

MAKING THE *MOVE TO* HEALTHY CHOICES



A Toolkit to Support
Healthy Food Choices
in Recreation Facilities

January 19, 2015

The Move to Healthy Choices committee would like to welcome you and introduce the “Making the Move to Healthy Choices” toolkit. This toolkit was developed in the spring of 2008 and recently updated to encourage recreation facility operators to make a conscience decision to move towards healthier food choices in their local recreation facilities.

The toolkit is only one piece of the puzzle to achieving long term change to our canteens and concessions. Visit our website at www.move2healthychoices.ca to find additional resources such as our Nutrition Policy Guidelines for Recreation Facilities, policy examples, tournament menu, recipes and newsletters.

If you have any questions or would like more information about *Move to Healthy Choices* please contact Kris.Doull@gov.mb.ca

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Section One - Introduction

Purpose

Every athlete – competitive or recreational – needs fuel, fluids and nutrients to perform at his or her best. Physical activity, athletic performance and recovery from exercise are enhanced by nutritious choices.

While many Manitoban families spend countless hours each week at sports and recreation facilities, those facilities often don't offer a selection of healthy food choices for meals and snacks at their canteens and concessions.

The goal of “Move to Healthy Choices” is to provide awareness, education and make available resources to encourage nutritious food choices in recreation facilities where families live, learn and play.

“Move to Healthy Choices” builds on recent efforts by schools across Manitoba to develop and implement healthy food policies. The toolkit was developed by the Healthy Food Choices for Community Recreation Facilities Committee in 2008.

We hope the following facilities will use this toolkit to improve the food choices they serve:

- Arenas
- Curling Rinks
- Outdoor and Indoor Pools
- Outdoor Sports Fields
- Youth Centres
- Community Centres
- Bowling Alleys
- Community Special Events

A healthy eating environment reinforces and supports positive messages about nutrition, sports, performance and well-being. By offering nutritious foods in recreation facilities we encourage and create opportunities for people to make healthy choices.

Children need a combination of nutritious foods and physical activity for optimal growth. Seven out of 10 children do not get the recommended number of daily servings of vegetables and fruit each day. Twenty-two per cent of Manitoba children are overweight and nine per cent are obese.

Eating nutritious foods has a positive effect on athletes and their exercise performances, but many canteens do not carry nutritious foods.

The 2007 Westman Region Recreation Canteen Survey showed that most recreation food services in the Westman Region offer primarily non-nutritious food choices. The top three best selling food items (based on a sample of 29 facilities) were chips, burgers and chocolate bars.

The same survey showed that 86 per cent of respondents were interested in providing healthier food choices in their facilities.

Taking Steps to Nutritious Choices

Changing the type of foods offered in your concession, snack bar, vending machine or canteen can be more successful with a planned approach. Be flexible and remember sometimes timing is everything.

Step 1. Gather a team.

Identifying and involving key people can make any change more successful. Enroll:

- your board members, providing information and awareness regarding the changes that need to be made will increase support and approval.
- food service employees or volunteers to discuss possible changes and options.
- supportive people to provide ideas and feedback including your community nutritionist or health promotion coordinator.
- coaches, managers and parent committees.

Step 2. Where are we now?

Before you start making decisions about what changes you can make it is important to take a look at your current situation.

- What foods are being offered now?
- What type of food service do you have?
- What type of kitchen equipment do you have available?
- What space do you have for food preparation?
- What type of refrigeration do you have?
- Are your food services contracted?
- Do you own your own vending machines?
- Who do you have on hand that can help?
- What else do you need to consider?

Step 3. Where do we want to go?

Often, the most successful plans involve making both long range goals and laying out the smaller, short-term objectives. It is great to develop a far-reaching vision, but it is just as important to identify what small, simple changes you need to make along the way. Looking at what you identified in step 2, how do you plan to move forward? Decide what will work best and provide you with the most success.

- What are our priorities?
- Which will be the easiest changes to make? Why?
- Which will be the hardest changes to make? Why?
- Which changes can we do now, in six months, in one year?

Step 4. How are we doing?

Making any change requires a continuous cycle of reviewing feedback, sharing successes, and making improvements to initiatives that may not have gone as anticipated.

- Report back to your board and others on a regular basis.
- Keep records regarding sales and marketing strategies.
- Consult with coaches, managers and parent committees so they understand and can promote the new healthy choices.
- Talk to people to educate them about the importance of offering healthy foods in recreation environments.

Section Two - Concessions, Canteens, Vending Machines and Special Events

Offering healthy food choices can increase your concession, canteen, vending machine and special event sales as parents and health conscious athletes may be more likely to buy meals and snacks that are nutritious and priced right.

Planning your New Menu

Consider ethnic foods, vegetarian options, allergies and health concerns when planning your menu.

The number and type of hot food choices you can offer in your concession, canteen or at special events will depend on the season, kitchen space and equipment you have available to cook and keep your food hot.

Well-priced sandwiches, burgers, subs and wraps can be filling, nutritious and are great sellers. Offer more variety by using different breads and a selection of fresh vegetables for flavour, colour and texture.

Check your local flyer for promotions of fresh or frozen vegetables and fruit before planning your menu. Serve what's on sale and in season to get the best price and most nutrition.

Consider offering half size portions for some menu items.

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

- ✓✓ **Great Choice**
- ✓ **Good Choice**
- x **Poor Choice**

The guidelines have been developed and reviewed by Registered Dietitians. They are based on practicality, availability and common nutrition practice. Thank you to Manitoba Healthy Food in Schools for guidance on the development of the criteria.

Entrees and Sides:

