

COUNCIL POLICIES AND PROCEDURES

SECTION-H

SUBJECT: Healthy Eating

NUMBER: H-23

APPROVAL DATE: April 9, 2014

BACKGROUND

In January of 2013 the Municipality of the District of Guysborough (MODG) in partnership with Public Health Services of GASHA applied for a Thrive grant from the provincial Department of Health and Wellness to develop and implement a healthy eating policy. The application for the grant was successful and since the project's inception community consultations have been held in the municipality on the topic of healthy eating. In February of 2013 the Occupational Health and Safety committee offered to act as a healthy eating advisory committee for the policy's development and implementation.

The development of a healthy eating policy for the municipality and in sports and recreation settings is happening in conjunction with provincial work in this area. Christina Connolly is a member of a provincial working group and the goal is to develop healthy eating guidelines for sports and recreation settings across the province. Other jurisdictions in Nova Scotia have also adopted healthy eating policies. The Department of Health and Wellness is hosting consultations across the province with regards to healthy eating in sports and recreation settings in January and February 2014.

RATIONALE

Nutrition and healthy eating strongly compliment the general goal of the MODG to improve the quality of life and health of all citizens. This policy will allow for consistent messaging. For example, while encouraging increased physical activity in recreation programs we will also promote healthy eating by providing healthy snacks.

This policy will help to fight against increasing rates of diet related issues such as Type 2 diabetes, cancer, heart disease, obesity across Nova Scotia but especially in Guysborough County as documented in the 2010 Understanding Our Health Data conducted by the Guysborough County Community Health Board.

Impacts future generations as children and youth in our area are offered more healthy food choices. This is needed given recent CLASS data (2011) from Chedabucto Place showed that only 12% of students consumed at least 6 servings of fruits and vegetables per day, only 18% of

students consumed at least 6 servings of grain products per day and 71% of students reported having two or more servings of non-nutritious foods or drinks per day

-Supports the momentum that is building around healthy eating across Canada and Nova Scotia. Research in other recreation settings across the country has been completed and supports this policy.

-Demonstrates leadership and role modeling by municipal units.

-Supports and promotes athletic performance.

-Complements the *School Food and Nutrition Policy for Nova Scotia Public Schools*.

-Creates environments that are supportive of healthy eating where people in the MODG will have more options to choose healthy foods.

DEFINITION OF HEALTHY EATING

Healthy Eating refers to patterns of eating that, over time, meet individuals' energy and nutrient needs,

and that promote health and minimize the risk of nutrition related condition and diseases.

Canada's

Food Guide to Healthy Eating is the basis for this pattern of eating and includes food and beverages from each of the four food groups, making choices that provide maximum nutritional value most often.

VISION

All districts within the MODG are demonstrating leadership so that all citizens have access to and enjoy healthy foods in all recreation and municipal settings resulting in healthier communities.

POLICY STATEMENT

It is the policy of the Municipality of the District of Guysborough to actively encourage and promote recreation and municipal environments that support accessibility and consumption of food and beverages consistent with healthy eating, thereby making the healthy choice, the easy choice.

GOALS

To improve healthy eating in recreation and municipal settings by:

Increasing healthy food choices/availability in the MODG

Increasing awareness of residents/policy stakeholders of the importance of healthy eating

Improving the visibility, availability and placement of healthy food options

SCOPE

This policy applies to the food and beverages served and sold in the following:

- all municipal owned and operated recreation facilities and places
- all recreation programs and municipal events, meetings, special events, fundraisers and sales
- all municipal workplace wellness programs
- all canteens, contracts and vending machines located on municipal properties

This does not apply to food and beverages brought in for meals and snacks by the employees.

This does not apply to organizations or individuals who rent space / rooms for special events however, they will be encouraged to follow the policy and offer more healthy food options.

Organizations which the Municipality provides financial support will be encouraged to follow the Policy.

This does not apply to alcohol. In other words alcohol is not included in the scope of this policy. This does not apply to coffee and tea.

POLICY GUIDELINES AND IMPLEMENTATION SCHEDULE

Food and beverages served in recreation and municipal settings will be categorized based on the *Food and Beverage Standards* from the *Nova Scotia Food and Nutrition Policy for Public Schools*. The *Food and Beverage Standards* categorizes foods in the following way:

Maximum Nutrition: Food and beverages that are part of the four food groups of *Canada's Food Guide to Healthy Eating*. These items are high in essential nutrients for healthy development, growth, learning, performance and enjoyment (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water) and are low in salt, sugar, sweeteners, and saturated and trans fats. They have undergone little or no processing (e.g. Whole grain breads and cereals, fruits and vegetables, vegetarian pizza made with low fat cheese on whole wheat crust, 100% fruit juice).

Moderate Nutrition: Food and beverages that are part of the four food groups of *Canada's Food Guide to Healthy Eating*. These items contain essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water), but are somewhat lower in fibre and higher in fat, salt, sugar, sweeteners, and/or processing (e.g. white breads, apple crisp, vegetarian pizza with regular fat cheese on white crust, oven baked French Fries).

Minimum Nutrition: These food and beverages may or may not be from the four food groups of

Canada's Food Guide to Healthy Eating. They offer minimal nutritional value; are very high in sugar, fat, salt, caffeine, sweeteners, and/or processing; and tend to replace nutritious foods when available as meals and snacks (e.g. Pepperoni pizza made with regular cheese and white crust, deep fried French Fries, potato chips, pop, sports drinks).

The *Nova Scotia Food and Nutrition Policy for Public Schools* has been in place since 2006 in Nova Scotia and is now familiar to the majority of children, youth and their parents in our communities. The *Food and Beverage Standards* are available at http://www.ednet.ns.ca/healthy_eating/.

Year 1- 2014

-Food provided in all recreation and municipal settings will be comprised of 50% maximum, 30% moderate and 20% minimum.

Year 2- 2015

-Food provided in all recreation and municipal settings will be comprised of 60% maximum, 20% moderate and 20% minimum.

Year 3- 2016

-Food provided in all recreation and municipal settings will be comprised of 70% maximum, 20% moderate and 10% minimum.

-Evaluation of the policy will occur by reviewing successes and lessons learned at regular occupational health and safety meetings/wellness committee and from feedback from council and employees.

PORTION SIZES

It is important that the portion sizes offered reflect and support healthy eating behaviours and sustainability (i.e. ordering more food than required). Appropriate portions of food and beverages will be provided in all recreation and municipal settings.

SUPPORTING LOCAL FOOD AND BUSINESS

Nova Scotia produces an abundance of produce and products. Buying food that is grown and produced within the province supports Nova Scotia agriculture and business and means that more money remains in the community. When possible, municipal and recreation settings serve local, seasonal food and beverages that are harvested, produced or manufactured in Nova Scotia.

ENVIRONMENTAL SUSTAINABILITY

Municipal recreation programs and facilities are encouraged to continue, as well as find new ways, to reduce consumer and food waste and to support recycling and composting options.

FOOD SAFETY

All food served within recreation programs and municipal settings will be prepared according to Nova Scotia Department of Agriculture's Food Safety Standards.

See guidelines at: <http://www.novascotia.ca/agri/programs-and-services/food-protection/factsheets-publications/>

BEVERAGES

This policy will follow Health Canada's recommendation that energy drinks (not to be confused with sports drinks such as Powerade or Gatorade) not be consumed by children. Therefore energy drinks will not be served or sold within recreation and municipal settings.

Sports Drinks are categorized as providing minimum nutrition and could be present in minimum quantities depending on the event or program. (e.g. sports drinks would have to be 10% or less of the choices offered)