions

Beverages

- Beverages available for purchase may include:
 - Water
 - Vitamin water
 - Chocolate milk
 - Sports drinks (Powerade®)
 - 100% fruit juice
 - Soft drinks no larger than 355 ml
- Energy drinks are not available for purchase

Snacks

- No less than 5 snack items off the Great Choice/Good Choice menu will be offered in the concession (choices list attached)
- No more than 3 food items off the Poor Choice menu will be offered in the concession (choices list attached)
- Pre-packaged products are offered in regular sized serving packages (no jumbo or king sized)
- No less than two pre-packaged products offered in “mini” kid friendly size (mini chocolate bars)
- No less than 2 gluten free concession items offered

2. Tournaments/Special Events/Competitions

- Offer an additional healthy choice menu item for each day. When offering additional menu items, they must be a healthy choice and include foods from 3-4 food groups (Vegetables and Fruit; Grain Products; Milk & Alternatives; and Meat & Alternatives).
- Must offer a fruit or vegetable choice throughout the day

3. Marketing

- Healthier options will be displayed alongside less healthy options of similar types (e.g. whole grain granola bars next to chocolate bars)
- Nutritious choices positioned and marketed prominently using attractive ads and pictures
- Nutritious options are priced equal to or lower than less nutritious options (e.g. Apple \$.50, chips \$1.50)

Policy Review:

This policy will be reviewed annually at the fall meeting by the Hamiota & District sports Complex Kitchen Committee

Approval History:

Approval Date: November_____, 2013

By signing below I am stating that we will adhere to the Healthy Food & Beverage Policy for the Hamiota & District Sports Complex.

HDSC Kitchen Committee Chairperson

Date

HDSC Kitchen Manager

Date

Food Rating Chart

The following rating can help you find the most nutritious food item to offer.

✓✓ Great Choice

✓ Good Choice

✗ Poor Choice

FOOD ITEMS

Rating	Food	Choices
✓✓	Boiled Perogies	<ul style="list-style-type: none"> • Serve with 5 ml (1 tsp.) or less of added soft non-hydrogenated margarine per serving. • Serve with sour cream with 7% or less milk fat (MF).
✓✓	Chili	<ul style="list-style-type: none"> • Make with lean ground beef and/or a variety of beans, and lots of vegetables. • Serve with whole grain bread, bun or biscuit. Offer soft non-hydrogenated margarine on the side.
✓✓	Hamburger Cheeseburger	<ul style="list-style-type: none"> • Offer with a 75 g (2.5 oz) patty made with lean meat and offer lots of vegetables as toppings. • Serve with whole grain bun. Offer soft non-hydrogenated margarine on the side. • For cheeseburgers add cheese with 20% or less milk fat (MF). • For added flavour try seasoned mustards, hot peppers or horseradish.
✓✓	Salad	<ul style="list-style-type: none"> • Serve with calorie reduced or low fat dressing on the side. • To make it a meal, add a variety of seasonal vegetables and fruit, and include proteins such as beans, tuna, salmon, chicken, turkey, lean meats, nuts, seeds, egg or cheese with 20% or less milk fat (MF).
✓✓	Skinless chicken breast burger	<ul style="list-style-type: none"> • Make with chicken cooked on a raised surface (a grill, broiler pan, oven or barbecue) to allow fat to drip away during cooking. • Cook ahead of time, freeze, wrap individually, microwave to thaw and grill as needed. For a tournament bake and hot hold in a slow cooker.

