



The Corporation of the Town of Fort Smith  
Policy and Procedures Manual  
Policy CP 314  
Healthy Foods Policy

**1. Statement of Policy**

To create healthy food environments by increasing access to and consumption of healthy foods and beverages within municipal settings, making healthy choice, the easy choice.

**2. Objectives**

To create a supportive environment that makes the healthy choice the easy choice.

- To develop a strategy to educate community members of the benefits of healthy food choices.
- To support concession contractors in developing a healthy food choice menu.
- To support concession contractors to meet the contractual obligations to provide healthy food choice options.
- To establish minimum standards for a healthy food choice menu and to develop a monitoring strategy.
- To develop a standard for pricing and displaying healthy food choices in Town facilities.
- To ensure all food outlets in Town facilities meet or exceed the minimum healthy food choice standards.
- To encourage the sale of healthy food choices at special events organized by Town staff.
- To encourage the purchase of healthy food choices for all Town events, meetings, and conferences.
- To normalize healthy food and beverage consumption at Town facilities, events and meetings.

**3. Definitions**

*“Choose Most Often”* refers to a food and beverage category based on nutritional criteria outlined in the Alberta Nutrition Guidelines for Children and Youth.

*“Choose Sometimes”* refers to a food and beverage category based on the nutritional criteria outlined in the Alberta Nutrition Guidelines for Children and Youth.

*“Choose Least Often”* refers to a food and beverage category based on the nutritional criteria outlined in the Alberta Nutrition Guidelines for Children and Youth.

#### **4. Procedure**

- a. This policy applies to the food and beverages served and sold in the following areas:
  - all municipally owned recreation facilities, spaces and places;
  - all recreation programs and municipal events, meetings and special events;
  - all concessions and vending machines located on municipal properties.
- b. This does not apply to:
  - Food and beverages brought in for meals and snacks by the employees;
  - Organizations or individuals who rent space/rooms for special events, however they will be encouraged to follow the policy and offer more healthy food options;
  - Organizations/events to which the Town provides support or sponsorship, however they will be encouraged to participate in modelling the policy and offer more healthy food options;
  - Alcohol is not included in the scope of this policy;
  - Coffee or tea.
- c. Providing healthy foods and beverages within Town settings will support a cultural shift whereby the healthy choice is the “norm” where we live, work, and play. To meet this goal all food and beverages served and sold will:
  - be consistent with defined criteria (Choose Most Often, Choose Sometimes, Choose Least Often) detailed in Appendix A;
  - be served and sold in the appropriate portion sizes as identified within Canada’s Food Guide to Healthy Eating.
- d. Energy drinks (all brands) and relaxation drinks (all brands) shall NOT be served. Sports drinks (all brands) should be considered a “Choose Least Often” beverage.
- e. The pricing of foods/beverages influences the types of products individuals select and purchase. Choose Sometimes and Choose Least Often foods and beverages should be priced slightly higher than Choose Most Often foods and beverages.
- f. Priority space should be given to healthier food and beverages (Choose Most Often, Choose Sometimes).

#### **5. Promotion, Advertising, & Sponsorship**

The Town of Fort Smith will make every effort to avoid sponsorship relationships which result in the promotion or advertisement of unhealthy food and beverage choices.

## **6. Breastfeeding**

In the NWT breastfeeding is supported and promoted as the ideal way to provide nutrition to babies. The Town of Fort Smith endeavours to create an environment in our facilities which supports nursing mothers to feel welcome to breastfeed their children in the way they are comfortable.

## **7. Implementation**

Food choices in facilities such as community centres and arenas have historically fallen to the unhealthy end of the spectrum, often including fried and highly processed food, pop, potato chips, and chocolate bars. Changing the food choices and practices in these facilities will be a difficult process which may result in resistance from facility patrons and user groups. Developing a realistic and phased implementation strategy is essential. The strategy will have two essential components, Education and Making Change. Making changes to practices which have existed for many years can be difficult. Making change to our food choices which are a part of our recreation culture will require a shift in the mind set of a large group of community members. Developing a gradual measured implementation plan is more likely to produce positive and sustainable results.

### **Year 1 of Implementation - Education**

- Infographics displayed within the facilities, around food outlets.
- All user groups who will be selling food in the facilities will be provided with the policy and resources.
- Concession contractors will be provided with education and resources to initiate change to menus/develop healthy choice menus.

Goal: Menus will contain: 25% Choose Most Often  
50% Choose Sometimes  
25% Choose Least Often

### **Year 2 of Implementation – Making Change**

- Concession operator contracts will include healthy food policy compliance.
- Additional infographics will be considered.
- Collaborate with Public Health on community education.
- Special interest/event groups will be onboarded to providing healthy food options.

Goal: Menus will contain: 40% Choose Most Often  
50% Choose Sometimes  
10% Choose Least Often

Year 3 of Implementation – Making Change

- Reinforce goals with all users of facilities and contractors, plan to achieve compliance with the goals.
- Provide additional education and resources as required.

Goal: Menus will contain: 60% Choose Most Often  
30% Choose Sometimes  
10% Choose Least Often

Town organized special events and meetings will meet or exceed the yearly goals for providing healthy food and beverage choices. All vending machines will meet the Year 3 goal immediately.

**8. Related Policies or Documents**

- a. Purchasing and Tendering Policy
- b. Vision, Values, Mission
- c. Healthy Eating in Recreation and Community Centres - <https://open.alberta.ca/dataset/e41c275d-6794-4c4f-a220-5d2e62d571a3/resource/d3f72db0-f241-4e19-90d0-1615491afb5f/download/nutrition-healthy-eating-ab-recommcentres.pdf>
- d. Alberta Nutrition Guidelines for Children and Youth - <https://open.alberta.ca/dataset/1c291796-4eb0-4073-be8e-bce2d331f9ce/resource/3319786c-1df1-43ca-8693-067f733682dc/download/Nutrition-Guidelines-AB-Children-Youth.pdf>
- e. Eating Well with Canada's Food Guide - [https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/print\\_eatwell\\_bienmang-eng.pdf](https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf)
- f. Breastfeeding - <https://www.hss.gov.nt.ca/en/services/breastfeeding>

**9. Attachments**

- a. **Appendix A – Nutrition Criteria – Healthy Foods Policy**

**10. Approved:**



Lynn Napier-Buckley, Mayor



Keith Morrison, SAO

October 12, 2018

Date

# APPENDIX A

## Nutrient Criteria - Healthy Foods Policy

### Choose Most Often Foods & Beverages

- Should be chosen most often
- Healthiest options
- Low in saturated and trans fat
- Contain little or no added fat, sugar, and/or sodium
- High in natural fiber
- No sugar substitutes (i.e. aspartame, sucralose)

### Choose Sometimes Foods & Beverages

- Chosen less often than Choose Most Often foods and beverages
- Contain added fat, sugar and/or sodium
- May be processed
- No sugar substitutes (i.e. aspartame, sucralose)

### Choose Least Often Foods & Beverages

- Chosen least often
- High in fat, sugar, and/or sodium
- Contain sugar substitutes (i.e. aspartame, sucralose)
- Contain caffeine
- Highly processed
- Sports drinks – all brands

### Foods Not to Be Served or Sold

- Energy drinks and shots - all brands
- Any foods that have been deep fat fried during food preparation