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|------------------|--|---|
| ✓✓ | Avocado | <ul style="list-style-type: none"> • Portion size: ¼ avocado | <ul style="list-style-type: none"> • Serve in salads, sandwiches, wraps or mash to make guacamole |
| x | Bacon | | <ul style="list-style-type: none"> • If on the menu, portion size: 1- 2 slices • Compare nutrition facts table for brands and types of meat as some varieties may be lower in fat and/or sodium • Turkey bacon may be lower in fat and/or sodium |
| ✓✓ | Bagel | <ul style="list-style-type: none"> • Portion size: no larger than a hockey puck • Made with whole wheat or whole grain • If the first ingredient is enriched flour, then it is a good choice (✓) | <ul style="list-style-type: none"> • If serving with margarine, offer non-hydrogenated margarine on the side |
| ✓✓ | Bannock | <ul style="list-style-type: none"> • Portion size: 2in x 2in x 1in • Made with whole wheat or whole grain (such as oatmeal) • If the first ingredient is enriched flour, then it is a good choice (✓) • If it is fried, then it is a poor choice (x) | <ul style="list-style-type: none"> • If serving with margarine, offer non-hydrogenated margarine on the side |
| ✓✓ | Beans, baked | <ul style="list-style-type: none"> • Portion size: ¾ cup • Choose beans in tomato sauce | <ul style="list-style-type: none"> • Serve as a side dish |
| ✓✓ | Biscuit or scone | <ul style="list-style-type: none"> • Portion size: 2 ½ inch diameter • Made with 0 g trans fat oil or non-hydrogenated margarine | <ul style="list-style-type: none"> • If serving with margarine, offer non-hydrogenated margarine on the side |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|--------------------------------|---|---|
| ✓✓ | Burrito with meat and/or beans | Made with: <ul style="list-style-type: none"> • beans and/or lean ground beef • lower fat cheese (less than 20% MF) • lettuce and tomato • a whole wheat wrap • If 2 criteria is not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Can be made ahead (leave out lettuce & tomato) and freeze • Reheat in microwave or oven and serve with vegetable salad on the side |
| ✓✓ | Bread or bun | <ul style="list-style-type: none"> • Made with whole wheat or whole grain • If the first ingredient is enriched flour, then it is a good choice (✓) | <ul style="list-style-type: none"> • If serving with margarine, offer non-hydrogenated margarine on the side |
| ✓✓ | Cottage cheese | <ul style="list-style-type: none"> • Portion size: ¾ cup • Choose 1% MF or less | <ul style="list-style-type: none"> • Serve in a small cup alone or with fruit (fresh, frozen or canned) |
| x | Chicken, fingers | | <ul style="list-style-type: none"> • If on the menu, portion size: 2 fingers • Serve with a side vegetable salad and a small portion of sauce/dip on the side • If deep-frying, use 0 g trans fat oil • Consider selling individually |
| x | Chicken nuggets | | <ul style="list-style-type: none"> • If on the menu, portion size: 4 nuggets • Serve with a side vegetable salad and a small portion of sauce/dip on the side • If deep-frying, use 0 g trans fat oil |
| x | Chicken, breaded burger | | <ul style="list-style-type: none"> • Serve with a whole grain bun and vegetables (such as lettuce, tomato, onion, mushroom and avocado) • Serve with a small portion of sauce/dip on the side • If deep-frying, use 0 g trans fat oil |
| ✓✓ | Chicken, grilled breast burger | Made with: <ul style="list-style-type: none"> • grilled, broiled, baked or barbecued chicken • vegetables (such as lettuce, tomato, onion, mushroom and avocado) • a whole grain bun • If 1 criteria is not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Other suggestions for grilled chicken: serve sliced in a salad, wrap, sandwich, soup, rice bowl, stew or with dried fruit • 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 | Rating based on: | Tips and Serving Suggestions: |
|--------|---|--|--|
| x | Chicken, popcorn | | <ul style="list-style-type: none"> • If on the menu, portion size: 12 pieces • Serve with a small portion of sauce/dip on the side • If deep-frying, use 0 g trans fat oil |
| x | Chicken wings | | <ul style="list-style-type: none"> • If on the menu, portion size: 3 wings • Serve with a side of vegetables • If deep-frying, use 0 g trans fat oil |
| ✓✓ | Chili | <ul style="list-style-type: none"> • Portion size: 1-2 cups • Make with lean meat and/or a variety of beans | <ul style="list-style-type: none"> • Try adding grated vegetables, such as carrots or zucchini • Serve with a whole wheat bun and vegetable sticks |
| x | Croissant | | <ul style="list-style-type: none"> • If on the menu, portion size: should be small. |
| ✓✓ | Egg, boiled, hard boiled, fried, or scrambled | <ul style="list-style-type: none"> • Portion size: 1-2 eggs | <ul style="list-style-type: none"> • Try serving as an omelet or frittata with vegetables • Cook egg with as little fat as possible or in a non-stick pan |
| ✓✓ | Egg breakfast sandwich | Made with: <ul style="list-style-type: none"> • ham • lower fat cheese (less than 20% MF) • a whole wheat English muffin, biscuit, bun, wrap or bagel • If 1 criteria is not met, it would be good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Try adding spinach and tomato |
| x | Fish burger (breaded or fried) | | <ul style="list-style-type: none"> • Serve on a whole wheat bun • Try topping with coleslaw mix and tomatoes • If deep-frying, use zero trans fat liquid |
| x | French fries | | <ul style="list-style-type: none"> • If on the menu, portion size: 15-20 fries • If deep-frying, use 0 g trans fat oil • Choose a larger chip size as it absorbs less oil • Avoid mayonnaise, gravy and cheese as toppings |
| ✓✓ | French Toast | Made with: <ul style="list-style-type: none"> • whole wheat or whole grain bread • serve with fruit puree, fresh fruit, or yogurt • If 1 criteria is not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Cook with as little fat as possible or in non-stick pan |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|--------------------------------------|--|--|
| ✓✓ | Hamburger - Cheeseburger | Made with: <ul style="list-style-type: none"> • 75 g (2.5 oz) lean meat patty • lower fat cheese (less than 20% MF) • vegetable toppings • a whole wheat bun • If 2 criteria are not met, then it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Offer with veggie sticks or a side vegetable salad |
| x | Hot dog – Sausage – Smokie Dog | | Compare nutrition facts table and ingredient list: <ul style="list-style-type: none"> • Choose lower fat and/or sodium varieties • Choose 100 % meat or poultry and the shortest ingredients list • Avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts • Serve with a whole wheat bun and offer vegetables as toppings |
| ✓✓ | Hummus | <ul style="list-style-type: none"> • Portion size: 2 tablespoons (30 mL) | <ul style="list-style-type: none"> • Serve with vegetables or whole grain crackers • Could be used as a spread in sandwiches, pitas or wraps |
| ✓✓ | Kabobs | <ul style="list-style-type: none"> • Portion size: 50-75 g of meat • Made with lean meat (chicken, beef or pork) | <ul style="list-style-type: none"> • Serve with vegetables or a vegetable salad • If served with a sauce, serve with a small portion of sauce or dip on the side |
| ✓✓ | Lasagna | Made with: <ul style="list-style-type: none"> • lean meats • lower fat cheese (less than 20% MF) • whole wheat pasta • If 1 criteria are not met, then it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Try adding vegetables like peppers, mushrooms, spinach, zucchini and grated carrots • Serve with a side vegetable salad |
| x | Mozza sticks | | <ul style="list-style-type: none"> • If on the menu, portion size: 3 sticks • If deep-frying, use 0 g trans fat oil • Serve with a small portion of sauce/dip on the side |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|---------------------------|---|--|
| x | Mushrooms, deep fried | | <ul style="list-style-type: none"> • If on the menu, portion size: 6 mushrooms • If deep-frying, use 0 g trans fat oil • Serve with a small portion of sauce/dip on the side |
| x | Nachos and cheese | | <ul style="list-style-type: none"> • If on the menu, portion size: 15 chips • Serve with salsa instead of cheese • If serving with cheese, 'dress' instead of 'drench' the nachos with cheese |
| ✓✓ | Nann | <ul style="list-style-type: none"> • Made with whole wheat or whole grain • If the first ingredient is enriched flour, then it is a good choice (✓) • If fried, it would be a poor choice (x) | <ul style="list-style-type: none"> • If serving with margarine, offer non-hydrogenated margarine on the side • If deep-frying, use 0 g trans fat oil |
| x | Noodles, Packaged instant | | <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 per serving |
| x | Onion rings | | <ul style="list-style-type: none"> • If on the menu, portion size: 8-9 rings. • If deep-frying, use 0 g trans fat oil. |
| ✓✓ | Pasta with sauce | <ul style="list-style-type: none"> • Portion size: 1 cup (250 mL) pasta • Whole wheat pasta served with a tomato sauce or pesto • If meat is served, choose lean meat • If the first ingredient in the pasta is enriched flour or served with a cream sauce, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Serve with a vegetable salad |
| ✓✓ | Pancakes | Portion size: 2 small pancakes Made with: <ul style="list-style-type: none"> • whole grain pancake mix or whole wheat flour • serve with fruit puree, fresh fruit or yogurt • If 1 criteria is not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Cooked with as little fat as possible or in a non-stick pan |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|--------------------------------|---|--|
