Healthy Eating

Best Management Practices & Policies

Community Events Healthy Eating
Community Gardens
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Drop the Pop Energy Drinks
The Sale of Pop / Soda Drinks Not to be Authorized in Community Government Buildings
The Sale Energy Drinks Not to be Authorized in Community Government Buildings
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Staff and Council Events Healthy Eating
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NWT HEALTHY COMMUNITIES Toolkit

Healthy Eating at COMMUNITY EVENTS

Food is part of celebration, ceremony, social functions, learning opportunities and is one of our best ways to bring people together.

There are certain times when we should 'just enjoy' food and with so many occasions to offer food, we have plenty of opportunity to promote healthy choices for our people by ensuring that healthy foods are available almost all of the time.

Serving healthy foods in communities means having healthy food selections at all community activities that include food such as: community programs, gatherings, meetings and special events as well as part of fundraising events. Serving healthy foods starts with the types of food offered as well as the amount of food offered.

Use the Guide to Plan your food & beverage choices:

All community events should focus on the main messages from the Canada's Food Guide and Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis. These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.

Offer Healthy Eating Options that include:

- Vegetables and Fruit more often
- Offer a variety of whole grain products
- Offer skim, 1% or 2% milk
- Offer lower fat milk alternatives (yogurt/cheese)
- Provide smaller portion sizes
- Offer plain water in pitchers or water coolers
- Buy or use local products when they are available (i.e.: traditional foods, etc.)
- Include Physical Activity opportunities
- Choose tobacco-free facilities
- Ensure food safety
- Choose greener options when possible

Traditional Foods:

Each year we affirm our identity and reinforce our ties to our indigenous food system and territories by harvesting & eating our traditional foods.

Our traditional food remains an important aspect of social and cultural events, all of which center traditional food as an important aspect of being who we are.

We thank the moose, caribou, char, whitefish, ducks, geese, ptarmigan, seal, berries, roots and medicines and they in turn nourish our bodies and spirits and help protect our body from illness and remind us of our past and help us think about our future.

Menu Ideas

The sample menu plans are based on a group of 30 people. If you are serving for a larger event you may want to make additional selections from each food group to provide your guests with more variety.

Breakfast Menu

Grains & Starches (choose 2)	Dairy (choose 1-2)	Meat & Alternatives (choose 1-2)	Vegetables (choose 1)	Fruit (choose 2, include different colored fruit)
• Bannock, baked • Whole wheat bread/ toast • High fibre cereal • Hot cereal – Oatmeal • Pancakes Starchy Vegetable • Corn and sweet pepper • Potato and Onion hash • Yam wedges with salsa	• Yogurt • Skim or 1% Milk • Cheese • Cottage cheese	• Eggs • Lean ham • Baked beans • Peanut butter • Fish • Lean meat	• Add cut up tomatoes, mushrooms, onions, and/ or peppers to the omelet or scrambled egg • Fresh sliced tomatoes, cucumbers	• Fresh fruit salad • Fresh toppings for your pancakes and cereal • Whole fruit • Fruit cocktail in juice or light syrup

Lunch Menu

Grains & Starches (choose 1-2)	Vegetable (choose 2)	Meat & Alternatives (choose 1-2)	Fruit (choose 1)	Dairy (choose 1 if desired)
• Bannock • Whole wheat dinner roll/bread • Macaroni salad • Rice pilaf • Steamed corn • Baked potato	**Cold** • Caesar Salad • Garden Salad *serve w/ low fat dressings on the side **Hot** • Vegetable soup • Vegetable stir-fry • Steamed mixed vegetables	• Lean meat/fish • Moose stew • Hamburger soup • Chili • Sandwich filling: salmon, chicken, lean meats, egg salad, tuna salad	• Fresh fruit salad • Apple/fruit cobbler • Fresh whole fruit • Fruit cocktail	• Pudding made with skim/1% milk • Fresh vanilla yogurt for dipping sauce

Dinner Menu

Grains & Starches (choose 1-2)	Vegetable (choose 2)	Meat & Alternatives (choose 1-2)	Fruit (choose 1)	Dairy (choose 1 if desired)
• Bannock • Steamed rice • Rice pilaf • Pasta noodles • Macaroni salad • Vegetable chow mein • Potato salad • Steamed corn • Dinner rolls • Oven roasted sweet potato • Oven roasted potato	**Cold** • Caesar Salad • Garden Salad • Coleslaw • Marinated Vegetable Slaw *serve w/ low fat dressings on the side **Hot** • Traditional plants & greens • Vegetable soup • Steamed mixed vegetables • Oven roasted vegetables • Baked spaghetti squash • Broccoli & cauliflower medley • Carrot & parsnip mash • Bean & vegetable soups	• Roasted lean meat • Wild birds – goose, duck, geese • Salmon • Halibut/fish • Baked trout • Salmon/clam chowder • Stew • Beans	• Fresh fruit plate • Apple/fruit cobbler • Fruit salad served with vanilla yogurt • Wild berry ice cream • Rhubard and wild berry crisp • Carrot cake with wild berry sauce	• Skim or 1% milk • Vanilla yogurt for fruit topping • Wild berry ice cream

For information on how to implement Healthy Eating at your Community Events please view the Community Events Healthy Eating Policy

www.fnha.ca/documents/healthy_food_guidelines_for_first_nations_communities.pdf

Tip for serving healthy food & bringing down costs!

Offering prepared foods can eat away at your food budget. Many pre-prepared foods are high in calories, fat, salt or sugar and cost more. Keeping pre-prepared and low nutrient snacks off the table and out of school can save money and can be good for your community's health and waistline.

- Plant a garden to support school meals and community events. Can the vegetables in the fall or freeze for later use

- Choose Frozen or canned vegetables and fruit - they are affordable and nutritious options. Ensure that you always have frozen vegetables on hand, they are a great back up when you have not been able to re-stock fresh groceries.

- Hold a community canning event

- Use beans, lentils and other legumes instead or meat or in addition to meat in soups, stews, chili.

- Stock up on canned goods and staples when they are on sale. Store them safely and use them up by their "best-before" date.

- Skip the cookies, baked goods, chips and other salty snack foods, soft drinks and other high calorie beverages. They cost a lot and are low in nutrients. Stick to the four food groups and buy the basics.

Healthy Treats for Celebrations:

Celebrations often mean lots of sugar and there are some healthy treat options out there. Healthy treating means serving a good variety of food that is more nutritious along with smaller amounts of higher sugar, higher fat treats. There can be a place for a sweet treat.

Here are some ideas:

- Chocolate Milk
- Fruit and Veggie Plate with Yogurt Dip
- Yogurt tubes
- Milk puddings
- Popcorn (Smart Pop)
- Pita chips and Salsa
- Dried Meat or Beef jerky
- Baked chips
- Mini carrot or fruit muffins
- Fruit skewers
- Sorbet
- Fruit Smoothies

Section/Number: Healthy Eating – 01	Approval Date: (DD/MM/YY)
Subject: Community Events Healthy Eating Policy	Amendment Dates:

Policy

Food is part of celebration, ceremony, social functions, learning opportunities and is one of our best ways to bring people together. Serving healthy foods in communities means having healthy food options at all community activities that include food such as: community programs, gatherings, meetings and special events as well as part of fundraising events.

Community events are a great space at which to promote healthy eating. When you have healthy food and drink options at your community events, you make it easier for everyone to make healthy choices.Offering healthy options is important in striving for a healthy community.

Therefore, when food and beverages are served at a community event that is sponsored by *Community Government Name*, we will follow our Community Events Healthy Eating policy.

Definitions

N/A

Guidelines:

1. Community members are interested in choosing healthier foods and beverages, being physically active, staying tobacco-free, caring for our environment and supporting local products. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases.

2. All community events will focus on the main messages from the *Canada's Food Guide* and *Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.* These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.

3. Community events will offer Healthy Eating Options that include:
   - Vegetables and Fruit more often
   - Offer a variety of whole grain products
   - Offer skim, 1% or 2% milk
   - Offer lower fat milk alternatives (yogurt/cheese)
   - Provide smaller portion sizes
   - Offer plain water in pitchers or water coolers
   - Buy or use local products when they are available (i.e.: traditional foods, etc.)
   - Include Physical Activity opportunities
   - Choose tobacco-free facilities
   - Ensure food safety
   - Choose greener options when possible
   - Encourage healthy options in vending services

4. When choosing foods keep in mind:
   - Variety is important. Providing options ensures there's something for everyone.
   - Portion size counts. Consider offering smaller portions such as mini muffins, mini bagels or smaller entrée sizes.
   - Aim for 4 food groups for meals and 2 food groups for snacks.
   - Food groups include Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives.

