

COUNCIL POLICIES AND PROCEDURES

SECTION-H

SUBJECT: Healthy Eating

POLICY NUMBER: H-23

APPROVAL DATE: April 9, 2014

AMENDED DATE: September 16, 2026

PURPOSE: The purpose of this policy is to support healthier food and beverage choices at municipal facilities, programs, meetings, and events where food or beverages are provided or sold by the Municipality.

The Municipality recognizes that municipal spaces and programs can help promote healthy choices by making nutritious options more available, visible, and accessible.

POLICY STATEMENT: The Municipality of the District of Guysborough will make reasonable efforts to provide and promote healthy food and beverage options in municipal and recreation settings.

When food or beverages are provided or sold by the Municipality, healthy options should be included wherever practical.

SCOPE: This policy applies to food and beverages provided or sold by the Municipality in the following settings:

- Municipal-owned and operated recreation facilities;
- Municipal recreation programs;
- Municipal meetings, events, and training sessions;
- Municipal workplace wellness activities;
- Canteens, vending machines, and food service arrangements located on municipal property, where managed or controlled by the Municipality.

This policy does not apply to:

- Food or beverages brought by employees for personal use;
- Private events or rentals held in municipal facilities;
- Food or beverages provided by outside organizations using municipal space;
- Alcoholic beverages;
- Coffee and tea.

Organizations, groups, or individuals using municipal facilities are encouraged to consider healthy food and beverage options where appropriate.

DEFINITIONS

Healthy food and beverage options: means food and drinks that generally support health and wellness, including items such as fruits, vegetables, whole grains, water, milk, and other lower-sugar or less-processed options.

Municipal setting: means a facility, program, meeting, event, or activity that is owned, operated, hosted, or directly managed by the Municipality.

POLICY REQUIREMENTS

FOOD & BEVERAGE CHOICES

Where food or beverages are provided or sold by the Municipality, staff should make reasonable efforts to include healthy options.

Examples may include:

- Water as a beverage option;
- Fruits and vegetables;
- Whole grain items;
- Lower-sugar snack options;
- Smaller portion sizes where appropriate;
- Locally produced food when practical and cost-effective.

RECREATION & YOUTH PROGRAMS

Where food or beverages are provided during recreation or youth programs, healthy options should be prioritized.

Energy drinks shall not be provided or sold at municipal recreation or youth programs.

MUNICIPAL MEETINGS & EVENTS

When food is provided at municipal meetings, training sessions, or events, the Municipality should include at least 50% healthy foods and/or beverage options.

VENDING, CANTEENS & FOOD SERVICE

Where the Municipality has control over vending machines, canteens, or food service arrangements, healthy food and beverage options should be prioritized as part of purchasing, stocking and contract decisions.

LOCAL FOOD & ENVIRONMENTAL CONSIDERATIONS

Where practical, the Municipality may prioritize local food options and environmentally responsible practices, including reducing food waste, recycling and composting.

FOOD SAFETY

All food provided or sold by the Municipality must be handled, prepared, and served in accordance with applicable food safety requirements.

Where food is being prepared, handled, or served for municipal business, the Municipality shall ensure that food safety requirements are followed and that all persons have current food safety training certification.

Those who regularly prepare, handle, or serve food on behalf of the Municipality or at a municipal owned property or facility are required to complete a food safety course recognized by the Province of Nova Scotia.

RESPONSIBILITIES

Department Directors and Managers are responsible for applying this policy within their departments where food or beverages are provided or sold by the Municipality.

Staff responsible for organizing municipal meetings, events, programs, or food service arrangements are expected to follow this policy when planning food and beverage options.