| ✓ | Perogies, boiled | <ul style="list-style-type: none"> • Portion size: 3 perogies, with as little added fat as possible • If served in butter, margarine or deep-fried, it would be a poor choice (x) | <ul style="list-style-type: none"> • Serve with a side vegetable salad or steamed vegetables • Try serving with plain yogurt or sour cream with 7% or less milk fat (MF) • If deep-frying, use 0g trans fat oil |
| ✓✓ | Pita | <ul style="list-style-type: none"> • Made with whole wheat or whole grain • If the first ingredient is enriched flour, then it is a good choice (✓) • If deep fried, it would be a poor choice (x) | <ul style="list-style-type: none"> • Use as an alternative to bread, buns or wraps • Try using hummus as a spread • Try serving baked pita wedges with a side of hummus |
| ✓✓ | Pizza | Made with: <ul style="list-style-type: none"> • whole grain crust • lean meat (not processed meat) • vegetables • small amount of lower fat cheese (less than 20% MF). • If 2 criteria are not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Try a variety of toppings: <ul style="list-style-type: none"> • lean meats such as ham, chicken, turkey or lean ground beef • green/red peppers, pineapple, mushrooms, onions, artichokes, olives or tomatoes |
| x | Pizza pop | | <ul style="list-style-type: none"> • Baked or microwaved • If deep-frying, use 0 g trans fat oil • Serve with vegetable sticks |
| ✓✓ | Potato, baked, boiled, steamed | <ul style="list-style-type: none"> • Portion size: small to medium sized potato | <ul style="list-style-type: none"> • Serve topped with chili, baked beans, a variety of vegetables (ie. steamed cauliflower or broccoli, sautéed mushrooms or onions), with or without cheese sauces. |
| ✓ | Potato, hashbrowns | <ul style="list-style-type: none"> • Portion size: 1 cup • If made with grilled leftover, chopped potatoes • Cook with as little added fat as possible • If frozen premade, it would be a poor choice (x) | <ul style="list-style-type: none"> • Try adding chopped pepper or onion |
| ✓✓ | Potato, wedges | <ul style="list-style-type: none"> • Portion size: 1 cup • Baked in the oven, with skins on • If frozen premade or deep fried, it would be a poor choice (x) | <ul style="list-style-type: none"> • Serve with salsa |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
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| | | | |
|----|----------------------|---|--|
| ✓✓ | Quesadillas | <p>Made with:</p> <ul style="list-style-type: none"> • whole wheat tortilla • low fat cheese (less than 20% MF) • lean meat • vegetables • If 2 criteria are not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Serve with salsa • Try lean meats such as ham, chicken, turkey or lean ground beef |
| ✓✓ | Rice Bowl | <p>Made with:</p> <ul style="list-style-type: none"> • 1 cup of brown rice • 2 cups of chopped cooked vegetables • 75 g (2.5 oz) or ½ cup lean meat • seasoned with a small amount (2 tbsp) of sauce • If 2 criteria are not met, it would be a good choice (✓) • If no criteria are met, it would be a poor choice (x) | <ul style="list-style-type: none"> • Freeze the cooked rice, vegetables and meat • Thaw in microwave or heat on the grill by adding 15 mL (1 tbsp) of water and cover with a pot lid to steam • Try serving with grilled chicken, lean ground meat, pulled pork or beans • If using a prepared sauce, choose sodium content of 15% daily value or less |
| ✓✓ | Salad, bean | <ul style="list-style-type: none"> • Portion size: ¾ cup • Made with a variety of beans | <ul style="list-style-type: none"> • Use low-sodium canned beans, or rinse well to reduce sodium • Limit added sugar to the dressing |
| ✓✓ | Salad, pasta or rice | <ul style="list-style-type: none"> • Portion size: 1 cup • Made with whole grain pasta or brown rice and vegetables • If the first ingredient of the pasta is enriched flour or made with white rice, it would be a good choice (✓) | <ul style="list-style-type: none"> • Choose oil based dressing (Greek, Italian, balsamic, oil & vinegar) |
| ✓✓ | Salad, potato | <ul style="list-style-type: none"> • Portion size: 1 cup • Add other vegetables, such as green onions, radishes or celery • Lightly dress the potato salad • If drenched with mayonnaise or salad dressing, it would be a good choice (✓) | <ul style="list-style-type: none"> • Choose oil based dressing (Greek, Italian, balsamic, oil & vinegar) • Try leaving the skin on potatoes for added nutrients |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
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| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|--------------------------------|---|---|
| ✓✓ | Salad, vegetable | <ul style="list-style-type: none"> • Portion size: 2 cups • Limit lower fat cheese to 30 mL (2 tbsp) per salad. • Avoid sugar coated nuts | <ul style="list-style-type: none"> • Serve with a small portion of sauce/dip on the side • To make it a meal: <ul style="list-style-type: none"> • Add a variety of vegetables and fruit • Add 50-75 g of tuna, salmon, chicken, turkey or lean meats, or ¼ cup of beans, nuts, seeds or 1 egg |
| ✓✓ | Salsa, fresh | <ul style="list-style-type: none"> • Portion size: ¼- ½ cup • Made with chopped fruit, vegetables (such as tomatoes, peppers, onions pineapple) and herbs (such as cilantro, parsley, basil, oregano) | <ul style="list-style-type: none"> • Serve as a side with quesadillas, potato wedges, taco salad |
| ✓✓ | Sandwiches, Submarine or Wraps | <p>Made with:</p> <ul style="list-style-type: none"> • whole grain bread, bun, tortilla or wrap • lean meat (chicken breast, turkey breast, roast beef, roast pork, tuna or salmon), egg or lower fat cheese (less than 20% MF) • vegetables (tomatoes, lettuce, spinach, onions, cucumbers, peppers or grated carrots) • If 1 criteria is not met, it would be a good choice (✓) • If no criteria are met, then it would be a poor choice (x) | <ul style="list-style-type: none"> • Offer with 0 g trans fat spread and a small portion of sauce/dip on the side • If using canned fish or meat, rinse well to remove some of the salt • For added flavor, try seasoned mustards, hot peppers or horseradish • Try adding hummus or avocado • If you usually sell sandwiches made with white bread, try using one white and one whole-wheat slice |
| x | Sausage, breakfast | | <ul style="list-style-type: none"> • If on the menu, portion size: 2 link <p>Compare nutrition facts table and ingredient list:</p> <ul style="list-style-type: none"> • Choose lower fat and/or sodium varieties • Choose 100 % meat and the shortest ingredients list • Avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|---------------|---|--|
| ✓✓ | Soup | Portion size: 1-2 cups Made with: <ul style="list-style-type: none"> • ¼ of the soup meat or alternatives (lean meat, poultry or a variety of beans or lentils) • ¼ of the soup potato, rice or pasta • ½ the soup vegetables • If meets above criteria but made with cream, it would be a good choice (✓) | <ul style="list-style-type: none"> • Use a low sodium soup base Aim for 480 mg or less of sodium per serving of soup • Use herbs and spices to increase flavor and reduce salt • Serve with whole grain bread, bun, bannock or biscuit |
| ✓✓ | Stew | Portion size: 1-2 cups Made with: <ul style="list-style-type: none"> • ¼ of the stew lean meat • ¼ of the stew potato • ½ the stew vegetables | <ul style="list-style-type: none"> • Use a low sodium soup base • Aim for 480 mg or less of sodium per serving of stew • Use herbs and spices to increase flavor and reduce salt • Serve with whole grain bread, bun, bannock or biscuit |
| ✓✓ | Stir Fry | Made with: <ul style="list-style-type: none"> • 75 g (2.5 oz) or ½ cup lean meat • 1 cup of whole wheat pasta or brown rice • 2 cups of vegetables • Seasoned with a small amount of sauce • If served with white rice, it would be a good choice (✓) | <ul style="list-style-type: none"> • If using a prepared sauce, choose one with a sodium content of 15% daily value or less |
| ✓ | Taco in a bag | Made with: <ul style="list-style-type: none"> • small portion of chips (ie. 45g) • 38 g (1.25 oz) or 1/4 cup lean ground beef • 1 tbsp shredded lower fat cheese (less than 20% MF) • at least 1 cup of lettuce and tomatoes • If a larger portion of chips is used, this item becomes a poor choice (x) | <ul style="list-style-type: none"> • Serve with salsa or plain yogurt • Try mixing 1 tbsp canned, rinsed black beans or mashed kidney beans in the meat |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|------------|---|---|
| ✓✓ | Taco salad | Made with: <ul style="list-style-type: none"> • 75 g (2.5 oz) or ½ cup of lean ground beef • 2 tbsp shredded lower fat cheese (less than 20% MF) • at least 2 cups of lettuce and tomatoes • Offer with a small portion of multi-grain, baked or lower sodium chips (10 chips) • If a larger portion of chips is used, this item becomes a good choice (✓) | <ul style="list-style-type: none"> • Serve with salsa or plain yogurt • Try mixing 2 tbsp canned, rinsed black beans or mashed kidney beans in the meat |
| ✓✓ | Taco wrap | Made with: <ul style="list-style-type: none"> • whole wheat or whole grain tortilla • up to 75 g (2.5 oz) ½ cup of lean meat • 2 cups of vegetables • 2 tbsp lower fat cheese (less than 20% MF) • If 2 criteria are not met it is a good choice (✓) • If made with a deep fried shell or does not meet any criteria, it is a poor choice (x) | <ul style="list-style-type: none"> • Serve with salsa or plain yogurt |
| ✓✓ | Tortillas | <ul style="list-style-type: none"> • Made with whole wheat or whole grain (corn) flour • If the first ingredient is enriched flour, then it is a good choice (✓) | <ul style="list-style-type: none"> • Use as an alternative to bread, buns, pitas or in the taco wrap or egg breakfast sandwich • Try using hummus as a spread |