Attachments:

- Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.
- Canada's Food Guide
- SMP for Healthy Eating Options at Community Events
- Traditional Foods Fact Sheet
- Menu Sample Model for Community Events

References

http://www.fnha.ca/documents/healthy_food_guidelines_for_first_nations_communities.pdf
http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php
http://www.healthyeatingnl.ca/wp-content/uploads/2016/01/HE-Guidelines-for-Community-Meetings-Events-CRWC-2016.pdf

Menu Sample Model for Community Events

Here are some healthy meal ideas to help plan your next community event, such as a community feast or meeting, enjoy a healthy meal together.

If you are serving for a larger meal, you can make more selections from each of the food groups in the food guide.

Whenever possible, serve seasonal and local foods from the land and from garden harvests. This will give your community members a great meal that they will enjoy and feel pride in as well! These kinds of ideas can be shared for pot lucks as well.

Meal Ideas	**Meat, Fish, Birds, Eggs and all Edible Parts**	**Bannock, Breads and Cereals**	**Fruits and Vegetables**	**Milk and Milk Substitutes**
# choices (about 30 people)	1 - 2	1 - 2	1 - 2	1
Cold	Traditional meats, fish, birds, and other parts Dried meat or fish Sandwich filings: Fish, chicken, lean meat, egg or tuna salad (provide lettuce, tomato or other vegetables that could be added in)	Whole wheat buns or bread Rice – brown, wild rice mix with white and/or vegetables added. Corn (on the cob if in season)	**Vegetable Tray** **Salad – local greens/** plants Vinaigrette dressings (raspberry) – serve on the side. **Other vegetables** – cooked Fresh Fruit Salad or fruit tray Berry/Rhubarb/Fruit crisp Unsweetened canned or frozen fruit	Have milk on hand to drink or evaporated milk for coffee Use a low fat or homemade yogurt dip. Serve fruit crisp with plain yogurt
Hot	Traditional meat stews (e.g. moose strew) Chili Traditional meat or chicken soup (locally made)	Fresh Bannock Rice Potatoes	**Vegetables** –cooked or steamed – from local gardens or in season	Rice pudding

NWT HEALTHY COMMUNITIES Toolkit

Community Gardens

PLANNING SMART MANAGEMENT PRACTICES

Sustainability Plans

Community Gardens are part of enhancing local food sources

Almost every Sustainability Plan and Wellness Plan in the NWT made reference to enhancing local food sources and in particular to community gardens.

We are proud to highlight some community gardens in the NWT and how they are organized and funded. Perhaps can you model your community garden on one of these success stories?

Getting started is sometimes a matter of taking advantage of an opportunity!

Potential Partners in Community Gardens:

- Schools
- College Campuses
- Adult Learning Centre
- Churches
- Aboriginal Organizations
- Social Organizations
- Youth Justice Committee
- Youth Groups
- Food Bank
- Homeless Shelter
- Elders
- Corporate Sponsors

There are many things that the various partners can bring to a Community Garden Project:

- Land
- Expertise and/or Volunteers
- Materials and/or Equipment
- Fund Raising and/or Funds
- In-Kind Donations

What approaches have been taken?

We asked 5 communities how they got their garden projects going and how they maintain them.

Inuvik's Community Greenhouse

- Run by the Inuvik Garden Society in partnership with the building owner, Aurora College
- Former arena converted using salvaged materials as much as possible
- Includes plots for elders and various group homes
- $100/plot plus $25/year membership and 15 volunteer hours
- Hosts Garden Markets, plant sales, etc
- Elders Plots are no charge
- Has 74 plots that are 10' x 4'
- By-Laws and Member information can be found at www.inuvikgreenhouse.com

Lutsel K'e Community Garden

- Founded in 2007 to promote sustainability and a healthy lifestyle
- Quonset greenhouse was added in 2010
- Often conduct workshops in the schools and start plants
- Encourages composting, including vermacomposting
- Has solar powered water pumping system
- Do not have assigned plots
- Available to anyone who is interested

Tuktoyaktuk Puts Up New Greenhouse

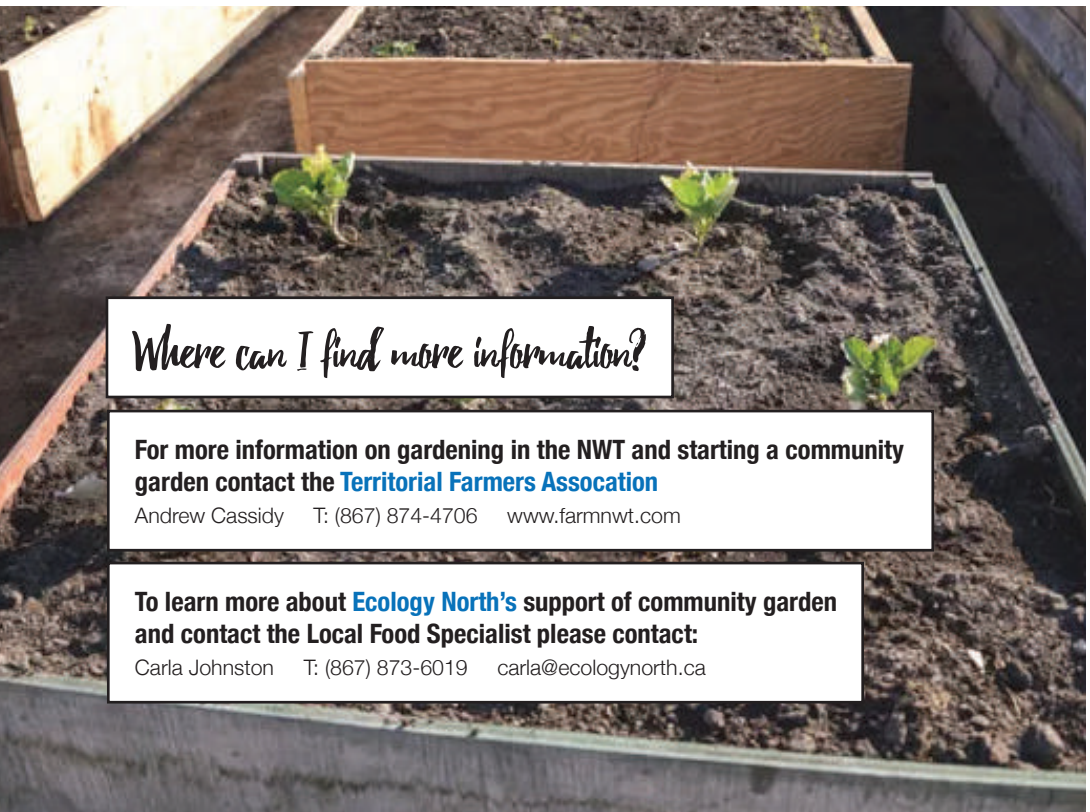
- Installed in summer 2011
- Already had 40 members before construction
- Lots of excitement in the community
- Already has plants, potatoes and flowers planted
- Planning to develop agriculture education program to turn the greenhouse into a classroom

The Community Garden Collective in Yellowknife

- Began in 1995 and now has 120 members
- Has three locations (2 on city owned land and one in partnership with Weledeh School)
- City provides tax exemptions for sites
- Membership and fees are $20/year
- Weledeh School site pairs students with experienced gardeners
- 25% of crop by weight is donated to listed agencies (this amounted to 1640 lbs and 90 bags of greens in 2010)
- Have many events including a Fall Harvest Fair
- Do other local food workshops on topics such as rosehips, fish, etc
- To see the bylaws and forms of the Collective as well as the lease agreements with the city and Memorandum of Understanding with the Weledeh School check out www.ykgardencollective.org

Gameti Strives to be the Biggest Garden in NWT

- Community garden is 2000 square metres (half the size of a football field)
- Received all the supplies from Department of Industry, Tourism and Investment - including soil, seeds and the tools to make the garden a reality.
- Grow many different kinds of vegetables
- In one season, the garden produced more than 560kg of vegetables and they continue to strive to produce enough to feed the entire community of just over 300 people.
- Community volunteers maintain the garden under the leadership of Senior Administrative Officer, Judal Domincata.



Where can I find more information?

For more information on gardening in the NWT and starting a community garden contact the Territorial Farmers Association
Andrew Cassidy T: (867) 874-4706 www.farmnwt.com

To learn more about Ecology North's support of community garden and contact the Local Food Specialist please contact:
Carla Johnston T: (867) 873-6019 carla@ecologynorth.ca

Eye on it: Funding for Garden Projects

Industry Tourism & Investment Government of the NWT Small Scale Food Program

gene_hachey@gov.nt.ca
T: (867) 874-5408

Agriculture Canada Government of Canada

www.agr.gc.ca/acaaf
caap-pcaa@agr.ca
T: (877) 290-2188

Territorial Farmers Association

Andrew Cassidy
www.farmnwt.com
T: (867) 874-4706

TD Friends of the Environment Foundation

www.fef.td.com/funding.jsp

Home Depot Canada Foundation

www.homedepot.ca/foundation

Walmart Evergreen Grants

www.evergreen.ca/en/funding/grants/walmart.sn

Toyota Evergreen Learning Grounds School Ground Greening Grants

www.evergreen.ca/en/funding/grants.telg.sn

Benefits of Community Gardens

- Brings people together
- Provides healthy food
- Cuts down on store bought items
- Less expensive food
- Provides composting opportunities thus reduces waste
- Can be linked to or enhance school programs
- Intergenerational learning
- Can explore indigenous grasses and plants. (this could be done with local Elders)
- Physical activity
- Stress relief
- Many require participants to give back to the community (ie. 25% of produce to the food bank)
- Beautifies
- Connects people to the food they eat
- Lower environmental footprint
- Sense of ownership
- Community pride
- Often cleans up vacant lots

There are many ways that Community Governments can support Community Gardens.