Rating	Food	Choices
✓ ✓	Sandwich Submarine Wrap	<ul style="list-style-type: none"> • Make with whole grain bread, bun, tortilla or wrap, lean meat, poultry or fish, such as chicken breast, turkey breast, roast beef, roast pork, egg, tuna or salmon, cheese with 20% or less milk fat (MF) and lots of vegetables. • Offer with soft non-hydrogenated margarine and calorie reduced or low fat mayonnaise. • Serve with calorie reduced or low fat dressing, sauce or dip on the side. • If using canned fish or meat, rinse it well to remove some of the salt. • If you usually sell sandwiches made with white bread, try using one white and one whole-wheat slice. • For added flavour try seasoned mustards, hot peppers or horseradish.
✓ ✓	Soup	<ul style="list-style-type: none"> • Make with vegetables, lean meat or poultry, a variety of beans, lentils, barley, brown rice, wild rice, or whole grain pasta. • Use a low sodium soup base. • Serve with whole grain bread, bun or biscuit. Offer soft non-hydrogenated margarine on the side. • Use herbs and spices to increase flavour rather than high sodium soup bases. • Aim for 480 mg or less of sodium serving.
✓ ✓	Stew	<ul style="list-style-type: none"> • Make with lean meat and lots of vegetables. • Serve with whole grain bread, bun or biscuit. Offer soft non-hydrogenated margarine on the side.
✓ ✓	Taco salad	<ul style="list-style-type: none"> • Make with browned lean ground beef, cheese with 20% or less milk fat (MF), sour cream with 7% or less milk fat (MF), and lots of vegetables. • Offer with a small portion of multi-grain, baked or lower sodium chips. • Serve with calorie reduced or low fat dressing on the side.
✓	Pizza	<ul style="list-style-type: none"> • Make with cheese with 20% or less milk fat (MF), whole grain crust made with vegetable oil, and ingredients such as lean ham, chicken, green pepper, pineapple, mushrooms and tomatoes.
✓	Taco in a bag	<ul style="list-style-type: none"> • Make with 80 mL (1/3 cup) browned lean ground beef, 80mL (1/3 cup) shredded cheese with 20% or less milk fat (MF), and at least 250 mL (1 cup) of lettuce and tomatoes. Offer with a small portion of multi-grain, baked or lower sodium chips. • Top with sour cream with 7% or less milk fat (MF) and lots of salsa.

Rating	Food	Choices
x	Breaded chicken burger	<ul style="list-style-type: none"> • If on the menu, serve with whole grain bun, and lots of vegetables. • Serve with calorie reduced or low fat dressing, sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Chicken fingers	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Deep fried mushrooms	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Deep fried perogies	<ul style="list-style-type: none"> • Serve with sour cream with 7% or less milk fat (MF). • If deep-frying, use zero trans fat liquid oil.
x	French fries	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • A larger chip size often absorbs less oil. • Avoid mayonnaise, gravy and cheese as toppings, or offer only in small portions. • If deep-frying, use zero trans fat liquid oil.
x	Hot dog Sausage Smokie	<ul style="list-style-type: none"> • If on the menu, your best choice will usually be hot dogs, sausages and smokies with 100 % meat or poultry and the shortest ingredients list. Try to avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts.
x	Mozza sticks	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side. • If deep-frying, use zero trans fat liquid oil.
x	Onion rings	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • If deep-frying, use zero trans fat liquid oil.
x	Packaged instant noodles	<ul style="list-style-type: none"> • If on the menu, offer a lower fat, lower sodium variety. • Aim for 8 g or less of fat and 480 mg or less of sodium serving.
x	Pizza pop	<ul style="list-style-type: none"> • If on the menu, microwave instead of deep-frying. • If deep-frying, use zero trans fat liquid oil.
x	Popcorn chicken	<ul style="list-style-type: none"> • If on the menu, offer as a small portion. • Serve with calorie reduced or low fat sauce or dip on the side.

SNACK ITEMS

Rating	Food	Choices
✓✓	100% fruit snack	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties.
✓✓	Apple sauce, other fruit sauce	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties.
✓✓	Apple sauce tube or other fruit sauce	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties. Try frozen for a cool snack.
✓✓	Bagel	<ul style="list-style-type: none"> Whole grain, with soft non-hydrogenated margarine on the side. No larger than a hockey puck.
✓✓	Canned fruit cup	<ul style="list-style-type: none"> Packed in fruit juice or water, not syrup.
✓✓	Cheese string	<ul style="list-style-type: none"> 20% or less milk fat (MF).
✓✓	Fresh fruit	<ul style="list-style-type: none"> Wash before serving.
✓✓	Frozen 100% fruit juice bar	<ul style="list-style-type: none"> Made with 100% fruit. Unsweetened or no sugar added varieties.
✓✓	Popcorn	<ul style="list-style-type: none"> Plain or lower sodium and fat varieties. Aim for 8 g of fat or less and 480 mg of sodium or less per serving.
✓✓	Smoothie	<ul style="list-style-type: none"> Made with ingredients such as 100% fruit juice, frozen berries, banana, skim, 1% or 2% milk, and yogurt with 2% or less milk fat (MF).
✓✓	Trail mix	<ul style="list-style-type: none"> Varieties with nuts, seeds and plain grain cereal, dried fruit or crackers. Avoid candy ingredients. Aim for 480 mg or less sodium per packet and no added sugar.
✓✓	Vegetables and dip	<ul style="list-style-type: none"> Serve with calorie reduced or low fat dip on the side. Serve individually packaged for a tournament.
✓✓	Yogurt	<ul style="list-style-type: none"> 2% or less milk fat (MF).
✓✓	Yogurt parfait	<ul style="list-style-type: none"> Made with yogurt with 2% or less milk fat (MF), unsweetened frozen fruit and low fat granola.

