



<b>POLICY AND DIRECTIVES</b>		
<b>Healthy Food and Beverage Policy for City of Thompson Facilities</b>		
<b>RPC - 07</b>	<b>Date Approved/ Resolution #</b> August 12, 2013      2013 194	<b>Date Revised:</b>

**Purpose**

1. To provide direction for consistent, food and beverage provision within City of Thompson facilities and at events under the operation and control of the City of Thompson.
2. To increase the availability of healthy food choices in facilities and at programs under the care and control of the City of Thompson.

**Policy Statement**

1. The City of Thompson will develop and support initiatives that encourage healthy lifestyle choices with respect to food and beverage service in our facility and at our programs under our care and control.

**Application**

1. Recreation Facility staff as well as volunteers and contracted individuals involved in program and service delivery in City of Thompson facilities will adhere to this policy.
2. City of Thompson staff will adhere to this policy when running City of Thompson lead programs outside City of Thompson facilities.

**Authority/Responsibility to Implement**

1. City of Thompson Administration

## **Nutrition Standards**

### **1. Concession**

- a. *Menu Items* - all cooked food or items prepared on-site.
  - i. 30% of the menu items offered on are on the “serve most” list in Appendix A or are in the spirit of that list. Further examples are included in Appendix B.
  - ii. Non packaged food must be offered in small serving size portions (i.e. fries).
  - iii. No “super sized” portions
  - iv. Deep-frying must use zero - trans fat oil
- b. *Beverages*
  - i. 30% of beverages are healthy choices which include
    - 1. Water, Un-sweetened bottled
    - 2. Skim, 1% or 2% milk or fortified soy beverage
    - 3. Flavoured milk and fortified soy beverages do not contain more than 21 grams of sugar (no artificial sweetener) per 250 mL serving
    - 4. 100% fruit juice
  - ii. Maximum beverage size will be 591 ml
  - iii. Energy drinks are not available for purchase (e.g. Redbull)
- c. *Snack foods* - are prepackaged items not prepared on-site.
  - i. 30% of snack foods meet the following criteria per individual package.
    - 1. Total saturated and trans fat – 15% Daily Value or less
    - 2. Trans fat – 0 grams (excluding dairy)
    - 3. Sodium – 15% Daily Value or less
  - ii. Are offered in regular sized serving packages (no jumbo or king sized)
- d. Healthy foods are available in child-friendly sizes
- e. Consideration will be given to pricing Healthy options lower than less nutritious options (e.g. Apple \$0.50, chips \$1.50)

### **2. Comfortable Eating Space**

- a. Create a calm, pleasant atmosphere to make eating more enjoyable; which includes, clean water fountains along with comfortable and clean eating space.

3. Vending

- a. Snack foods are prepackaged items
  - i. 30% of snack food in vending machines meet the following criteria per individual package;
    - 1. Total saturated and trans fat – 15% Daily Value or less
    - 2. Trans fat – 0 grams (excluding dairy)
    - 3. Sodium – 15% daily value or less
  - b. Beverages
    - i. 30% of beverages are healthy choices which include
      - 1. Water
      - 2. Skim, 1% or 2% milk or fortified soy beverage
      - 3. Flavoured milk and fortified soy beverages do not contain more than 21 grams of sugar (no artificial sweetener) per 250 mL serving
      - 4. 100% fruit juice
    - ii. Maximum beverage size will be 591 ml
    - iii. Energy drinks are not available for purchase (e.g. Redbull)
    - iv. Maximum beverage size will be 591 ml
    - v. If pop is included in vending machines it must be available in small size portions

4. City of Thompson Events – Off Site

- a. If City of Thompson offers or contracts concession services at events, the concession guidelines in Number 1 will apply.
- b. If the City of Thompson provides food for a special event or a meeting 30% of choices must be from the “serve most” list in appendix A. No more than 30% will be from the “other foods – could be served rarely” list in Appendix A or are in the spirit of that list. Further examples are included in Appendix B.