Snacks

The following list provides some snack ideas for concessions and canteens. Some items may be suitable options for vending machines.

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|---|--|---|
| ✓✓ | Apple sauce or fruit sauce, unsweetened | <ul style="list-style-type: none"> Made with 100% fruit Unsweetened or no sugar added varieties If sweetened, it will be a good choice (✓) | <ul style="list-style-type: none"> Try frozen for a cool treat |
| ✓ | Bar, fruit based | <ul style="list-style-type: none"> Fruit is listed as the first or second ingredient Contains 5 g or less of fat, 0 g trans fat and 200 mg or less of sodium If dipped or coated, it would be a poor choice (x) | <ul style="list-style-type: none"> Example: date bar |
| ✓ | Bar, granola or cereal based | <ul style="list-style-type: none"> Plain Contains 7 g or less of fat, 0 trans fat, 350 mg or less of sodium and 8 g or less of sugar (no sugar substitutes) per bar If dipped or coated, it would be a poor choice (x) | |
| ✓ | Bar, nuts, peanuts based | <ul style="list-style-type: none"> Nuts, peanuts or seeds are the first or second ingredient Plain Contains 0 g trans fat, 350 mg or less of sodium and 8 g or less of sugar (no sugar substitutes) per bar If dipped or coated, it would be a poor choice (x) | |
| x | Beef jerky | | <ul style="list-style-type: none"> Aim for 350 mg of sodium or less per serving |
| x | Candy | | <ul style="list-style-type: none"> If on the menu, offer small bags Stored out of sight of young children |
| x | Cakes: including rice crispy, puffed wheat cake or dainties | | <ul style="list-style-type: none"> If on the menu, portion size: 2in x 2in square |
| ✓✓ | Cheese, string or slice (hard cheese) | <ul style="list-style-type: none"> Lower fat variety (less than 20% MF) If more than 20% MF, it will be a good choice (✓) | |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|--|---|---|
| ✓ | Chips: potato, baked, popcorn, rice or cracker | <ul style="list-style-type: none"> • Portion size: contains 7 g of fat or less, 0 trans fat, 350 mg sodium or less and 8 g of sugar or less (no sugar substitute) per serving • If it does not meet all criteria it is a poor choice (x) | <ul style="list-style-type: none"> • If on the menu, choose the smallest bag size possible |
| × | Chocolate bars | | <ul style="list-style-type: none"> • If on the menu, portion size: Halloween sized or 100-calorie options |
| × | Cinnamon bun | | <ul style="list-style-type: none"> • If on the menu, portion size: 2in x 2in x 2in • Cinnamon bun not iced |
| ✓ | Cookies, soft, hard, or breakfast | <ul style="list-style-type: none"> • Portion size: 2½ inch diameter or 35 g • Whole grain is the first ingredient • Contains 7 g or less of fat, 0 g trans fat, 350 mg or less of sodium and 8 g or less of sugar (no sugar substitute) • Not dipped, iced or sandwiched • If it does not meet all criteria, it is a poor choice (x) | <ul style="list-style-type: none"> • Offer individual cookies |
| ✓✓ | Crackers, whole grain | <ul style="list-style-type: none"> • Whole grain is the first ingredient • Contains 2 g or less of fat, 0 g trans fat, 350 mg or less of sodium and 8 g or less of sugar (no sugar substitute) | <ul style="list-style-type: none"> • Try selling whole grain crackers in bags, paired with a lower fat cheese or hummus |
| × | Cracker and cheese, prepackaged | | <ul style="list-style-type: none"> • Try selling whole grain cracker with a package of lower fat cheese or cheese string |
| × | Danish | | If on the menu, portion size should be small |
| × | Doughnut | | <ul style="list-style-type: none"> • If on the menu, portion size should be small |
| × | Freezies or popsicles | | <ul style="list-style-type: none"> • If on the menu, offer small sizes |
| ✓ | Fruit juice bar, frozen | <ul style="list-style-type: none"> • Made with 100% fruit • Unsweetened or no sugar added varieties | <ul style="list-style-type: none"> • Offer small portions |
| ✓ | Fruit snack, 100% fruit | <ul style="list-style-type: none"> • Made with 100% fruit • Unsweetened or no sugar added varieties | <ul style="list-style-type: none"> • Example: fruit leather |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|--|---|--|
| ✓ | Fruit, canned | <ul style="list-style-type: none"> Choose fruit packed in fruit juice or water | <ul style="list-style-type: none"> Avoid fruit packed in heavy syrup or gelatin |
| ✓ | Fruit crisp | <ul style="list-style-type: none"> Portion size: 2in x2in Made with: <ul style="list-style-type: none"> rolled oats and whole wheat flour If using margarine, choose non-hydrogenated margarine Use ½ - 1 cup or less of added sugar and no sugar substitutes are used per 12-portion recipe If it does not meet all criteria, it is a poor choice (x) | <ul style="list-style-type: none"> Try a variety of fruit, including unpeeled apples, raspberry, blueberry or plum Added sugars include all types of sugar, honey, molasses or syrup |
| ✓✓ | Fruit, dried, freeze-dried or dehydrated | <ul style="list-style-type: none"> Made with 100% fruit Unsweetened or no sugar added varieties Made without added fat | <ul style="list-style-type: none"> Example: dried apple slices, freeze-dried strawberries, raisins Serve with mixed nuts |
| ✓✓ | Fruit, fresh | | <ul style="list-style-type: none"> Wash before serving |
| x | Ice cream, frozen ice milk, soft ice cream | | <ul style="list-style-type: none"> If on the menu, portion size: 1/2 cup |
| ✓✓ | Muffin | <ul style="list-style-type: none"> Portion size: 2½ inch diameter and less than 2 inches tall Whole grain is the first ingredient Contains 7 g or less of fat, 0 g trans fat, 350 mg or less of sodium and sugar is 8 g or less (no sugar substitutes) If 1 criteria is not met, it is a good choice (✓) | When making homemade muffins: <ul style="list-style-type: none"> use 0 g trans fat oil If using margarine, choose non-hydrogenated margarine Try replacing ½ the fat with pureed fruit or yogurt Use ½ - 1 cup or less of added sugar (includes all types of sugar, honey, molasses, syrup, chocolate chips and candy) per 12-portion recipe |
| x | Nacho chips with cheese or salsa | | <ul style="list-style-type: none"> If on the menu, offer multi-grain, baked or lower sodium varieties |
| x | Pastries | | <ul style="list-style-type: none"> If on the menu, portion size should be small |
| x | Pies & tarts | | <ul style="list-style-type: none"> If on the menu, portion size should be small |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|---|---|--|
| ✓✓ | Popcorn, air popped, microwave or popcorn pot | <ul style="list-style-type: none"> • Portion size: 3 cups popped • Has 3.5 g or less of fat, 0 g trans fat and 175 mg of sodium per portion • If made in concession popcorn machine with fat and salt, it is a poor choice (x) | <ul style="list-style-type: none"> • |
| x | Pretzels, all types | | <ul style="list-style-type: none"> • If on the menu, choose small bags of plain pretzels |
| ✓ | Pudding | <ul style="list-style-type: none"> • Portion size: ½ cup • Has 10% Daily Value for calcium • Made with 2% milk or less. • If it does not meet the criteria, it is a poor choice (x) | <ul style="list-style-type: none"> • Try serving topped with fruit |
| ✓✓ | Smoothies | <ul style="list-style-type: none"> • Portion size: 1 cup • Made with ingredients such as frozen or fresh fruit, 2% milk or less and plain yogurt | |
| ✓✓ | Trail Mix | <ul style="list-style-type: none"> • Portion size: ¼ cup • It has 350 mg or less sodium per packet and no added sugar | <ul style="list-style-type: none"> • Varieties with nuts, seeds, plain grain cereal, dried fruit or crackers |
| ✓✓ | Vegetables, fresh | | <ul style="list-style-type: none"> • Serve with a small amount of dip or hummus on the side • Serve individually packaged for a tournament |
| ✓✓ | Yogurt | <ul style="list-style-type: none"> • Has 10 g of fat or less and 21 g of sugar or less (no sugar substitutes) per serving | <ul style="list-style-type: none"> • Try frozen yogurt tubes or yogurt parfait (yogurt and fruit, topped with low fat granola or high fibre cereal) |

Beverages

| Rating | Beverage | Choice if it is made with: | Serving Tips: |
|--------|--|--|---|
| ✓ | Coffee | | <ul style="list-style-type: none"> • Offer with lower fat milk • Flavored and non-dairy creamers are usually higher sugar and fat |
| ✓ | Coffee, specialty or iced | <ul style="list-style-type: none"> • If made with 2% milk or less, and has no added sugar or sweeteners | |
| ✓ | Drink mix, low calorie | | <ul style="list-style-type: none"> • Offer single serve flavour packets |
| x | Energy drink | | <ul style="list-style-type: none"> • Not recommended |
| x | Fruit Drink | | <ul style="list-style-type: none"> • Drinks labeled punch, cocktail, delight, drink and beverage have added sugars and sweeteners |
| ✓ | Fruit and or Vegetable Juice, 100% | <ul style="list-style-type: none"> • No sugar added | <ul style="list-style-type: none"> • Limit serving size to 1 cup or 200 mL size juice box |
| x | Hot apple cider | | <ul style="list-style-type: none"> • Offer low sugar varieties |
| ✓ | Hot chocolate, made with milk | <ul style="list-style-type: none"> • Made with 2% milk or less • If made with water it is a poor choice (x) | <ul style="list-style-type: none"> • Try heating chocolate milk |
| x | Iced tea | | <ul style="list-style-type: none"> • Try serving iced brewed tea |
| ✓ | Milk, flavoured or fortified soy beverage, flavoured | <ul style="list-style-type: none"> • If made with sugar 21 g or less (no sugar substitutes) and Calcium 10% or more daily value • Chocolate Milk (26 – 28 g sugar) is acceptable if reduced-sugar (no sugar substitutes) chocolate milk is not available | <ul style="list-style-type: none"> • Flavoured milks do contain more sugar than white milk, but they are nutritious choices |
| ✓✓ | Milk, white or plain fortified soy beverage | <ul style="list-style-type: none"> • Has 10% daily value or more of calcium | |
| x | Milkshake | | <ul style="list-style-type: none"> • If on the menu, portion size: 1 cup |
| ✓ | Mocha | <ul style="list-style-type: none"> • If hot chocolate and coffee is made with 2% milk or less If made with hot chocolate mixed with water, then it is a poor choice (x) | |
| x | Pop | | <ul style="list-style-type: none"> • Offer sugar free/mini cans options |
| x | Slush drink | | <ul style="list-style-type: none"> • If on the menu, portion size: 1 cup or less |
| x | Sport drink | | <ul style="list-style-type: none"> • If on the menu, choose the smallest bottle |
| ✓ | Tea | | <ul style="list-style-type: none"> • Offer with lower fat milk |