Rating	Food	Choices
✓✓	Yogurt tube	<ul style="list-style-type: none"> • Try frozen, for a cool snack.
✓	Beef jerky	<ul style="list-style-type: none"> • Lower sodium varieties.
✓	Cookie	<ul style="list-style-type: none"> • Oatmeal, peanut butter or fruit.
✓	Granola bar Cereal bar	<ul style="list-style-type: none"> • Plain, not dipped or coated. • Aim for varieties that offer 2 g or more of fibre, 8 g or less of fat and 12 g or less of sugar per bar.
✓	Ice cream	<ul style="list-style-type: none"> • Plain ice cream, frozen ice milk or yogurt.
✓	Muffin	<ul style="list-style-type: none"> • Whole grain or fruit muffins such as pumpkin, oatmeal raisin, banana bran, or apple spice. • Muffins with low amounts of saturated and trans fats. Aim for zero trans fat. • When making homemade muffins substitute lard, shortening or hard margarine for vegetable oil or pureed fruit. • Muffins 6 cm (2½ in) in diameter.
✗	Bag candy	<ul style="list-style-type: none"> • If on the menu, offer small bags that are stored out of sight of young children.
✗	Cereal cake rice crispy, puffed wheat cake	<ul style="list-style-type: none"> • If on the menu, offer in small portions.
✗	Chips	<ul style="list-style-type: none"> • If on the menu, offer baked or 100-calorie options.
✗	Chocolate bars	<ul style="list-style-type: none"> • If on the menu, offer a small selection or 100-calorie options.
✗	Dessert slices	<ul style="list-style-type: none"> • If on the menu, offer in small portions.
✗	Donut	
✗	Frozen ice treats	<ul style="list-style-type: none"> • If on the menu, offer in small portions.
✗	Ice cream with candy	<ul style="list-style-type: none"> • If on the menu, offer in small portions.
✗	Nacho chips and cheese	<ul style="list-style-type: none"> • If on the menu, offer multi-grain, baked or lower sodium varieties.
✗	Packaged cracker and cheese	
✗	Pastry	
✗	Pie	<ul style="list-style-type: none"> • If on the menu, offer in small portions.
✗	Pretzels	<ul style="list-style-type: none"> • If on the menu, offer small bags, or unsalted varieties. Aim for 480 mg or less of sodium per bag.

BEVERAGES

Rating	Beverage	Choices
✓✓	100% fruit juice	
✓✓	100% vegetable juice	<ul style="list-style-type: none"> • Aim for varieties with 480 mg or less of sodium per container.
✓✓	Bottled water	
✓✓	Hot chocolate, made with milk	<ul style="list-style-type: none"> • Made with skim, 1% or 2% milk.
✓✓	White, chocolate, strawberry, vanilla or banana milk	<ul style="list-style-type: none"> • Flavoured milks do contain more sugar than white milk, but they are nutritious choices.
✓✓	Yogurt drink	
✓	Coffee	<ul style="list-style-type: none"> • Offer with skim, 1% or 2% milk.
✓	Flavoured water	<ul style="list-style-type: none"> • Offer in a sugar free variety.
✓	Low calorie fruit drink mix	<ul style="list-style-type: none"> • Offer single serve portions with your bottled water.
✓	Tea	<ul style="list-style-type: none"> • Offer with skim, 1% or 2% milk.
✗	Cappuccino	
✗	Chocolate bar flavoured, malted milk	
✗	Energy drink	<ul style="list-style-type: none"> • See Beverages in Section Three.
✗	Hot apple cider	<ul style="list-style-type: none"> • Offer sugar free varieties.
✗	Hot chocolate, made with water	<ul style="list-style-type: none"> • Offer sugar free varieties.
✗	Mocha	
✗	Pop	<ul style="list-style-type: none"> • Offer sugar free varieties and mini cans.
✗	Sport drink	<ul style="list-style-type: none"> • See Beverages in Section Three.