**Policy Review**

- a. This Policy will be reviewed annually in June by the Recreation Committee of Council

**Approval History**

Approval Date August 12, 2013

## **SUGGESTIONS FOR FOODS AND BEVERAGES**

### **BEVERAGES**

- Ice Water
- Bottled water or sparkling water – regular or flavoured with no sugar
- 100% fruit or vegetable juices – avoid large-size bottles
- Skim or 1% milk
- Coffee and flavoured coffees – regular and decaffeinated
- Tea – regular and herb teas – hot or cold
- Skim milk or 1% milk for coffee/tea or fat free half & half

### **SNACKS**

- Fresh Fruit, - cut up and offered with low-fat yogurt dip
- Berries
- Raw vegetables – cut up and offered with fat-free or low fat dressing or salsa dip
- Pretzels – served with sweet mustard dip
- Tortilla chips – baked and offered with salsa dip
- Popcorn – lower fat (5g fat or less/serving)
- Whole grain crackers – (5g fat or less/serving)
- Angel food cake with fruit topping
- Beverages from “Beverages” list
- Baked bannock, made with vegetable oil or non-hydrogenated margarine

### **BREAKFAST MEETINGS**

- Fresh fruit, berries
- Yogurt – flavoured non-fat or fat-free
- Bagels – 3 ½ “ diameter; serve with low-fat cream cheese, jam or jelly, light peanut butter
- Muffins – small or mini (5g fat or less/muffin)
- Fruit bread (5g fat or less/1oz. slice) – avoid serving with butter or margarine
- Granola bars – low-fat (5g fat or less/bar)
- Beverages from “Beverages” list
- Baked bannock, made with vegetable oil or non-hydrogenated margarine

### **CATERED LUNCHESES & DINNERS**

- Always offer a vegetarian entrée
- Avoid fried and deep fried foods or cream sauces
- Include fresh fruit
- Include at least one vegetable – fresh or cooked, with no butter or cream sauces.
- Serve salads with dressing on the side – offer at least one low-fat or fat-free dressing

## Healthy Food and Beverage Policy

- Include whole grain breads – avoid butter or margarine
- Choose lower fat/lower calorie desserts, such as cut up fresh fruit and offer with low-fat fruit dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fruit topping
- Include beverages from “Beverages” list

### **CATERED RECEPTIONS**













- Fresh fruit – cut up and offered with low-fat yogurt dip
- Raw vegetables – cut up and offered with fat-free or low-fat dressing or salsa
- Raw vegetable salads marinated in fat-free or low-fat Italian dressing
- Pasta and vegetable salads with fat-free or low-fat dressing
- Vegetable spring rolls – not fried
- Cheese – cut into  $\frac{3}{4}$  inch squares or smaller
- Whole grain crackers (5g fat or less/serving)
- Baked bannock – made with non-hydrogenated margarine or vegetable oil
- Salmon and other fish (poached or steamed, no breading)
- Lean beef or turkey – 1 oz. slices
- Lean wild meats
- Cake – cut into small 2 inch squares
- Angel food cake slices with fruit topping
- Beverages from “Beverages” list

\*Food and beverage choices should also be provided for those with lactose or gluten intolerances.



## Foods Available in K to 12 Schools in Manitoba

# QUICK GUIDE

These guidelines apply to foods that may be sold in, or provided by, schools in Manitoba. They are not intended to evaluate the food students bring into schools, although the nutrition information may be helpful to parents and communities.