- Organize meeting of all potential partners and interested participants
- Loan land for gardens
- Reduce or eliminate taxes on the land (see the Taxation Act before making offer)
- Promote the garden and/or provide water
- Loan Equipment (rotatiller, chipper, etc) and/or grade and prep site
- Create opportunies in planning documents
- Watch for opportunies (wood chips from Public Works to compost, trees cleared from roads after storm to constuct raised beds or seating at garden)

Section/Number: Healthy Eating Policy – 02	Approval Date: (DD/MM/YY)
Subject: Community Garden Policy	Amendment Dates:

Policy

A Community Garden (on Municipally owned property) is a small-scale site that is operated by an individual, residents or a group within the community. Community gardens offer opportunities to interact with our neighbors, add beauty to a community, encourage environmental sustainability, and promote active living.

Community gardens can benefit the community by offering seasonal produce which will increase the ability to offer fresh, healthy, low-cost food to community residents.

Therefore, the *Community Government Name* will encourage, support and permit Community Gardens by donating green space within the community.

Definitions

N/A

Guidelines:

1. Community Gardens production of produce include:
    a) Personal Use
    b) Donating to local food causes (i.e. food bank or salvation army)
    c) Generating revenue to reinvest in the Community Garden
    d) Production of a floral or landscape display
    e) Demonstration gardening or other related instructional programming
    f) For the distribution or sale of produce to local retailers

2. Community gardens can include vegetables, fruit, herbs, flowers and native or ornamental plants.

3. Community gardens encourage community building.

4. Community gardens provide additional access to opportunities for physical activity for all age groups.

5. Community gardens are a social gathering place for the community.

6. Community gardens increase education for participants including basic gardening skills, healthy eating, and an increase understanding of the local food system and sustainable food systems.

7. Improvement of the local environment through the preservation and productive use of green space.

8. Potential to engage with local businesses and provide support to your local food bank or Salvation Army by donating fresh produce.

9. Community garden must have a “common area” with shared upkeep (compost bin, water access, etc.)

10. Community gardens shall not carry out any major excavation or disturbance of the land. Small motorized equipment, such as a rototiller is permitted for annual soil turning and must be operated by an experienced individual.

11. Garden soil/top soil that is brought to site must be free of any foreign objects, contaminants, subsoil, roots, sods, rocks or other unwanted materials.

12. Use of herbicides and pesticides in community gardens shall be regulated in accordance to Territorial Legislation.

Attachments Community Garden SMP Physical Activity SMP
References http://www.halifax.ca/legislation/adminorders/documents/2014-09-OP.pdf http://www.halifax.ca/rec/documents/CommunityGardenHandbook2016.pdf https://www.foodbankscanada.ca/getmedia/de53293a-2fc3-4e42-82e6-60da8fcb2558/Community-Gardens-Toolkit-v2.pdf.aspx

NWT HEALTHY COMMUNITIES Toolkit

Breastfeeding Friendly

SMART MANAGEMENT PRACTICES

Make Health a Priority

A positive and healthy family is influenced not only by their home life, but also by their involvement in community activities and public events. Public spaces like parks, community centers, pools & arenas are part of the foundation of a vibrant community. A community which explicitly supports breastfeeding families sends a message that they are welcome, they are included, and they are supported.

Breastfeeding Room in a Breastfeeding Friendly Facility

Women need to feel comfortable breastfeeding their children whenever they are hungry, wherever they are. Some mothers may prefer a quiet, more private place to breastfeed their child. A breastfeeding room allows a mother a private place, shielded from view and free from intrusion, to express milk or breastfeed their child. A breastfeeding area located in a washroom is not appropriate.

Signage Guidelines:

Clear and visible signage which indicates that the facility is supportive of breastfeeding women. This can help to reduce some of the discomfort to breastfeed in public. Along with the sign in a visible location in the facility, consider also adding a decal on the entrance to the facility so families can immediately see that breastfeeding is welcome.

Requirements of a Breastfeeding Room:

- **Private room that has been given access by only mothers who use it.**
- **Signage on the door to identify the use of the room.**
- **Door that locks.**
- **"Occupied" sign for when in use.**
- **Electrical outlet for plugging in a breast pump if required.**
- **Good lighting and ventilation.**
- **Comfortable chair with foot stool.**
- **Change table for baby and supplies.**
- **Waterbasket, chemical cleaner for surfaces and routine daily maintenance.**

Benefits of Breastfeeding:

Healthier Baby: Incidences of pneumonia, colds, and viruses are reduced among breastfed babies.

Long Term Protection: Reduce the risk of developing chronic conditions, such as Type 1 Diabetes, Celiac Disease, and Crohn's Disease.

Stronger Bones: Woman who breastfeed absorb calcium much more efficiently.

Lower Risk of SIDS (Sudden Infant Death Syndrome)

Fewer Problems with Weight (for mother and baby)

Less Risk of Cancer: Breastfeeding can decrease your baby's risk of some childhood cancers. Also lowers the Mother's risk to premenopausal breast cancer and ovarian cancer.

More Effective Vaccines: Research shows the breastfed babies have a better antibody response to vaccines than formula fed babies.

Better Healing for Mother Post Delivery

Breastmilk is always readily available and costs nothing!

For more information on how to "Protect, Promote & Support Breastfeeding in your Family & Community" please contact Moms Boobs and Babies at:

Toll Free: 1-844-332-6627
Local: 867-444-3374
info@momsboobsandbabies.com

TO ADOPT A BREASTFEEDING FRIENDLY POLICY IN YOUR COMMUNITY PLEASE SEE SAMPLE POLICY.

Section/Number: Healthy Eating – 03	Approval Date: (DD/MM/YY)
Subject: Breastfeeding Friendly Facilities	Amendment Dates:

Policy

Women need to feel comfortable breastfeeding their children *whenever* they are hungry, *wherever* they are. The Community Government Name, hereby supports and welcomes breastfeeding and all municipal buildings are to be breastfeeding friendly.

A positive and healthy family is influenced not only by their home life, but also by their involvement in community activities and public events. Public spaces like parks, community centres, pools, and arenas are part of the foundation of a vibrant community. A community which explicitly supports breastfeeding families sends a message that they are welcome, they are included, and they are supported.

Definitions

N/A

Guidelines:

1. A breastfeeding friendly facility means:
    - Mothers are welcome to breastfeed their children anywhere on the premises at any time.
    - Staff is aware of the rights of the mother to breastfeed their children anytime, anywhere.
    - Staff has the information to respond to any concerns or complaints from other patrons with respect to a breastfeeding mother.

2. Clear and visible signage which indicates that the facility is supportive of breastfeeding women. This can help to reduce some of the discomfort to breastfeed in public.
   2.1. Along with the sign in a visible location in the facility, consider also adding a decal on the entrance to the facility so families can immediately see that breastfeeding is welcome.

3. Staff Training - All staff should be aware that the right to breastfeed is protected under the Human Rights Legislation and should be able to respond to complaints related to breastfeeding if they arise.

4. There are many ways that the public can be made aware that breastfeeding is supported. Example: Posters displayed in the buildings, notice on municipal website, sticker or decal on front door of building, Pamphlets at the front reception desk, etc.

Attachments
Sample Decals of Breastfeeding Friendly Facility
SMP Private Breastfeeding Room/Area

References
Community Breastfeeding Alliance of Waterloo Region
Moms Boobs and Babies – NWT

Breastfeeding Friendly
Anytime. Anywhere.
www.breastfeedingnwt.ca
If you would like this information in another official language, contact us at 867-920-3367. Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.

Section/Number: Day Care/ After-School Care/ Day Camp: Healthy Eating Policy – 04	Approval Date: (DD/MM/YY)
Subject: Day Care/After School Care/ Day Camp - Healthy Eating Policy	Amendment Dates:
Policy Children spend a large portion of their day in day camp where they may have access to food served through vending machines, snack and lunch programs. One way to help children make better food choices is to ensure that healthy options are available in the day camp setting. Day Camp Healthy Eating Policy is aimed at promoting and protecting the healthy growth of children.	
Definitions N/A	

Guidelines:

- Day camps are an ideal time to promote healthy eating and active living. At this time, children can be hungry and need a healthy lunch, snack or drink in order to have the energy (and fluids not to get dehydrated) so they can play games and other physical activities, though this depends on how physically active the children will be.