| Rating | Food | Rating based on: | Tips and Serving Suggestions: |
|--------|---------------------------------|--|--|
| ✓ | Vegetable or tomato juice, 100% | <ul style="list-style-type: none"> If variety has 200 mg or less of sodium per serving size | |
| ✓✓ | Water | | <ul style="list-style-type: none"> Offer a water bottle filling station |
| x | Water, bottled & flavoured | | |
| x | Water, vitamin | | <ul style="list-style-type: none"> Do not serve if it has cautionary statements and no specific quantity of botanical ingredients listed on the label |
| ✓✓ | Yogurt drink | <ul style="list-style-type: none"> If made with sugar 21 g or less (no sugar substitutes) and has 10% Daily value for calcium per container | |

TIPS

- Regular ground beef can be a lean choice when the fat is drained and rinsed away after browning.
- There are several different colours of vegetables and fruits, ranging from White to purple. Remember to add variety to boost nutrition.
- Canada's Food Guide encourages using dark green vegetables such as Broccoli, romaine lettuce and spinach and orange vegetables such as carrots.

More Canteen and Concession Ideas

Pizza Soup

| | |
|-----------------|--|
| 15 mL (1 Tbsp) | vegetable oil |
| 1 | chopped medium onion |
| 125 mL (½ cup) | chopped green pepper |
| 2-796 mL cans | plum tomatoes |
| 250 mL (1 cup) | sliced mushrooms (fresh or canned) |
| 500 mL (2 cups) | beef stock |
| 125 mL (½ cup) | thinly sliced pepperoni or browned ground beef |
| 375 mL (1½ cup) | thinly sliced ham |
| 5 mL (1 tsp) | dried basil |
| 500 mL (2 cups) | shredded light mozzarella cheese |

In a large saucepan, heat oil over medium heat. Saute onion and green pepper until soft. Add tomatoes, mushrooms, stock, pepperoni or ground beef, ham and basil. Bring to a boil. Simmer for 5-10 minutes. Ladle into soup bowls, sprinkle with cheese. Serve.



SIMPLE TO PREPARE

Coleslaw – Use bagged varieties or make your own for a quick, inexpensive side dish. Use calorie Reduced or low fat dressing sparingly.

Fresh Fruit Pieces with Dip – Using seasonal fruit, offer easy to eat cups of fruit and dip. Fill the bottom Of a clear cup with vanilla yogurt or pudding made with milk, and place a variety of fruit inside, such as orange wedges, strawberries, apples or melons.

Fruit Nachos – Line a small bowl with graham crackers and top with pudding made with milk and fresh Seasonal fruit such as bananas, grapes and strawberries. Make as needed to avoid the graham crackers from getting soft.

Mixed Bean Salad – Drain and rinse a can of assorted beans, a can of green beans and a can of yellow Beans. Mix with celery, purple onion and a dressing made of vinegar, oil, and sugar.

PB & J – Serve peanut butter and jelly on slices of fresh whole wheat and white bread. That’s right one slice of each!

Salmon, Tuna or Egg Sandwich – Mix canned salmon, tuna or egg with lower fat mayonnaise, Onions, celery and shredded carrot and served on whole wheat bread or baked bannock.

Vegetables and Dip – Using seasonal vegetables, offer easy to eat cups of vegetables and dip. Fill the bottom of a clear cup with calorie reduced or low fat dip and place a variety of vegetables inside, such as carrots, cucumbers, celery, peppers, or radishes.

Vegetable Salad – Chop a variety of seasonal, fresh vegetables and marinate with an oil and vinegar dressing.

FOR THE GRILL

Chicken Caesar Wrap – Lightly dress pieces of grilled chicken breast with Caesar dressing. Add romaine Lettuce, and Parmesan cheese. Wrap and serve.

Chicken Pita – Grill chicken. Serve with tomatoes, onions and a tzatziki (cucumber and yogurt) sauce in A Greek pita.

Fajita – Wrap warm grilled chicken breast, salsa and pepper strips in a tortilla. Serve with low fat sour cream.

Grilled Cheese, Tomato and Ham – Lightly spread one side of whole grain bread with a soft non-Hydrogenated margarine. Top with shredded part-skim cheese, tomato slices and lean ham. Grill and serve.

Mandarin Orange Chicken Salad – Fill a plate with spinach or romaine lettuce. Add pieces of grilled chicken breast, canned mandarin orange slices, and other assorted vegetables. Serve with sesame Dressing on the side.

Quesadilla – It is like a Mexican grilled cheese. Put a tortilla on the grill. Top with a variety of ingredients Such as salsa, onions, olives, shredded chicken breast and lower-fat cheese. Top with a second tortilla and grill on both sides until warm and cheese is melted.

FOR THE OVEN OR BARBEQUE

Baked Apple – Core apple and add brown sugar and cinnamon. Bake or microwave until apple is warm and tender.

Baked Potato – Add your own toppings such as salsa, chili, sautéed mushrooms, pizza sauce and low-fat mozzarella cheese, baked beans, cold cottage cheese and onions.

Chicken Drumsticks – Bake, broil or barbecue chicken drumsticks, toss with barbecue sauce and serve with carrot and celery sticks.

Kabob Skewers – Pierce chunks of chicken, turkey, lean beef, or lean pork on skewers, bake, broil or barbecue. Boost flavour with spices! Remember to cook meat kabobs separately from vegetable kabobs for food safety.

Meatloaf Muffins – Combine lean beef, and traditional meatloaf ingredients. Bake in a muffin tin for a perfect serving for one!

Meatloaf Sandwich – Slice meatloaf made with lean beef, serve with mustard and onions on rye bread.

Pita Pizzas – Top a pita with a variety of ingredients such as vegetables, lower-fat cheese, feta cheese, or lean ham. Bake till cheese is melted.

Smashed Potato – Smash a baked potato with a cup. Drizzle with a small amount of vegetable or olive oil. Season and bake in a very hot oven (475F) until browned.

Tuna Melt – Mix tuna, green onions and shredded part-skim mozzarella cheese. Place on an open whole wheat bun or baked bannock. Grill and serve.

FOR THE STOVE TOP

Bugs on a Log – Wash and dry a celery stick. Fill with egg salad and top with chopped green onion, carrot pieces or raisins.

Corn on the Cob – Boil or barbeque this great summer vegetable for a barbeque or canteen special. Serve with soft non-hydrogenated margarine or calorie reduced or low fat dressing on the side.

Cowboy Sandwich – Serve hot baked beans over baked bannock topped with grated part-skim cheese.

Pasta and Sauce – Serve ravioli, tortellini or spaghetti with a tomato-based sauce. Check the sodium content of the sauce you are using. Aim for 480 mg or less of sodium per serving.

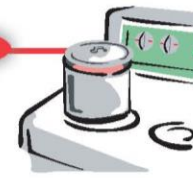
Pasta Salad – Toss whole grain pasta shapes with assorted vegetables and lower fat Italian dressing. Sprinkle with dill to add fresh taste.

Potato Salad – Skip the traditional and make a light version using boiled potatoes, shredded carrot, green or purple onions and a light Italian dressing.

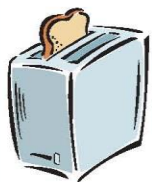
Spicy Turkey Tortilla – Brown ground turkey in a skillet and season with Mexican spices, mix with salsa, romaine lettuce and serve in a corn tortilla.

Taco Rice Salad – Mix rice, corn, black beans, and browned ground beef with Mexican seasonings such as cumin and chili powder. Top with shredded cheese.

Taco Wrap – Toss cooked lean ground beef in mild salsa. Add romaine lettuce, tomatoes and onions. Wrap and serve. Offer a spicy version by using medium or hot salsa.



SIMPLE TO PREPARE



Bagels – Offer bagels the size of hockey pucks. Use whole wheat or whole grain varieties. Serve with soft non-hydrogenated margarine on the side.

Breakfast Banana Split – Mix one scoop cooked oatmeal, ½-banana sliced and one scoop of frozen yogurt or ice milk. Top with raisins and serve.