GRAIN PRODUCTS	VEGETABLES AND FRUIT	MILK PRODUCTS	MEAT AND ALTERNATIVES
<ul style="list-style-type: none"> <li>Choose whole grain and enriched products 50 per cent of the time.</li> <li>Whole grains including whole wheat flour, oats, oatmeal, oat bran, barley, rye, multigrain and pumpernickel are the best choices.</li> <li>Sugar, fat and salt should be closer to the end of the ingredient list.</li> <li>Choose grain products without trans fat.</li> </ul> <p><b>SERVE MOST</b></p> <ul style="list-style-type: none"> <li>bread</li> <li>roll</li> <li>roti</li> <li>burn</li> <li>paposecco</li> <li>pita</li> <li>English muffin</li> <li>bagel</li> <li>pita bread</li> <li>baked hamock (made with vegetable oil)</li> <li>corn bread</li> <li>pizza crust</li> <li>bread stick</li> </ul> <ul style="list-style-type: none"> <li>multa toast</li> <li>corn or wheat tortilla</li> <li>rice cake</li> <li>cracker</li> <li>low sugar breakfast cereal</li> <li>pasta and noodles</li> <li>barley</li> <li>rice - brown, parboiled, converted or wild</li> <li>oats, oatmeal, oatbran</li> <li>grain-based bar</li> <li>whole grain or fruit muffin</li> <li>popcorn</li> </ul> 	<ul style="list-style-type: none"> <li>Choose dark green vegetables and orange fruit more often.</li> <li>Vegetable or fruit should be listed as the first ingredient on the ingredient list.</li> </ul> <p><b>SERVE MOST</b></p> <ul style="list-style-type: none"> <li>vegetables - fresh, frozen, canned</li> <li>salad fries - fresh potato wedges or slices, may be tossed in oil</li> <li>vegetable and tomato soup</li> <li>tomato sauce</li> <li>salsa</li> </ul> <ul style="list-style-type: none"> <li>100 per cent vegetable and tomato juices</li> <li>fruit - fresh, frozen, canned, dried</li> <li>fresh fruit juice bar</li> <li>apple sauce, other fruit sauce</li> <li>100 per cent fruit/vegetable bar</li> <li>100 per cent fruit juice - 105 - 150 mL</li> </ul>  	<ul style="list-style-type: none"> <li>Choose lower fat milk products more often.</li> <li>Milk, evaporated milk, skim milk powder, milk solids or modified milk solids should be listed as one of the first ingredients.</li> </ul> <p><b>SERVE MOST</b></p> <ul style="list-style-type: none"> <li>white, strawberry vanilla, banana, chocolate milk</li> <li>hot chocolate made with milk</li> <li>longlife (LHT) milk</li> <li>instant breakfast powder</li> <li>fortified soy, rice beverages</li> <li>yogurt</li> <li>yogurt tubes</li> <li>yogurt beverages</li> </ul> <ul style="list-style-type: none"> <li>milk/yogurt smoothies</li> <li>hard cheese</li> <li>cheese slices</li> <li>cottage cheese</li> <li>pudding made with milk</li> <li>custard</li> <li>milk based soup</li> </ul> 	<ul style="list-style-type: none"> <li>Choose leaner meat, poultry and fish, as well as dried peas, beans and lentils more often.</li> </ul> <p><b>SERVE MOST</b></p> <ul style="list-style-type: none"> <li>meat, poultry - baked, grilled, roasted, stir fried</li> <li>fish, seafood - baked, grilled, canned in water</li> <li>deli meats - lean turkey, chicken, roast beef, pork</li> <li>eggs - boiled, scrambled, poached</li> <li>legumes - peas, beans, lentils</li> <li>tofu, vegetarian meat alternatives</li> <li>nuts, seeds, nut butter (peanut butter)</li> </ul>  
<p><b>COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)</b></p> <ul style="list-style-type: none"> <li>bitcut</li> <li>muffin</li> <li>loaves</li> <li>scone</li> <li>pancake</li> <li>croissant</li> <li>sweetened cereal</li> <li>sweetened instant oatmeal</li> <li>cream of wheat</li> </ul> <ul style="list-style-type: none"> <li>granola</li> <li>granola bar, cereal bar (not dipped)</li> <li>cookies made with oatmeal, peanut butter or fruit</li> <li>glutain cracker</li> <li>dats square</li> <li>banana bread</li> </ul> 	<p><b>COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)</b></p> <ul style="list-style-type: none"> <li>vegetables with sauce</li> <li>fruit crisp</li> <li>fruit in syrup</li> <li>sweetened fruit juice</li> <li>fruity potato filled boiled perogies</li> <li>jams, jellies or marmalade</li> </ul> 	<p><b>COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)</b></p> <ul style="list-style-type: none"> <li>whole milk</li> <li>reduced fat eggnog</li> <li>fruit shakes</li> <li>milkshakes</li> <li>yogurt and yogurt drinks over a per cent milk fat</li> <li>cheese and cracker packages</li> <li>high fat cheese</li> </ul> <ul style="list-style-type: none"> <li>reduced-fat processed cheese spread</li> <li>plain ice cream</li> <li>reduced fat sour cream</li> </ul> 	<p><b>COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)</b></p> <ul style="list-style-type: none"> <li>ham</li> <li>canned turkey, chicken</li> <li>fish canned in oil</li> <li>jelly</li> <li>pizza</li> <li>fried eggs</li> </ul> 
<p><b>OTHER FOODS - COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)</b></p> <p>These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!</p> <ul style="list-style-type: none"> <li>pastry</li> <li>donut</li> <li>cake, cupcake, cake muffin</li> <li>sticky bun</li> <li>cookie with sweet filling or icing</li> <li>dipped granola bar</li> <li>flavored popcorn</li> <li>rice crispy cake</li> <li>puffed wheat cake</li> <li>instant noodles</li> </ul> <ul style="list-style-type: none"> <li>packaged noodle soup</li> <li>fried rice</li> <li>bread stuffing</li> <li>toaster pastry</li> <li>frozen waffle</li> </ul> 	<p><b>OTHER FOODS - COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)</b></p> <p>These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!</p> <ul style="list-style-type: none"> <li>deep fried vegetables</li> <li>fried perogies</li> <li>hash brown potato</li> <li>fruit flavoured drink crystals, fruit beverages, cocktail, nectars, drinks, punches, blends, slushes</li> <li>fruit pies, pastries</li> <li>candy or chocolate coated fruit</li> <li>fruit gummies, fruit flavoured snacks</li> </ul> <ul style="list-style-type: none"> <li>gelatin fruit cap</li> <li>fruit leather</li> <li>fruit chips</li> <li>potato chips</li> <li>pickles</li> </ul> 	<p><b>OTHER FOODS - COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)</b></p> <p>These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!</p> <ul style="list-style-type: none"> <li>candy flavored, malted milk</li> <li>milks with coffee or tea</li> <li>hot chocolate made with water</li> <li>ice cream with candy</li> <li>sherbet</li> <li>cream</li> <li>sour cream</li> <li>whipping cream</li> </ul> <ul style="list-style-type: none"> <li>whipped topping</li> <li>cream cheese</li> <li>frozen ice cream treats</li> <li>non-dairy creamer</li> <li>coffee whitener</li> </ul>	<p><b>OTHER FOODS - COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)</b></p> <p>These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!</p> <ul style="list-style-type: none"> <li>sausages</li> <li>smokies</li> <li>hot dogs</li> <li>bacon</li> <li>bacon bits</li> <li>peppermint sticks</li> <li>pizza pops</li> <li>canned meats</li> <li>processed meats - bologna, salami, pepperoni, corned beef, pastrami</li> </ul> <ul style="list-style-type: none"> <li>chicken wings</li> <li>deep fried meat, fish, poultry</li> <li>pepp stick</li> <li>processed meat pie</li> <li>turkey roll</li> <li>gravy</li> <li>refried beans</li> <li>chocolate, yogurt covered nuts</li> <li>seaume soups</li> <li>dessert tofu</li> </ul>

