



POLICY AND ADMINISTRATION MANUAL	REFERENCE NUMBER: C14
SECTION: COUNCIL POLICY	POLICY TITLE: HEALTHY EATING IN RECREATION SETTINGS

**1. PURPOSE**

1.1. The purpose of the *Healthy Eating in Municipal and Recreation Settings* policy is to provide healthy food environments for all Municipal and Recreation settings.

**2. DEFINITIONS**

2.1. Healthy Food Environment – A healthy food environment is one where healthy foods and beverages are the norm. A healthy food environment is supportive of and encourages eating healthy foods and beverages by making healthy food and beverages available, appealing and affordable.

**3. SCOPE**

3.1. The policy shall apply to foods and beverages served and sold at Municipal and Recreation facilities, settings, programs, meetings and events, which includes:

- 3.1.1. Vending Machines;
- 3.1.2. Canteens;
- 3.1.3. Concessions;
- 3.1.4. Catering and Café/Restaurants;
- 3.1.5. Dining Halls;
- 3.1.6. Tournaments;
- 3.1.7. Sporting Events;
- 3.1.8. Hospitality Suites;
- 3.1.9. Special Events and Festivals;
- 3.1.10. Meetings;
- 3.1.11. Training;
- 3.1.12. Programming for All ages.

3.2. The maximum/moderate/minimum criteria shall be applied as 50%/40%/10% for every instance that involves foods and beverages except in cases where this document explicitly outlines exceptions.

**4. FOOD AND BEVERAGES SERVED AND SOLD**

4.1. Food and beverages served and sold will:



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4.1.1. Reflect the nutrient criteria for the three categories of food and beverages:

- 4.1.1.1. Maximum
- 4.1.1.2. Moderate
- 4.1.1.3. Minimum

4.1.2. Each type of service within a setting (vending, canteen, programming, etc.) must fit within the criteria of 50% maximum, 40% moderate and 10% minimum. (see toolkit for food and beverage suggestions)

4.1.3. Tea and coffee do not apply.

4.2. This policy does not apply to food and beverages brought into municipal and recreation settings, facilities, programs, meetings and events from home or outside by an individual for their own consumption.

## 5. PORTION SIZE

5.1. It is important that the portion sizes offered reflect and support healthy eating behaviors. Large portions (i.e., “super-size”) not only provide more calories, but studies show that when people are served larger portions, they also eat more food.

5.2. Appropriate portions of food and beverages will be served and sold. “Super-sized” portions are not appropriate to serve or sell. Refer to *Canada’s Food Guide to Healthy Eating* for information related to portion sizes. It is also available at <http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> and in the toolkit.

## 6. FOOD SAFETY

6.1. Nova Scotia’s need to have safe food. All not-for-profit organizations within this setting are to serve and sell food under the requirements outlined in Nova Scotia Department of Agriculture’s Position Paper “Home Preparation of Potentially Hazardous Foods by Not-for-Profit Organizations” (<http://novascotia.ca/agri/documents/food-safety/home-preparation-NFP.pdf>).

6.2. Food establishments within this setting which hold a food establishment permit from the Nova Scotia Department of Agriculture are to prepare and serve foods in accordance with Nova Scotia Food Safety Regulations.

(<http://www.novascotia.ca/JUST/regulations/regs/hpafdsaf.htm>)



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**7. BREASTFEEDING**

7.1. Municipal and Recreation settings will provide a welcoming environment for mothers to breastfeed anywhere, anytime in the setting as desired.

**8. DIETARY CONSIDERATIONS**

8.1. Whenever possible provide options for individuals with dietary restrictions and/or preferences (i.e., medical conditions, allergies, cultural and/or religious beliefs, vegetarians).

**9. CLEAN DRINKING WATER**

9.1. Water is an essential nutrient. Adequate hydration improves brain function, alertness, and energy levels. Access to safe, potable water should be provided in all municipal and recreation settings. Use of reusable water containers should be encouraged.

9.1.1. Ensure free access to safe, potable water in all settings whenever possible.

9.1.2. Tap water is to be used, if the water source is deemed safe. If unsafe, label appropriately.

9.1.3. For well water, ensure adequate testing of water source. If water is not potable, bottled water is to be used/made available.