Breakfast to Go – Pack a brown paper breakfast to go with a milk or 100 per cent fruit juice, a fruit cup or some fresh fruit. Add a cereal bar, toast or muffin. Remember the straw and napkin. Any variation works, so be creative.

Smoothie – Blend frozen fruit, yogurt and skim milk and serve. Test and try variations such as ice, banana and chocolate mil, or frozen strawberries and strawberry milk.

Toast – When offering toast try different breads for variety such as whole wheat, pumpernickel, cracked wheat, rye, multigrain, and flaxseed. Serve with soft non-hydrogenated margarine on the side.

FOR THE GRILL OR MICROWAVE

Apple Slice Pancakes – Before the batter hits the grill place an apple ring down. Pour batter from the inside of the apple ring.

Fantastic French Toast – Dip banana bread in mixture of egg, skim milk and cinnamon. Brown on both sides and serve with syrup, warm applesauce, or fruit flavoured yogurt. Try whole grain or raisin bread as a variation – fantastic!



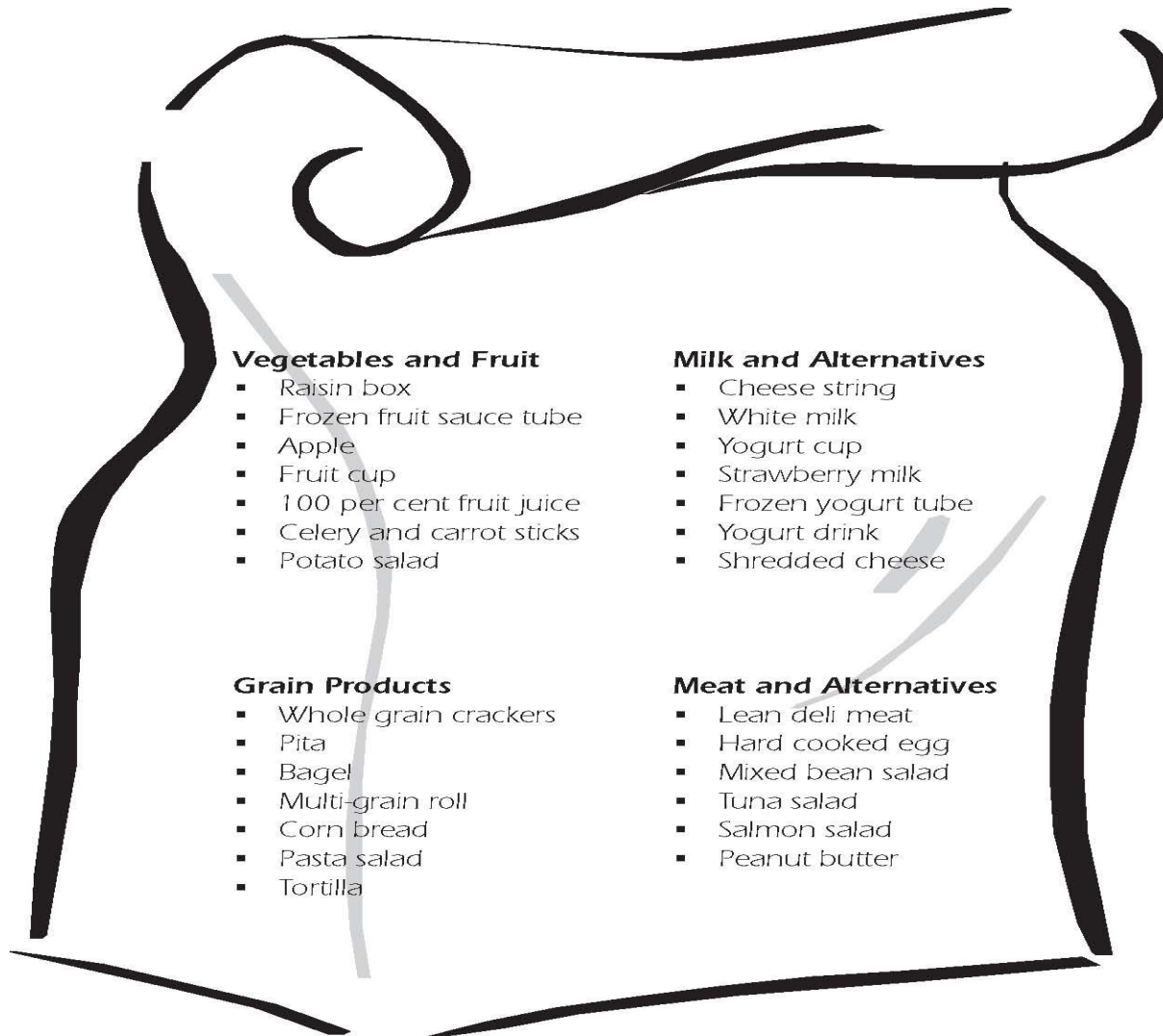
Spicy Roll-Up – Microwave or scramble egg on the grill. Roll up in a wrap with reduced fat shredded cheese and salsa.

English Egg Sandwich – Toast an English muffin, lightly spread a soft non-hydrogenated margarine, add a scrambled egg cooked in the microwave and serve.

Bag Lunches

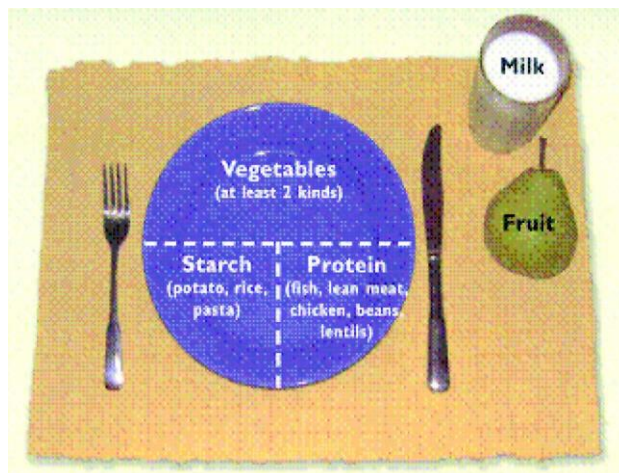
Include at least three of the four food groups to pack a healthy lunch. The four food groups are vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. Don't forget the napkins and straws.

Mix and Match Ideas



Tips for Planning a Tournament, Bonspiel or Special Event

- ✓ Vegetables and fruits are great choices. Check local flyers for promotions of fresh or frozen vegetables and fruit before planning your menu. Serve what's on sale and in season to get the best price and most nutrition.
- ✓ Choose grains such as barley, oats and wild rice, whole grain breads, oatmeal or whole wheat pasta. Limit commercial baked goods, crackers, cookies, biscuits, pies, waffles, snack foods and deep-fried fast foods that may be high in trans fat.
- ✓ Choose skim, one or two per cent milk, low-fat yogurt and light or part-skim cheeses. Limit ice cream, regular sour cream, coffee cream and whipping cream.
- ✓ Choose lean cuts of meat such as sirloin, loin, round, rump, and extra lean ground beef. Trim off fat. Remove skin from poultry. Limit processed meats such as bologna, wieners, bacon, sausages and pepperoni.
- ✓ Offer calorie reduced or low fat dressing, sauce or dip on the side.
- ✓ The best beverages to offer at events are water, milk, and 100 per cent fruit and vegetable juices.
- ✓ Check the ingredients if offering hot dogs. Products with 100 per cent meat or poultry with the shortest ingredient list will most often be the best choice. Try to avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts.
- ✓ When offering meals, a plate is well balanced when it has one quarter meat and alternatives, one quarter grain products and one half vegetables. To complete the meal, add a glass of milk to drink and some fresh fruit for dessert.



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Section Three - Choosing Nutritious Foods

The nutrition information found in this toolkit is based on the principals of *Eating Well* with Canada's Food Guide and is consistent with the messages found in the *Manitoba School Nutrition Handbook, Getting Started with Guidelines and Policies*. The intent of the nutrition guidelines and suggestions found in this toolkit is to support individuals and communities in making healthy food choices.

Eating Well with Canada's Food Guide

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Feeling and looking better.
- Lower risk of disease.
- More energy.
- A healthy body weight.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight. Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth. Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavored drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Four Food Groups

VEGETABLES and FRUIT

Check labels to choose the healthiest vegetables and fruit.

- Choose dark green and orange vegetables more often.
- Vegetable or fruit should be listed as the first ingredient on the ingredient list.