- These program guidelines provide some healthy snack ideas to serve in your programs and are grouped into the categories of choose most often, sometimes (3 times a week) and do not serve due to high sugar, salt, fat and/or calorie content.

- *Choose Most Often* foods are recommended any time; choose sometimes should not be served more than 3 times a week. Do not serve (or rarely serve food items) *are not allowed to be bought using government funding.* These foods are unhealthy because they contain too many calories and too much sugar, salt and fat. Children in the Northwest Territories already eat too many of these foods and it's resulting in high rates of overweight and obesity and dental diseases.

- These guidelines are consistent with those used in regular school and early childhood programming

- Portion sizes are not included since they vary by age group. For more information on portion sizes, see the NWT Food Guide and/or Canada's Food Guides: http://www.hss.gov.nt.ca/health/healthy-eating

- Suggestions are based on what is most likely to be available in most communities as well as ease of preparation (10 minutes or less in most cases).

Attachments
Sample: Healthy Eating Day Care/ After School Care/ Day Camp Menu
Children snack ideas for Day Care/After School Care/ Day Camp

References
Snacks for Afterschool Snack Programs in NWT – GNWT, H&SS
http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1182682
http://www.hss.gov.nt.ca/health/healthy-eating

Day Camp/Day Care/After School Care: Healthy Eating Menu

Menu options at a day camp should comply with the general guidelines below.

* A Lunch is usually at least three of the four food groups: vegetables and fruit; grain products; milk and alternatives; and meat and alternatives or “mixed dishes” below.

*A snack is usually two food groups at one snack time, which can be any combination of the two of the following:

Fruit or Vegetable	Bannock, Bread and Cereal	Meat, Fish, Birds and Eggs (and all edible parts)	Milk and Milk Substitutes

Food Group	Choose Most Often	Choose Sometimes *(No More than 3 Times a Week)*	Do Not Serve *(these snacks are highest in sugar, salt, fat and or calories)*
Fruit and Vegetables	Fresh (raw) or frozen vegetables		
	Canned vegetables with reduced or no sodium	Canned vegetables (rinse before using varieties that are high in added salt)	
	Fresh/frozen fruit or berries, such as apple slices, celery, orange sections (i.e.: Handpicked berries in season)	Fruit chips Dried fruits like raisins or dried apricots (need to brush teeth after eating)	Fruit snacks or roll ups
	Canned fruit in water or 100% unsweetened	Canned fruit in light syrup	Canned fruit in heavy syrup
	Vegetable/fruit salads with low fat or homemade dressings*	Salads with regular dressing	High fat salads, such as ready-made versions.
	Home-made salsa	Store bought low sodium salsa	Regular salsa
		100% unsweetened fruit juice	Fruit drinks, beverages or cocktails with added sugar

	Baked or roasted potatoes	Deep fried vegetables like potatoes chips, french fries, onion rings or tater tots Bags of potato chips Chocolate covered fruits
*if time is a factor for making a snack, stick to ideas that are quick and easy. These are general guidelines and ideas. For assistance or questions, please contact your Regional Health and Social Services Authority or the Department of Health and Social Services Territorial Nutritionist		

Food Group	Choose Most Often	Choose Sometimes *(No More than 3 Times a Week)*	Serve Rarely (once/ month), for example a special occasion
Bannock, Bread and Cereal	**Whole grain** bread, buns, mini-bagels, wraps or pitas, raisin bread	White bread, buns, bagels, wraps/tortilla shell, or pitas	Tortilla or pita chips Pretzels (due to high sodium content)
	Baked bannock made from whole wheat flour	Baked bannock made from enriched white flour	Deep-Fried/fried bannock (high fat)
	Whole wheat pasta	White pasta and noodles	Ichiban noodles (very high salt)
	Brown rice or wild rice	White rice	
	Whole wheat crackers	White crackers	
	Rice cakes - plain or whole grain; Triscuit crackers	Small muffins or low fat cookies, such as animal crackers	Donuts, pastries, and any high fat and high sugar cookies
	Hot or cold whole-grain unsweetened cereals with 2 or more grams fibre, such as Cheerios	Hot or cold cereals (unsweetened)	Instant flavoured/ sweetened oatmeal Sweetened cereals Cereal in a Cup
	Pretzel bread/breadsticks/ Graham Crackers	Air popped popcorn without salt or butter Gold fish crackers	Microwave popcorn
	Home-made snacks that are whole grain, high in fiber and low in sugar	Granola bars – Kashi Chewy 7 Whole Grains and Almonds/Quaker Harvest Crunch Ancient Grains	Most other granola bars (check with a local dietitian re: suitable choices you are not sure about)

Food Group	Choose Most Often	Choose Sometimes *(No More than 3 Times a Week)*	Do Not Serve
Milk and Alternatives	Skim, 1% or 2% milk - powdered, UHT or fresh		Chocolate bar; flavoured milks
	Unflavoured fortified soy beverage	Flavoured fortified soy beverage	
	Low fat block cheese	Regular fat block cheese	Cheese spreads like Cheez Whiz Processed Cheese Slices
	Plain yogurt & Fresh Fruit	Sweetened yogurt or yogurt tubes Flavoured yogurt drinks	
		Frozen yogurt	Ice cream Frozen ice cream treats
Food Group	**Lean Meats Wild meats Traditional meats**	**Lean deli meats like ham, chicken, turkey or roast beef**	**Balogna, pepperoni, salami Bacon Wieners and sausage Chicken fingers or nuggets**
Meat, Fish, Birds and Eggs (and all edible parts)	Traditional meats, fish, birds, and all edible parts, such as eggs, etc.		Fish Sticks Avoid deep fried meats/fish
	Extra–Lean ground beef Home–Made Hamburger patties (for events such as BBQs) Fresh or frozen fish fillets	Store bought low fat hamburger patties	Store bought regular hamburger patties
	Beans or lentils Canned beans in tomato sauce	Canned beans in sweetened sauce (baked beans in maple syrup)	Canned pork and beans Beans and weiners
	Canned tuna and salmon in water	Canned tuna and salmon in oil	Canned meats like Klik, spam, canned chicken
	Nut butters		
	Unsalted nuts or seeds	Trail mix without candy	Trail mix with candy
	Eggs		

Mixed Dishes	Choose Anytime Serve Anytime	Choose Sometimes *(No More than 3 Times a Week)*	Do Not Serve
Mixed Dishes	Homemade soups and stews with lean or wild meats and fish and vegetables	Canned soup - low sodium varieties	Canned soup or stews
	Sandwiches on whole grain bread - egg, turkey, fish, beef, chicken	Sandwiches on white bread	Lunch Mates, Lunchables Meat Pot Pies Sausage Rolls
	Homemade pizza pockets using whole wheat dough, lean meat and low fat cheese	Pizzas with ham, or vegetables	Pizza pockets Pizzas with pepperoni, salami, sausage
	Spaghetti with meat and tomato sauce	Macaroni and cheese	Pastas with cream sauces
	Chili with beans		Canned chili
	Soft tacos with low fat sour cream and lean meats	Hard tacos	

Beverages	Choose Most Often	Choose Sometimes Serve No More than 3 Times a Week	Do Not Serve
Water	Water – plain, from the Tap Water – flavoured with fresh fruits, mint, etc. Traditional and herb teas	Flavoured or vitamin waters Water mixed with Juice (half and half)	Avoid Bottled water due to large amount of plastic waste All sugar-sweetened beverages (e.g. sports drinks, energy drinks, iced tea, fruit punch, etc.)
Milk and Alternative Beverages	Skim, 1% or 2% milk - powdered, UHT or fresh		Chocolate bar or flavoured milks Hot chocolate made from ready- made (powdered form)
	Unflavoured fortified soy beverage	Flavoured fortified soy beverage	

		Sweetened yogurt or yogurt tubes Flavoured yogurt drinks	
	Smoothies – made from ingredients in choose most categories	Smoothies – made with low fat ingredients	
Meat and Alternative Beverages	Broths made from cooked traditional meats		

Feedback is welcome on these guidelines in order to make them as useful as possible. Please send any feedback to elsie_deroose@gov.nt.ca at any time.

Children snack ideas at Day Care/ After School Care/ Day Camp

Snacks on hand	Snacks in the Fridge	Easy to go – Picnic Snacks
Crackers	Bagels / Bread	Baby Carrots
Dried fruit / Canned Fruit	Bran Muffins	Celery Sticks
Popcorn (Smartfood)	Yoghurt	Bagel Bites
Rice Cakes	Cottage Cheese	Rice Cakes
Cereal (unsweetened)	Fresh Fruit	Apples
Granola Bars	Raw Vegetables	Crackers
Peanut Butter	Cheese	Pretzels
Canned Fish	Milk	Dried Meat or Beef Jerky
Dried Meat or Beef Jerky	Salad Greens	Popcorn (Smartfood)

(Adapted from the article Plan well (http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx). Dietitians of Canada.

