

Section/Number: Healthy Eating – 01	Approval Date: (DD/MM/YY)
Subject: Community Events Healthy Eating Policy	Amendment Dates:
<p><u>Policy</u></p> <p>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.</p> <p>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.</p> <p>Therefore, when food and beverages are served at a community event that is sponsored by <u>Community Government Name</u>, we will follow our Community Events Healthy Eating policy.</p>	
<p>Definitions</p> <p>N/A</p>	

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 physical 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://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>