Per serving of vegetables and fruit, aim for:

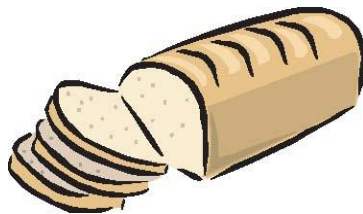
- Fat - less than 5 g
- Sodium - less than 480 mg

GRAIN PRODUCTS

Check labels to choose the healthiest grain products.

Choose whole grains at least 50 percent of the time.

- Whole grains including whole-wheat flour, oats, oatmeal, oat bran, barley, rye, multi-grains and pumpernickel are the best choices.
- Sugar, fat and salt should be closer to the end of the ingredient list.
- Choose grain products without trans fat.



Per serving of grain products, aim for:

- Fat - less than 8 g
- Fibre - more than 2 g
- Sodium - less than 480 mg
- Iron - 5 % or more
- Sugar - 12 g or less

MILK and ALTERNATIVES

Check labels to choose the healthiest milk and alternatives.

- Choose lower-fat milk products more often.
- Milk, evaporated milk, skim milk powder, milk solids or modified milk solids should be listed as one of the first ingredients.



Per serving of milk and alternatives, aim for:

- Sugar - 20 g or less
- Sodium - 480 mg or less
- Calcium - 15-25 % or more of the daily value
- Fat
- 2 % milk fat (MF) or less for milk, milk based beverages and yogurt
- 20 % milk fat or less for cheese
- 5 g or less for frozen desserts

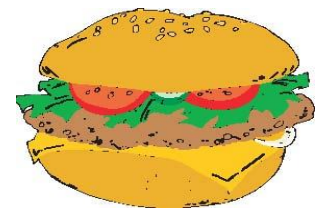
MEAT and ALTERNATIVES

Check labels to choose the healthiest meat and alternatives.

- Choose leaner meat, poultry and fish, as well as dried peas, beans and lentils more often.

Per serving of meat and alternatives, aim for:

- Fat - lean or extra lean choices
- Sodium – less than 480 mg



BEVERAGES

Beverages that should be served most often:

- water
- milk
- 100 per cent fruit and vegetable juices



Energy Drinks

What we should know about energy drinks:

- Energy drinks, with names including adjectives like “rush”, “energy”, “adrenaline” and “bull” claim to energize the body.
- Energy drinks contain caffeine (listed as guarana, yerba mate or caffeine), herbs and taurine.
- Energy drinks are NOT recommended for children.
- Energy drinks are not the same as sports drinks.
- The high sugar content and carbonation of energy drinks can interfere with hydration, which makes them poor choices for use during exercise.

Sports Drinks

What we should know about sports drinks:

- Sports drinks are specifically designed to replace an athlete’s glucose, fluid and electrolyte losses for endurance sports activities where excessive sweat loss occurs.
- Proper hydration is the main concern during exercise, especially in the heat.

Caffeine

What we should know about caffeine:

- Caffeine is a stimulant.
- Caffeine can be found in coffee, tea, iced tea, cola and chocolate products.
- Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heart beat.
- For children age 12 and under, Health Canada recommends a maximum daily caffeine intake of no more than 2.5 mg per kg of body weight. Based on average body weight of children this means a daily caffeine intake of no more than:
 - 45 mg for children aged four to six
 - 62.5 mg for children aged seven to nine
 - 85 mg for children aged 10 to 12
- For the general population of healthy adults, Health Canada advises a daily intake of no more than 400 mg. Because there are no set guidelines for children aged 13 to 18, a reasonable estimate may be approximately two mg of caffeine per kg of body weight.

Approximate amounts of **SUGAR** and **CAFFEINE** in some common drinks



| | Sugar | Caffeine |
|---------------------------------------|----------------|-----------------|
| 1.9 L (super size) cola | 260 g (52 tsp) | 185 mg |
| 1 L pop (depending on type of pop) | 140 g (28 tsp) | 80-200 mg |
| 600 mL bottle of cola | 85 g (17 tsp) | 62.5 mg |
| 600 mL iced tea | 85 g (17 tsp) | 50 mg |
| 600 mL fruit drink | 80 g (16 tsp) | |
| 355 mL can of cola | 50 g (10 tsp) | 34.5 mg |
| 250 mL (1 cup) coffee | | 150 mg |
| medium iced coffee | 60 g (12 tsp) | 120 mg |
| medium cappuccino | 30 g (6 tsp) | 160-200 mg |

When we do the math: one can of sweetened pop every day for a year is equal to 15.4 kg (76 cups) of sugar.



Reading Labels

Compare Food Products and Make Wise Food Choices

Nutrition information on food labels can help you make informed food choices and are based on Health Canada regulations.

- **Nutrition Claims** 1) tell you about one nutrient, such as “no sugar added” or 2) tell you how your diet can affect your health.
- **Ingredient List** tells you what ingredients are in the packaged food, from most to least.
- **Nutrition Facts Table** gives you detailed information about the nutrition content of the food.

Nutrition Facts Table

The serving size follows the word Per. All nutrition information on the label is based on the amount of food that is stated in the serving size. The serving size listed may or may not be the same size as the actual food package.

| Nutrition Facts | | | |
|------------------------------|---------------|-----------|------|
| Per 125 mL (87 g) | | | |
| Amount | % Daily Value | | |
| Calories 80 | | | |
| Fat 0.5 g | 1 % | | |
| Saturated 0 g + Trans 0 g | 0 % | | |
| Cholesterol 0 mg | | | |
| Sodium 0 mg | 0 % | | |
| Carbohydrate 18 g | 6 % | | |
| Fibre 2 g | 8 % | | |
| Sugars 2 g | | | |
| Protein 3 g | | | |
| Vitamin A | 2 % | Vitamin C | 10 % |
| Calcium | 0 % | Iron | 2 % |

The % Daily Value tells you if there is a little or a lot of a nutrient in one serving. Choose foods with a low % daily value for fat, saturated fat, trans fat, cholesterol and sodium. Choose foods with a high % daily value for fibre, vitamin A, vitamin C, calcium and iron.

The label will give information on calories and 13 core nutrients.

The number after the nutrient is the actual amount of the nutrient based on the serving size.

Section Four - Food Safety

Food Safety Tips

Encourage employees and volunteers serving or preparing food to take a Food Safe Course.

Purchasing foods

- All foods must come from approved sources (government inspected facilities).
- Check for best before dates on packages.

Storing foods

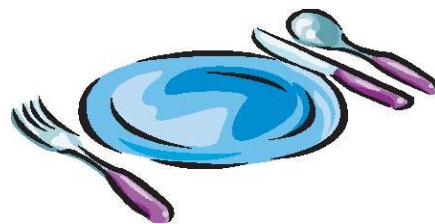
- Store shelf stable food in a clean, dry, cool place.
- Keep an **accurate thermometer** in the refrigerator to ensure food is kept at **5°C / 40°F** or below.
- The freezer temperature should be **-18°C / 0°F** or below.
- Don't overcrowd the refrigerator to allow good air circulation.
- Use and discard refrigerated food on a regular basis (see storage chart at the end of this section).

Avoid cross-contamination

- **Separate raw meat**, poultry, seafood and eggs from **ready-to-eat foods** (i.e. fruits and vegetables).
- Store raw meat on the lowest shelves in a refrigerator to ensure its juices don't contaminate ready-to-eat foods.

Wash your hands

- **Before** food preparation, handling clean and sanitized dishes, changing tasks.
- **After** handling raw food, using the toilet, touching unclean surfaces or whenever they become contaminated.
- Hand sanitizers are not a substitute for washing your hands.



How to wash your hands

- Wet hands under warm running water.
- Add soap, lather and scrub hands for 20 seconds (scrub palms, in between fingers, backs of hands and under nails).
- Rinse well under warm running water.
- Dry hands with a paper towel.
- Turn off taps with the paper towel.
- Discard towel in the garbage.



Wash fruits and vegetables

- **Rinse** fresh fruits and vegetables under tap water (even the skins and rinds that aren't eaten).
- **Rub** firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Clean and sanitize your work area

- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water, then sanitize after each food item and before preparing the next food.
- Wiper cloths used for sanitizing surfaces should be stored in sanitizer solution (i.e. 10 mL (2 tsp) of bleach per gallon of water).

Wash – Rinse – Sanitize all kitchenware

- **Wash** in the first sink with hot soapy water.
- **Rinse** in the second sink with hot clean water.
- **Sanitize** in the third sink with a sanitizer solution (50-100ppm chlorine or 200ppm Quat solution).
- **Air Dry** on drain trays. Do not use cloths for drying kitchenware.