NWT HEALTHY COMMUNITIES Toolkit

Pop & Energy Drinks

DROP THE POP CAMPAIGN

Drop the Pop...

The purposes of the Drop the Pop Campaign is to encourage students, families, schools and communities:

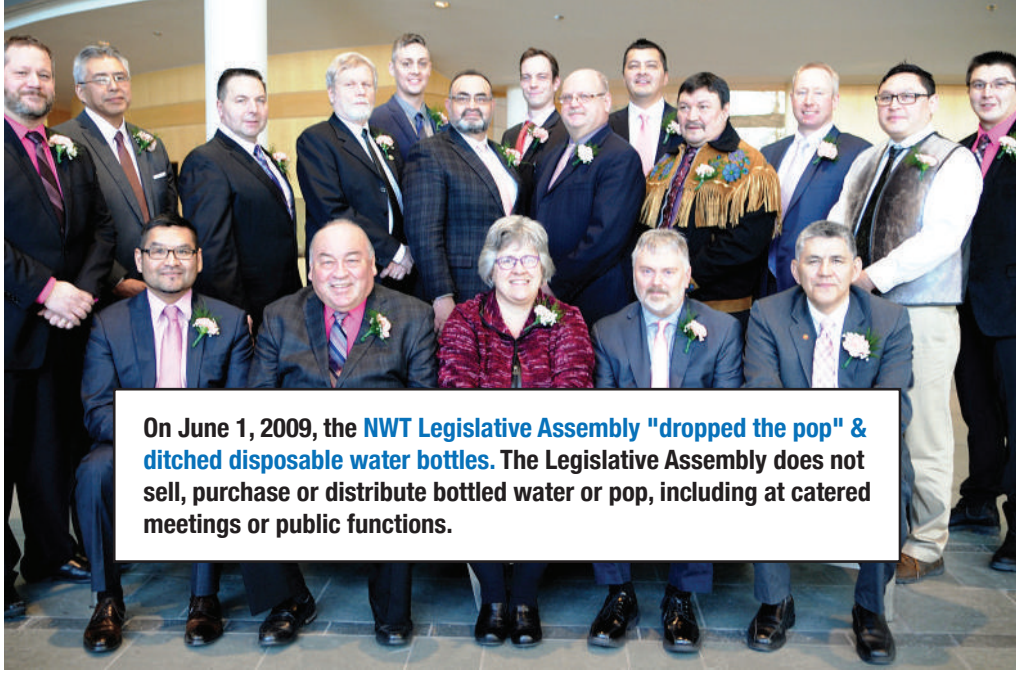
- to drink healthy beverages, especially water;
- to eat a wide variety of healthy, local foods from the land, water, gardens, & other sources;
- to learn new skills and knowledge in order to be more self-sufficient, and;
- to foster long-term healthy food intakes so families can maintain and/or improve their overall well-being.

The Drop the Pop Campaign continues to provide funding to schools to support healthy children, communities and families. To be eligible for funding, your organization must:

- be located in the NWT;
- consent to publish your organization's name and activities in connection with any **Drop the Pop** NWT coverage in the media and/or in any promotional materials, and;
- be linked to the education system.

Let's celebrate our NWT Success...

- As far as we know, all schools have now **'dropped the pop'** - so most schools now have no pop and other sugary drinks in their vending machines, or sold/served at school events.
- Over the years, schools have used the 'Drop the Pop' funding for a wide range of excellent projects that promote healthy eating, healthy drinks, traditional foods, teas. All of these activities have increased the awareness about the harmful effects of sugary beverage consumption in schools and communities.
- The Department of Health and Social Services no longer has a pop vending machine in our premises!
- In 2009, the NWT Association of Communities passed a resolution which urged NWT municipalities to phase out bottled water at their facilities where appropriate and where safe drinking water is available.
- In 2016, The Hamlet of Aklavik took the health of its community members into its own hands and banned the sale of energy drinks at all Municipal Buildings.



On June 1, 2009, the NWT Legislative Assembly "dropped the pop" & ditched disposable water bottles. The Legislative Assembly does not sell, purchase or distribute bottled water or pop, including at catered meetings or public functions.

What's the big deal with Pop & Energy Drinks?

Childhood obesity is on the rise, as are diseases linked to excess weight such as Type 2 diabetes, cancers and heart diseases (these are some of the leading causes of death in the north). It is estimated that more than 1 in 4 children in Canada is either overweight or obese.

According to Statistics Canada, sweetened beverage consumption increases with age, especially for regular soft drinks. **By ages 14 - 18, 53% of boys and 35% of girls consume soft drinks daily.**

Why drinking water is the way to go...

Water is so important to health that our bodies would stop working properly without it. Water makes up more than half of our body weight so a person can't survive for more than a few days without it. Our blood contains a lot of water and carries oxygen to all the cells in our bodies. Our bodies also get water from fluids such as milk, which is among the best choices for healthy growth and development. Fruits and vegetables also contain a lot of water along with many other nutrients.

What about dental health & sugary drinks?

Dental cavities is associated with toothache, missing school, and problems with daily life activities (eating, smiling and sleeping). Children with poor oral and general health are about twice as likely to report poor school performance and three times more likely to miss school as a result of pain caused by cavities. Not only are cavities painful and preventable, it is very expensive to fix and pull teeth. Preventing treatments costs has the potential to greatly improve the quality of life for children and youth and save our limited health care resources over the long-term.

On the other hand, good dental health can have a positive effect on Northwest Territories children. Good oral health starts early in life (even before we are born) with healthy eating, brushing and flossing habits of parents that they pass on to their children.

Reasons to Avoid Pop & Enery Drinks:

The Sugar
A single can of soda contains the equivalent of **10 teaspoons of sugar**. A single energy drinks contains 5 teaspoons of sugar. This amount of sugar, especially in liquid form, skyrockets the blood sugar and causes an insulin reaction in the body. Over time, this can lead to diabetes or insulin resistance, not to mention weight gain and other health problems.

Phosphoric Acid
Soda contains phosphoric acid, which interferes with the body's ability to absorb calcium and can lead to osteoporosis, cavities and bone softening. Phosphoric Acid also interacts with stomach acid, slowing digestion and blocking nutrient absorption.

Artificial Sweeteners
In diet sodas, aspartame is used as a substitute for sugar, and can actually be more harmful. It has been linked to almost a hundred different health problems including seizures, multiple sclerosis, brain tumors, diabetes, and emotional disorders.

Caffeine
Most sodas and all energy drinks contain caffeine, which has been linked to certain cancers, breast lumps, irregular heartbeat, high blood pressure, and other problems. It has a particular impact on young bodies.

Obesity
Greater risk of being overweight due to the high levels or sugar and calories.

Lake of Nutrients
There is absolutely no nutritional value in soda whatsoever.

Dehydration
Because of the high sugar, sodium and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.

Bad For The Teeth
Drinking soda regularly causes plaque to build up on the teeth and can lead to cavities, enamel erosion, tooth decay and even gum disease.

Nunavut & the Yukon partner with us to Drop the Pop in favour of healthier beverages.

For more information on Drop the Pop NWT, contact:

Health Promotion

Aboriginal Health and Community Wellness

Department of Health and Social Services

8th Floor, Center Square Tower, Box 1320
Yellowknife, NT X1A 2L9

Phone: 867-767-9064 ext. 49231

Fax: 867-873-3585

For more information on the Drop the Pop Campaign please visit http://droptheponwt.hss.gov.nt.ca

Section/Number: Healthy Eating – 05	Approval Date: (DD/MM/YY)
Subject: The Sale of Pop/Soda Drinks not to be authorized in Community Government Buildings Policy	Amendment Dates:

Policy

The sale of Pop/soda drinks not be authorized in the buildings of *Community Government Name.*

Pop is one of society's favorite beverages. Though it is popular with men, women, and children, drinking pop has many serious health consequences.

Pop is high in sugar and calories. Drinking pop may cause drinkers to gain weight with adverse health risk with no nutritional value. The sugar consumption in pop is causing tooth decay. The acid in pop has shown to erode tooth enamel and leads to cavities and other dental issues as well.

The Community Government Name is taking an active approach to maintain the health, safety, and welfare of our community members by not authorizing the sale of pop/soda drinks in the buildings of *Community Government Name.*

Definitions

N/A

Guidelines:

1. Health habits are heavily influenced by the supply of food in different settings and community governments have a predominant role to play in the development of healthy food environments.

2. The rate of obesity and Type 2 Diabetes is of serious concern and this condition affects the health, quality of life, and well-being of the population, in addition to generating significant social costs.

3. The Government of the NWT alone cannot stop the obesity and diabetes epidemic and must count on the contribution of Community Governments.

4. *Community Government Name* wishes to take an active role in promoting health and well-being by helping community members adopt a healthy lifestyle.

5. Numerous community buildings, including sports and recreation facilities, are frequented by children and adolescents.

6. Like many public health organizations, *the Community Government Name* is concerned with the growing consumption of pop/soda drinks by young people.