The food lists do not include potential food allergens.

COMPARISON OF FOOD & BEVERAGE OPTIONS

	<b><u>CHOOSE...</u></b>	<b><u>INSTEAD OF...</u></b>
<b><u>For Beverages</u></b>	<p>Bottled water – (carbonated or non-carbonated water or flavoured carbonated with no added sugar), coffee or tea, 100% fruit or vegetable juices</p> <p>Low-fat or skim milk</p>	<p>Pop or fruit flavoured drinks</p> <p>Whole or 2% milk</p>
<b><u>For Breakfasts</u></b>	<p>Fresh fruits, dried fruits, unsweetened juices</p> <p>Low-fat yogurt</p> <p>Small bagels – 3 ½ inches or smaller</p> <p>Small or mini muffins, low-fat granola bars</p> <p>Toppings of light margarine, low-fat cream cheese, light jam or jelly, light peanut butter</p> <p>Unsweetened cereals</p> <p>Baked whole grain bannock made with non-hydrogenated margarine or vegetable oil</p> <p>Whole grain waffles and French toast</p> <p>Lean ham or Canadian bacon, vegetarian sausage or bacon substitutes</p>	<p>Sweetened canned fruits and juices</p> <p>Regular yogurt</p> <p>Regular bagels</p> <p>Regular or large muffins</p> <p>Regular or large bagels or muffins, croissants, doughnuts, sweet rolls, pastries</p> <p>Regular butter, cream cheese, jam, peanut butter</p> <p>Sweetened cereals</p> <p>Fried or deep-fried bannock made with white flour and shortening or lard</p> <p>Waffles or French toast made from white bread</p> <p>Bacon or Sausage</p>