Thaw foods properly

- Thaw foods in the refrigerator OR in the microwave OR under cold running water OR during cooking.
- Foods thawed in the microwave or under cold running water must be cooked immediately.
- **Never defrost at room temperature**

THE FOOD SAFETY CONNECTION ONLINE COURSE

Available through Canadian Institute
of Public Health Inspectors
<http://www.ciphi.mb.ca/FSC.html>

Cook foods properly

- Marinate foods in the refrigerator.
- Cooking food to a high internal temperature **kills harmful bacteria** that cause illnesses.
- Use a **probe thermometer** to measure the internal temperature of cooked meat, poultry and egg dishes to make sure the food has been cooked thoroughly to 74°C / 165°F.
 - For poultry, check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.
- When using a **microwave oven** for cooking, cover food, stir and rotate for even cooking and use a probe thermometer to measure the internal temperature (74°C / 165°F).



Cooling foods properly

- Improper cooling is one of the leading causes of food borne illnesses.
- Minimize the time potentially hazardous foods are in the **danger zone** (between 5°C / 40°F and 60°C / 140°F).
- Cool hot foods from 60°C / 140°F down to 21°C / 70°F within two hours and then further down to 5°C / 40°F in four hours.
- Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria.
- Divide large amounts of leftovers into smaller portions to speed up cooling.

Re-heating and hot holding food

- Bring sauces, soups, gravy and leftovers to 74°C / 165°F **quickly**. Slow cookers, chafing dishes and warming trays are not permitted for re-heating.
- Food must be held hot at a minimum of 60°C / 140°F. Slow cookers, chafing dishes and warming trays can be used for hot holding.



Food Storage Chart

Keep it Safe!

Follow the "best before" date!

Bakery Items

| Food | Shelf | Fridge | Freezer |
|---------|----------|-----------|------------|
| Bread | 2-4 days | 7-14 days | 1-3 months |
| Pita | 2-4 days | 4-7 days | 1-2 months |
| Muffins | 1-2 days | 7 days | 2 months |
| Rolls | 3-4 days | 7 days | 2 months |

Cooked and Prepared Foods Food Purchased Refrigerated

| Food | Fridge | Frozen |
|----------------------------|-----------|------------|
| Cooked fish | 1-2 days | 4-6 months |
| Cooked meat | 3-4 days | 2-3 months |
| Cooked chicken and turkey | 3-4 days | 3 months |
| Cooked rice and noodles | 3 days | 3 months |
| Eggs, hard cooked | 1 week | no |
| Chili | 2-3 days | 2-3 months |
| Stew | 2-3 days | 2-3 months |
| Soups, meat or vegetable | 3-4 days | 2-3 months |
| Sandwiches, subs and wraps | overnight | 6 weeks |

Foods Purchased Frozen

| Food | Freezer | Fridge (after thawing) |
|-------------------------|-------------|------------------------|
| Fruit (berries, melon) | 4-6 months | 4-5 days |
| Fruit juice concentrate | 6-12 months | 7-10 days |
| Frozen yogurt | 2-4 months | no |
| Vegetables | 8-12 months | cook frozen |
| Hamburger patties | 2-3 months | cook frozen |

| Food | Refrigerated | Frozen |
|-------------------------------|---------------------|---------------|
| Cheese, firm, unopened | 3-6 months | |
| Cheese, firm, opened | 3-4 weeks | |
| Cheese, processed, opened | 3-4 weeks | |
| Yogurt, opened | 7-10 days | |
| Deli meats, sliced | 2-3 days | |
| Deli chicken, turkey sliced | 1-2 days | |
| Deli rotisserie chicken | 3-4 days | 3 months |
| Deli salads | 1-2 days | |
| Margarine, unopened | 8 months | 6-12 months |
| Margarine, opened | 1-3 months | |
| Ground meat | 1-2 days | 2-3 months |
| Beef roast | 3-4 days | 10-12 months |
| Pork roast, loin | 3-4 days | 8-10 months |
| Pork chops | 2-3 days | 8-10 months |
| Ground chicken and turkey | 24 hours | 2-3 months |
| Hot dogs, unopened | 2 weeks | 2-3 months |
| Hot dogs, opened | 7 days | 2-3 months |
| Sausages, smoked or processed | 7 days | 2-3 months |

Shelf Stable Foods

| Food | Unopened in pantry | Opened in pantry | Opened in fridge |
|------------------------|---------------------------|-------------------------|-------------------------|
| Cereal | 8 months | 3 months | |
| Rolled oats | 6-10 months | 6-10 months | |
| Barbecue sauce | 12 months | 1 month | 4-6 months |
| Ketchup | 12 months | 1 month | 6 months |
| Mustard | 12 months | | 12 months |
| Salsa | 12 months | | 2 weeks |
| Dried fruit | 6 months | 6 months | |
| Juice boxes | 4-6 months | | 8-12 days |
| Peanut butter | 6-9 months | 2-3 months | |
| Tomato and pasta sauce | 12 months | no | 5 days |

Section Five - Marketing

Cost Control

Many factors determine your profit margin, not only the type of food that your concession or canteen sells. The following list provides some tips to consider.

- Write out and post clear guidelines for all canteen staff and volunteers to ensure that all foods and drinks are prepared and sold in standard sizes. For example, use the same amount of fruit each time a fruit parfait is made.
- Use portion control spoons, scoops and cups so food and beverages are the same size each time they are served.
- Be environmentally friendly and only package and wrap as necessary.
- Put checks and balances in place to provide accountability for all products and money in the canteen.
- Sell foods and beverages that are near their “use by” date in special meal deals, snack deals or as tournament specials to prevent financial losses.
- Avoid large serving sizes.
- Try marking up the less healthy choices and mark down those items that are healthy.

MEAL DEALS

Go to any fast food restaurant and you will find special meal deals. A meal deal can give savings to the customer and also help with menu planning, food ordering and preparation. Promote healthy foods by adding soups, salads and sides to any of your sandwiches, burgers, sub and wraps or hot food choices.

Examples:

- Chili style baked beans with corn bread muffin and bottled water.
- Beef burger (made from lean meat), tomato, hot peppers and lettuce, small carton of chocolate milk and an apple.
- Meatloaf muffin with chunky vegetable salad and choice of milk.

Promotion

Selling any product requires a promotion strategy. The following tips may help with your transition to selling nutritious food choices.

- Present nutritious food choices in an attractive way. Consider colour, flavour, texture, and

Promotion will help you increase popularity and sales of nutritious food and beverages.

temperature when planning your menu and preparing healthy food. If food looks good and tastes great, people will buy it! The presentation of food is important to customers.

- Create attention grabbing, enticing descriptions and names for your nutritious menu items.
- Create a marketing theme for your nutritious food items such as the “fit lunch”, “power items”, or “I choose” options. Consider offering points, rewards or draws, such as fitness equipment, water bottles, lunch bags or food items when healthy menu choices are purchased.
- Offer a free sample taste testing before adding a new menu item.
- Promote meal and snack deals, theme days and tournament specials.
- Place nutritious food at eye level where both small children and adults can see it.
- Offer nutritious foods in an attractive and clean space. Create a pleasant eating environment with comfortable public seating and eating area, windows and natural lighting, clean drinking fountains and access to nutritious food and beverage choices.
- If placed at eye level and in clear, visible locations, the use of templates can help with the promotion of your healthy food specials. See Section Six – Additional Resources for a template you can copy and use in your canteen or concession. Plastic picture frames can make great template holders!

**Contact your local Community
Nutritionist, Recreation
Director or Health Promotion
Coordinator -**

**The following organizations
provide nutrition and/or food
safety information -**

Prairie Mountain Health
www.assiniboine-rha.ca

Community Nutritionist
Prairie Mountain Health
Souris Health Centre
(204) 483- 6354

Health Promotion Coordinators
Assiniboine Regional Health Authority
Neepawa Health Centre
(204) 476-7843
Riverdale Health Centre
(204) 328-7541
Tri-Lake Health Centre
(204) 523-3224

Brandon Regional Health Authority
www.brandonrha.mb.ca

Community Nutritionist
Brandon Regional Health Authority
Unit A5, 800 Rosser Ave.
(204) 571-8399

Allergy Asthma Information Association
www.aaia.ca

Dietitians of Canada
www.dietitians.ca

Fight Bac
www.fightbac.org

Health Canada
www.hc-sc.gc.ca

Healthy Eating is in Store for You
www.healthyeatingisinstore.ca

**Manitoba Agriculture Food and Rural
Initiatives**
www.gov.mb.ca/agriculture

Manitoba Health and Healthy Living
www.gov.mb.ca/healthyliving

Eating Well with Canada's Food Guide

**Eating Well with Canada's Food Guide –
First Nations, Inuit and Metis**
www.hc.sc.gc.ca

Fueling the Youth Athlete

**Fueling the Young Athlete – Two Case
Studies**
www.dietitians.ca

Food Safety Fight Bac
www.fightbac.org

**Today's
healthy
choice
special is:**



MOVE TO HEALTHY CHOICES

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