7. The consumption of pop/soda drinks is known to cause poor dental hygiene resulting in cavities, enamel erosions and tooth decay.

Attachments
Drop the Pop SMP

References
Drop the Pop NWT
http://dropthepopnwt.hss.gov.nt.ca/faqs.htm

Section/Number: Healthy Eating – 06	Approval Date: (DD/MM/YY)
Subject: The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy	Amendment Dates:

Policy

The sale of energy drinks not be authorized in the buildings of *Community Government Name.*

The main component of energy drinks is sugar and caffeine. Caffeine is a powerful stimulant of the cardiovascular system, central nervous system, respiratory system and the skeletal muscles. Many Energy Drinks on the market are advertised with caffeine content ranging from 50 to over 500mg per can/bottle.

Energy drinks contain enough stimulating ingredients to cause anxiety, insomnia, dehydration, stomach upset, nervousness, flushed face, and accelerated heart rate. The consumption of energy drinks has been linked to headaches, seizures, psychiatric events, strokes, withdrawal symptoms, tooth erosion, and even death.

The Community Government Name is taking an active approach to maintain the health, safety, and welfare of our community members by not authorizing the sale of energy drinks in the buildings of *Community Government Name.*

Definitions

N/A

Guidelines:

1. Health habits are heavily influenced by the supply of food in different settings and community governments have a predominant role to play in the development of healthy food environments.

2. The rate of obesity and Type 2 Diabetes is of serious concern and this condition affects the health, quality of life, and well-being of the population, in addition to generating significant social costs.

3. The Government of the NWT alone cannot stop the obesity and diabetes epidemic and must count on the contribution of Community Governments.

4. *Community Government Name* wishes to take an active role in promoting health and well-being by helping community members adopt a healthy lifestyle.

5. Numerous community buildings, including sports and recreation facilities, are frequented by children and adolescents.

6. The consumption of energy drinks can carry health risks for some groups in the population, including children and adolescents.

7. Like many public health organizations, *the Community Government Name* is concerned with the growing consumption of energy drinks by young people.

8. The consumption of energy drinks when practising a sport can carry health risks and consequently, the sale and consumption of such beverages is irrational in places of physical activity.

Attachments

Drop the Pop & Energy Drink SMP

References

Association pour la santé publique du Québec http://www.aspq.org/documents/file/resolution-energy-drinks_en.pdf

NWT HEALTHY COMMUNITIES Toolkit

Drop the Water Bottle

DRINK TAP WATER

Water. It's the source of life.

It's the principal chemical component in our bodies, and it makes up 60% of our body weight! It is essential for us to drink clean, safe water to remain healthy. Water is also the life-blood that flows through the diverse landscapes we call home in the NWT. In our communities, we are fortunate to have access to clean, safe drinking water – from the tap.

Yours is better!
The two most popular brands of bottled water in Canada, Dasani (Coca-Cola Company) and Aquafina (Pepsi Cola Company) are made from municipal tap water. These companies make a huge profit by withdrawing tap water from the municipal system, filtering it, and then selling it to back to residents at a price hundreds of times more expensive than tap water.

Be proud of the awesome drinking water you produce!

There is more in the Water Bottle than you think...

Health Concerns
Single-use water bottles in the sizes 300 mL to 1.5 litres are made from PET (polyethylene terephthalate) plastic that uses petroleum as a feedstock. PET plastic has been found to release chemical contaminants into the water in water bottles, including endocrine-disrupting chemicals and the metal antimony.

The large 18 litre water jugs used in office coolers are made from polycarbonate, which contains bisphenol-A (BPA), an endocrine-disrupting chemical which is of concern because of its potential impact on reproduction and child development.

Testing of bottled water is less stringent than for tap water. Bottled water is tested less frequently and there is less enforcement of testing requirements.

Bottled Water Creates Waste
Although, the NWT has one of the higher beverage container recycling rates in Canada, it still means that single-use water bottles end up in local landfills. Even when water bottles are recycled, they usually end up as carpets, fabrics or other materials that don't get recycled again – instead of as new bottles.

A Costly Beverage
A typical price for a 1 litre bottle of water in the NWT is $2.00-$2.75. This is more expensive than gasoline or diesel fuel. Tap water in the NWT typically costs less than $0.01 per litre.

Why would you import and pay for transportation on something you make locally?

NWT Drinking Water is some of the best in the World!

Safe. Inexpensive. Local.

Safe

To make water safe for drinking, each NWT community has a water treatment plant that is designed for local conditions and is managed by a water treatment plant operator. Tap water in each NWT community is rigorously tested according to Guidelines for Canadian Drinking Water Quality to make sure that it is safe for drinking. Testing requirements for tap water are more stringent, frequent and strongly enforced than testing requirements for bottled water.

Inexpensive

Tap water in NWT communities costs less than 1 cent per litre. Bottled water costs hundreds of times more than this. The money we pay for tap water goes towards the costs of drinking water treatment, transportation and wastewater treatment and management.

Local

NWT communities draw water for drinking from a source that is close to the community. Some communities get their water from a nearby river or lake, and a few use water from deep in the ground.

Think Outside the Bottle:

In Council Chambers:

- Adopt the Drop the Water Bottle – Drink Tap Water Policy (see attached sample).
- Make pitchers and glasses or re-usable water bottles available in Council Chambers
- Consider installing a water fountain and bottle refill station
- Designate Re-usable water bottles as your community promotion item.
- Visit your water treatment plant and learn more about how it operates
- Let your community know that you are proud of the water and the staff who produce it.
- Have a “Bottled Water Retirement Party” to launch your campaign
- Promote access to tap water in various community facilities. Encourage business to do the same (see attached poster).

At Town Hall / Band Office:

- Provide staff with re-usable water bottles
- Make pitchers available to chill water in the office fridge
- Consider installing a water fountain and bottle refill station
- For catered meetings, specify that you do not want bottled water

At Recreation Facilities:

- If you have group that you are obliged to provide bottled water for (i.e. performers) instead provide them with re-usable water bottles and access to tap water.
- Consider installing water fountains and bottle refill stations
- For catered meetings, specify that you do not want bottled water. Provide re-usable water bottles or glasses and pitchers.

At Special Events:

- Set up an outdoor water fountain and bottle refill station
- Consider purchasing water pitchers and cups to be used at special events

NWT Residents Take Action to Turn on the Tap!

On June 1, 2009, the NWT Legislative Assembly 'dropped the pop and ditched disposable bottles'. The Legislative Assembly will not sell, purchase or distribute bottled water or pop, including at catered meetings and public functions. (For more information please see the Drop the Pop & Energy Drink SMP and Sample Policy)

Idea:
Sell re-usable bottles in the concession, at the front desk for rec complexes and town hall and in vending machines for later fill-up!

For more information on Water Bottle Removal Campaign and NWT Drinking Water:

ECOLOGY NORTH | INFO@ECOLOGYNORTH.CA | 867-873-6019
HTTP://ECOLOGYNORTH.CA/WP-CONTENT/UPLOADS/2015/09/BEHIND-THE-BOTTLE-WATER-BOTTLE-INFO-SHEET-2009-PUBLICATION.PDF

WATER BOTTLE REFILL STATION

NWT HEALTHY COMMUNITIES Toolkit

Section/Number: Healthy Eating – 07	Approval Date: (DD/MM/YY)
Subject: Drop the Water Bottle – Drink Tap Water Policy	Amendment Dates:

Policy

People like making healthy choices that are also environmentally friendly and save money. By banning the sale of bottled water in retail and vending machines operated by *Community Government Name*, the community is making an environmentally responsible choice while providing clean, safe drinking water out of the tap.

Community Government Name will ensure safe, clean drinking water is available and accessible through tap, fountain or water coolers at all community government buildings for community members, employees and visitors. The *Community Government Name* will no longer retail/provide bottled water in the retail outlets, vending machines, functions and fundraising events.

Definitions

N/A

Guidelines:

1. Bottled water consumes a significant amount of non-renewable fossil fuels to extract, package and transport water creating unnecessary air quality and climate change impacts.

2. It takes about three litres of water to manufacture a one litre plastic bottle of water.

3. Bottled water companies use municipal water and groundwater sources when a growing percentage of Canadian municipalities have faced water shortages in recent years.

4. Although bottled water is distributed in a container that can be recycled, between 40% and 80% of empty bottles end up as litter and/or are placed directly into the garbage and take up unnecessary space in landfills.

5. Tap Water is safe, healthy, highly regulated and accessible to community members, employers, employees and visitors and more sustainable than bottled water.

6. Given the high cost of transportation in the NWT, the *Community Government Name* should not be required to pay transportation costs to ship bottled water when it is readily available in the community.

7. The NWT has some of the most pristine source water in the world.

8. The *Community Government Name* is proud of “our” safe and healthy water and “our” employees who are so dedicated and committed to delivering it to our residents.