<p><u>For Lunches or Dinners</u></p>	<p>Salads with dressings on the side</p> <p>Low-fat or fat-free salad dressings</p> <p>Soups made with broth, vegetable puree or skim milk</p> <p>Pasta salads with low-fat dressing</p> <p>Sandwiches on whole grain breads</p> <p>Lunch meats (including wild meats), poultry, fish, tofu (3g fat/oz)</p> <p>Baked potatoes with low-fat or vegetable toppings</p> <p>Steamed vegetables</p> <p>Whole grain breads, bannock or rolls Non-hydrogenated margarine (no trans-fatty acids)</p> <p>Lower fat and calories desserts; fresh fruit, low-fat ice cream, low fat frozen yogurt, sherbet, sorbet, angel food cake with fruit topping</p>	<p>Salads with added dressings</p> <p>Regular salad dressings</p> <p>Soups made with cream or half and half</p> <p>Pasta salads made with mayonnaise or cream dressing</p> <p>Sandwiches on croissants or white bread</p> <p>High-fat and fried meats, bacon, poultry with skin, cold cuts, oil-packed fish</p> <p>Baked potatoes with butter, sour cream, and bacon bits</p> <p>Cooked vegetables in cream sauce or butter</p> <p>Croissants, fried bannock or white rolls Butter</p> <p>Higher fat and calories desserts: ice cream, cheese cake, pies, cream puffs, large slices of cake</p>
	<p>Fresh vegetables cut up and served with low-fat dressing, salsa dip</p> <p>Cut up fresh fruits</p> <p>Grilled or boiled chicken brochettes without skin</p> <p>Miniature meatballs made with lean meat</p> <p>Broiled or poached seafood: shrimp, salmon, scallops, oysters, clams</p>	<p>Tempura or deep fat fried vegetables</p> <p>Fruit tarts, pie, cobbler</p> <p>Fried chicken, chicken with skin</p> <p>Large meatballs made of high-fat meat, meat balls served in gravy or high fat sauces</p> <p>Deep fat-fried seafood, seafood in high-fat sauces</p>



Healthy Food and Beverage Policy

	<p>Mushroom caps with low-fat cheese stuffing</p> <p>Miniature pizzas made with English muffins, tomato sauce, mozzarella cheese, and vegetables</p> <p>Vegetable spring rolls – fresh, not fried</p> <p>Small cubes of cheese (3/4 inch squares or smaller)</p> <p>Whole grain crackers (5g fat or less/serving)</p> <p>Low-fat, “lite” popcorn (5g fat or less/serving)</p> <p>Baked or low-fat chips, pretzels</p> <p>Dips made of salsa, low-fat cottage cheese, hummas or low-fat salad dressings</p> <p>Small slices of cake (2” square)</p>	<p>Mushrooms with high-fat cheese stuffing or mushrooms marinated in oil</p> <p>Pizza with pepperoni, Italian sausage or other high-fat meats</p> <p>Egg rolls</p> <p>Slices of processed cheese</p> <p>Regular crackers</p> <p>Regular popcorn or buttered popcorn</p> <p>Regular chips</p> <p>Dips from regular mayonnaise, sour cream, cream cheese or cheese sauce</p> <p>Large slices of cake</p>
<p><b><u>For Snacks</u></b></p>	<p>Cut up fresh fruits and/or vegetables</p> <p>Whole grain crackers (5g fat or less/serving)</p> <p>Low fat, “lite” popcorn (5g fat or less/serving)</p> <p>Baked or low-fat chips, pretzels</p> <p>Small slices of cake (2” square)</p>	<p>Chips or cookies</p> <p>Regular crackers</p> <p>Regular popcorn or buttered popcorn</p> <p>Regular chips</p> <p>Large slices of cake</p>

Adapted from University of Minnesota School of Public Health: Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events