9.1.4. Reusable water pitchers, glasses and bottles are to be used whenever possible.

9.1.5. Promote consumption of water during recreation and sport activities.

**10. PLACEMENT**

10.1. The placement or visibility of foods increases the likelihood that those foods will be chosen. Priority space should be given to healthy foods and beverages as defined by the Maximum Nutrition list (i.e., counter-top refrigerators, placement of fruits and vegetables at eye level).

**11. FUNDRAISING**

11.1. Non-food items are the preferred method of fundraising. If food and beverage items are used for fundraising, they shall conform to the maximum or moderate nutrition criteria.

**12. SPECIAL FUNCTIONS**

12.1. External groups holding functions and food vendors are encouraged to follow the policy.



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12.2. The Municipality shall adhere to the policy, with the exceptions of three (3) events per year that be 60% maximum and moderate combined and 40% minimum. The Municipality is encouraged to adhere to the policy for all events.

### **13. NUTRITION EDUCATIONS**

13.1. The Municipality and the Recreation Department will play a supportive role in nutrition education by:

13.1.1. Supporting and sharing the standardized maximum, moderate and minimum nutrient criteria.

13.1.2. Working with partners to identify opportunities and quality education sources and resources to model and share healthy food education.



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## APPENDIX "A"

### BEST PRACTICE TO SUPPORT HEALTHY EATING POLICY IMPLEMENTATION

#### A. NOVA SCOTIA PRODUCE AND PRODUCTS

Nova Scotia produces an abundance of fresh food both from the land and the sea. Buying food that is grown, harvested or produced within the province supports Nova Scotia agriculture, fisheries aquaculture and other businesses and means more money remains in rural communities.

When possible, municipal and recreation settings shall serve local, seasonal food and beverages that are harvested, produced or manufactured in Nova Scotia that conform to the healthy eating policy.

Local products used in municipal and recreating settings will be identified and promoted.

#### B. FOOD AND PACKAGING

Nova Scotians are committed to taking steps to ensure their province is as clean as possible. Those serving or selling food and beverages within municipal and recreation settings are encouraged to reduce waste and support recycling and composting options.

Provision of sorting bins at convenient locations, reduced packaging (i.e., water jugs vs. individual water bottles), bulk ordering and group purchasing should all be considered.

#### C. MUNICIPAL GRANTS

Municipalities can influence the food environment beyond the scope of this policy through their grants to organizations programs. Municipalities shall endeavour wherever possible to incorporate healthy food and beverages in grant requirements.

#### D. FOOD AS REWARD/PUNISHMENT

Using food to reinforce desired behaviours or achievements teaches people to eat when they are not hungry and to associate food with behaviour rather than nourishment. Finding alternatives to food to reinforce behaviours is an important part of providing a healthy food environment.

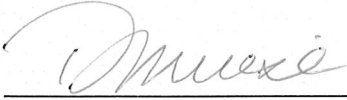
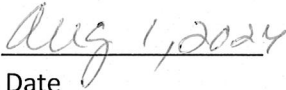
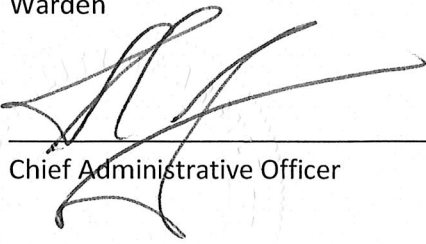
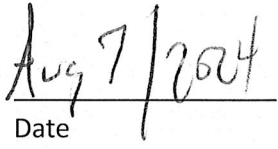
Food and beverages shall not be used to reinforce positive behaviour, an individual reward or withheld as a consequence for inappropriate behaviour.

#### E. SPONSORSHIP

Municipalities and recreation organizations shall encourage sponsorships from companies that provide healthy foods and beverages.



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Chief Administrative Officers' Annotation for Official Policy Record	
Date of Notice to Council Members of Intent to Consider (7-days minimum)	June 13, 2024
Date of Passage of Current Policy	July 25, 2024
I certify that this policy was adopted by Council as indicated above.	
 <hr/> Warden	 <hr/> Date
 <hr/> Chief Administrative Officer	 <hr/> Date

Version Log		
Version #	Amendment	Date
1	Original Policy	December 9, 2014