9. The *Community Government Name* will phase out the sale and purchase of bottle water at our own facilities where appropriate and where potable water in available.

10. The *Community Government Name* will no longer provide bottle water at any meetings, community functions or fundraising events.

11. The *Community Government Name* will make re-usable water bottles available for sale at Town Hall and the Recreation Complex.

12. The *Community Government Name* will take advantage of awareness campaigns about the positive benefits and quality of municipal water supplies.

Attachments: Drop the Water Bottle – Drink Tap Water SMP The Sale of Pop/Soda Drinks not to be authorized in Community Government Buildings Policy The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy Drop the Pop and Energy Drink - SMP Healthy Eating at Community Events - SMP
References http://ecologynorth.ca/wp-content/uploads/2015/09/Behind-the-bottle-Water-Bottle-Info-Sheet-2009-publication.pdf

Section/Number: Healthy Eating – 08	Approval Date: (DD/MM/YY)
Subject: Vending Machine Healthy Choices Policy	Amendment Dates:

Policy

People are interested in choosing healthier foods. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A community supportive of healthy choices, helps to create and maintain healthy people and healthy communities.

People like the opportunity to buy foods at easy access from vending machines in public buildings. Selling foods and beverages with minimal nutritional value in public buildings does not support the healthy eating choices in your community.

Therefore, healthy eating choices will be available in all vending machines located in *Community Government Name* public buildings.

Definitions

N/A

Guidelines:

1. Healthy Vending Machines:
    - Encourage and support healthy eating habits
    - Reinforces and maintains “Healthy Community”
    - Increases the variety of food and beverages available
    - Make money for the Community Government
    - Demonstrates to community members that the local government takes their health seriously.

2. Increasing the availability of healthier prepackaged food and beverages is one way to help create healthier eating communities.

3. Assist vending operators in identifying healthier food and beverage choices.

4. Community Government should work within the terms of the existing contract to modify the items sold in vending machines to comply with the Policy.

5. For vending contracts which contain optional renewal terms, Community Government should ensure the renewal terms allow for items to reflect the Policy.

6. Replacing existing vending machines with refrigerated snack vending machines to enable more choices such as cheese, yogurt, salads, and fresh fruit.

Attachments
Nutrition Tool: What are healthy choices for vending machines?

References
http://www2.gov.bc.ca/assets/gov/health/managing-your-health/healthy-eating/vending-policy-2014.pdf

http://www.healthunit.org/school/resources/Fact%20Sheet%20Healthy%20Choices%20for%20Vending%20MachinesLGL.pdf

What are Healthy Choices for Vending Machines?

Food and Beverage Group	Recommended Foods & Beverages
Grain Products *Choose whole grain and enriched products more often.*	• Grain based bars • Muffins • Snack breads • Crackers
Vegetables and Fruit *Choose dark green and orange vegetables and fruit more often.*	• Fresh whole fruit • Canned fruit or 100% fruit sauces • Fresh Vegetables (with low fat dip) • 100% dried fruit • 100% fruit juices • Vegetable juice (low in sodium)
Milk and Milk Products *Choose lower-fat milk products more often.*	• Yogurt • Cheese • Milk Puddings • Milk / Chocolate Milk • Yogurt based drinks • Fortified Soy beverages
Meat and Alternatives *Choose leaner meats, poultry and fish; as well as dried peas, beans and lentils more often.*	• Nuts • Beef Jerky • Pepperoni • Ready to eat Legumes (plain, uncoated)
Other Foods	• Pretzels • Plain popcorn or Smartpop • Baked chips

Section/Number: Healthy Eating – 09	Approval Date: (DD/MM/YY)
Subject: Healthy Choices Agreement for Contracts/Tenders	Amendment Dates:

Policy

People are interested in choosing healthier foods. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A community supportive of healthy choices, helps to create and maintain healthy people and healthy communities.

The *Community Government Name* encourages and supports our community members, employees, and visitors to make healthy eating choices.

Community Government Name will ensure healthy foods and drinks are available at all *Community Government Name* operated retail outlets, vending machines, functions and fundraising events that require a tender, service agreement, or catering contract.

Definitions

N/A

Guidelines:

1. This policy applies to contracts, tenders and food service agreements with suppliers. *Community Government Name* may have contracts or lease agreements with food service providers like retail outlets, caterers, and vending machine suppliers in the community.

2. Having a requirement to provide and promote healthy foods and drinks in these leases and contracts as well as food service tenders will:
    - Ensure food service providers are committed to health and well-being of your community residents and visitors;
    - Support food service providers want to make healthy changes;
    - Demonstrate your leadership and commitment to promoting healthy lifestyles.

3. Responsibility within the Tender, Service Agreement, or Catering Contract :

    - Offer healthy food and drink options at all retail outlets, vending machines, meetings, functions and fundraising events.
    - Foods high in unhealthy saturated and trans fats, salt and sugar such as sweet biscuits, sweetened soft drinks and juices, fried foods, potatoes chips, pies, etc; are not encouraged.
    - Include more fruit and vegetables.
    - Reduce serving size.

4. Ensure that all Community Government Employees in the retail environments understand the Healthy Choices Agreement Contract.

5. Ensure that contractors, caterers, and tenders are aware of the Healthy Choices Agreement contract and are able to provide service within the contract terms in conditions.

6. See attachment Healthy Food Choices Guide of Suggested Foods to offer in retail, vending or catering contracts. These Choices are listed in “Best Choice” and “Avoid” options.

Attachments:
Healthy Food Choices Guide for Retail, Vending and Catering: “Best Choice”, “Choose Carefully”, and “Foods to Avoid”
Nutrition Tool: What are healthy choices for vending machines?
Vending Machine – Healthy Choices Policy
The Sale of Pop/Soda Drinks not to be authorized in Community Government Buildings Policy
The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy
Drop the Pop and Energy Drink - SMP
Healthy Eating at Community Events - SMP

References

http://heas.health.vic.gov.au/healthy-choices/organisational-policy-and-supplier-contracts
https://www2.health.vic.gov.au/getfile/?sc_itemid=%7bD5628D86-B37D-42F7-8B9A-687F4A3E85FB%7d&title=Healthy%20Eating%20Policy%20and%20Catering%20Guide%20for%20Workplaces

What are Healthy Choices for Vending Machines?

Food and Beverage Group	Recommended Foods & Beverages
Grain Products *Choose whole grain and enriched products more often.*	• Grain based bars • Muffins • Snack breads • Crackers
Vegetables and Fruit *Choose dark green and orange vegetables and fruit more often.*	• Fresh whole fruit • Canned fruit or 100% fruit sauces • Fresh Vegetables (with low fat dip) • 100% dried fruit • 100% fruit juices • Vegetable juice (low in sodium)
Milk and Milk Products *Choose lower-fat milk products more often.*	• Yogurt • Cheese • Milk Puddings • Milk / Chocolate Milk • Yogurt based drinks • Fortified Soy beverages
Meat and Alternatives *Choose leaner meats, poultry and fish; as well as dried peas, beans and lentils more often.*	• Nuts • Beef Jerky • Pepperoni • Ready to eat Legumes (plain, uncoated)
Other Foods	• Pretzels • Plain popcorn or Smartpop • Baked chips

Healthy Food Choices Guide for Retail, Vending and Catering: "Best Choice" and "Foods to Avoid"

Best Choices: Retail, Vending and Catering Environments

Food Type	Examples
Breads	Multigrain, wholemeal, rye, hi-fibre, white breads, bannock, or rolls. (Examples: English muffins, plain focaccia, pita, raisin or fruit breads, and tortilla wraps)
Grains	Plain rice, pasta, plain unflavoured noodles, couscous and quinoa.
Breakfast Cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and added sugar. (Examples: Wheat biscuits, cereal flakes, bran, plain – no added sugar porridge, etc.)
Fruit	All fresh, frozen, dried fruits, and fruits canned in natural juice, water with no artificial sweetener or pure fruit puree with no added sugar.
Vegetables	All fresh, frozen, salt-reduced canned, dried plain vegetables and salads.
Legumes	All forms of dried and prepared beans and peas. (Examples: baked beans, red kidney beans, soy beans, lentils, chick-peas, split peas, or tofu).
Dairy Products	1% of Skim Milk, plain and flavoured yogurt, Cheese
Traditional and Lean Meat, Fish, Poultry, Eggs and Alternatives	All fresh or frozen moose, caribou, duck, goose, chicken, ptarmigan, char, white fish. Dried Meat (Beef jerky) or Dried Fish.
Nuts and Seeds	All plain, unsalted, dry or un-roasted nuts and seeds.
Drinks	Water (Example: provide a water jug or sell refillable water bottles) 1% or Skim Milk, Coffee, Tea and Decaffeinated coffee/teas, and Herbal Teas
Snack Foods	Oven baked snack biscuits, flavoured rice cakes, Smart Pop popcorn.
Cakes, Muffins, Pastries and Pies	Un-iced, un-filled cakes & muffins (try to include fibre). (Examples: Fruit cake, fruit or vegetable based muffins, plain wholemeal biscuits with dried nuts or fruit.

Sauces and Condiments	Use sparingly; Choose reduced salt varieties where available. (Example: tomato sauce, soy sauce, sweet chilli sauce, mayonnaise, vegetable or yogurt based dips, mustard and gravy.

Foods to Avoid: Retail, Vending and Catering Environments

Food Type	Examples
Sugar Sweetened Drinks	Soft drinks, fruit drinks, energy drinks, sports drinks, and flavoured mineral waters.
Candy	Lollipops, chocolates, gummies, etc.
Cakes, muffins & pastries	Cream – or chocolate-filled and/or coated buns, donuts, sweet pastries, muffins, and cakes.
Ice Creams; milk based ice confection and dairy desserts	Chocolate coated and premium, ice creams and dairy desserts.
Deep Fried Foods	All types including french fries, deep fried spring rolls and pizza fingers, chicken fingers, etc.
Savoury Snacks	Potato chips and other similar products.
Alcohol	Excessive supply of alcohol is not recommended; if provided limit to no more than two standard drinks per person.

Section/Number: Healthy Eating – 10	Approval Date: (DD/MM/YY)
Subject: Staff & Council Event Healthy Eating Policy	Amendment Dates:

Policy

People are interested in choosing healthier foods, being physically active, staying tobacco-free, caring for our environment and supporting local products. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A work environment, supportive of healthy choices, helps to create and maintain healthy people and healthy communities.

Therefore, “Healthy Eating” options will be available at all staff & council meetings, training, lunches and workplace events.

Definitions

N/A

Guidelines:

1. This workplace will focus on the main messages from the *Canada's Food Guide* and *Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.* These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.

2. This Workplace will offer Healthy Eating Options that include:
   - Vegetables and Fruit more often
   - Offer a variety of whole grain products
   - Offer skim, 1% or 2% milk
   - Offer lower fat milk alternatives (yogurt/cheese)
   - Provide smaller portion sizes
   - Offer plain water in pitchers or water coolers
   - Buy or use local products when they are available (i.e.: traditional foods, etc.)
   - Include Physical Activity opportunities
   - Choose tobacco-free facilities
   - Ensure food safety
   - Choose greener options when possible
   - Encourage healthy options in vending services
3. The workplace environment influences the health of its employees. It is important for the employer to look at the larger picture and see the way the workplace itself influences the eating patterns of the employees. Not only what is being offered on the menu at all workplace meetings and events but also in the workplace environment. The vending machine should offer Healthy Eating options.

4. The workplace supports healthy eating and provides the employees with refrigerator, microwave, toaster so all meals can be stored and prepared appropriately.

Attachments:
- Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.
- Canada's Food Guide
- Menu Sample Model for Staff & Council Events or Lunch Meetings
- Sample: Snacks to Keep at Work Menu
- Sample: Healthy Eating Chart for Meetings, Vending Machines, Long Hours
- Traditional Foods Fact Sheet

References

http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php
https://www.ccohs.ca/oshanswers/psychosocial/healthyeating.html
Healthy Communities Toolkit - Vending Machine policy

Menu Sample Model for Staff & Council Events/Lunch Meetings

Here are some healthy meal ideas to help plan your next community event, such as a community feast or meeting, enjoy a healthy meal together.

If you are serving for a larger meal, you can make more selections from each of the food groups in the food guide.

Whenever possible, serve seasonal and local foods from the land and from garden harvests. This will give your community members a great meal that they will enjoy and feel pride in as well! These kinds of ideas can be shared for pot lucks as well.

Meal Ideas	**Meat, Fish, Birds, Eggs and all Edible Parts**	**Bannock, Breads and Cereals**	**Fruits and Vegetables**	**Milk and Milk Substitutes**
# choices (about 30 people)	1 - 2	1 - 2	1 - 2	1
Cold	Traditional meats, fish, birds, and other parts Dried meat or fish Sandwich filings: Fish, chicken, lean meat, egg or tuna salad (provide lettuce, tomato or other vegetables that could be added in)	Whole wheat buns or bread Rice – brown, wild rice mix with white and/or vegetables added. Corn (on the cob if in season)	**Vegetable Tray** **Salad – local greens/** plants Vinaigrette dressings (raspberry) – serve on the side. **Other vegetables** – cooked Fresh Fruit Salad or fruit tray Berry/Rhubarb/Fruit crisp Unsweetened canned or frozen fruit	Have milk on hand to drink or evaporated milk for coffee Use a low fat or homemade yogurt dip. Serve fruit crisp with plain yogurt
Hot	Traditional meat stews (e.g. moose strew) Chili Traditional meat or chicken soup (locally made)	Fresh Bannock Rice Potatoes	**Vegetables** –cooked or steamed – from local gardens or in season	Rice pudding

How can meetings and other work functions help employees gain healthy eating habits?

Situation	Try to Limit	Try Instead
Meetings	• Donuts • Large Muffins • Cookies • Juices / Pop	• Small Muffins • Bagels • Bannock, Tea Biscuits, Scones • Fresh Fruit • Tea / Coffee • Milk • Popcorn • Vegetables
Vending Machines	• Danish • Chocolate Bars • French Fries • Pop • Chips • Juices	• Water • Pretzels • Sandwiches • Milk • Soup • Fruit • Cereal Boxes (unsweetened) • Yoghurt • Whole Grain Breads • Nuts • Dried Fruit • Popcorn • Beef Jerky

Hectic Schedule / Long Hours	• Chips • Cookies • Coffee with Cream • Hot Dogs • Pizza with Double Cheese and Pepperoni	• Fresh Fruit • Bannock, Muffins, scones • Vegetable Sticks • Salads with Lower-Fat Dressing • Lean Sliced Meats • Milk • Yoghurt • Popcorn • Beef Jerky / Dry Meat
On the Road / Lunch Meetings	• Chips • Fried Foods • Large Burgers • Salads Loaded with Dressing • Pop / Juice	• Small Plain Burgers • Bagels • Cereal Bars • Crackers and Cheese • Juice / Water • Popcorn • Beefy Jerky / Dry Meat • Dried Fruit • Trail Mix • Turkey Sandwiches • Pizza with Ham and Vegetables

(Source: Dieticians of Canada)

What are some tips for snacks to keep at work?

Store in your Desk or Locker	Store in the Lunchroom Fridge	On the Road
Crackers	Bagels / Bread	Baby Carrots
Dried fruit / Canned Fruit	Bran Muffins	Celery Sticks
Popcorn (Smartfood)	Yoghurt	Bagel Bites
Rice Cakes	Cottage Cheese	Rice Cakes
Cereal (unsweetened)	Fresh Fruit	Apples
Granola Bars	Raw Vegetables	Crackers
Peanut Butter	Cheese	Pretzels
Canned Fish	Milk	Dried Meat or Beef Jerky
Dried Meat or Beef Jerky	Salad Greens	Popcorn (Smartfood)

(Adapted from the article Plan well (http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx). Dietitians of Canada.

NWT HEALTHY COMMUNITIES Toolkit

Healthy Rewards for POSITIVE BEHAVIOR IN THE COMMUNITY

Community uses positive reinforcement to encourage and reward proper behavior.

Positive reinforcement strengthens what the children/youth in the community are doing right rather than concentrating on what the children/youth are doing wrong. It increases the likelihood that the behaviour will be repeated. Positive reinforcement supports your child's positive deeds and qualities through enthusiasm encouragement, and healthy choice rewards offered by the community.

How does this work?

Offering Healthy Choice Rewards as positive reinforcement is a simple technique that can encourage and motivate positive behavior in the community.

- Children/youth want approval very badly.
- Community by-law officer or Municipal workers notice and comment on specific positive behavior and provide healthy choice rewards.
- Children/Youth feel noticed, validated, and approved of, and the good behavior increases.
- Children/Youth also begin to recognize the value of their own positive qualities and actions.

Examples of positive behaviors that should get rewarded in the community:

- Wearing a bike or skidoo helmet
- Walking to school
- Picking up litter and placing it in trash cans
- Comply with Community Curfews (if in effect)
- Drinking water instead of pop/juice
- Drinking water out of a re-usable water bottle
- Being polite and respectful
- Helping Elders in the community with lawn care or snow removal.
- Being a good role model for younger children.

Healthy Positive Rewards to Offer:

- Healthy Snack (Beefy jerky, fruit, etc)
- Temporary tattoos
- Free passes to the pool, arena or rec complex.
- Re-usable Community Government Water Bottle.
- Stickers
- Have local business donate prizes as this Healthy Choice Rewards Program is beneficial for the whole community.
- Pass out “Community Government Money” – Community Government Money will encourage to continue positive behaviours in order to keep accumulating Community Money. Prizes that could be offered by the Community Government at different price points are: bike helmet, skidoo helmet, life jacket, could even offer bigger prizes such a bicycle or pool party as the big winning items.