

## Healthy eating goes beyond the food and drink choices a person makes.

Our food and drink choices are highly influenced by the food environment which includes the products available, as well as, how they are placed, priced and promoted.

- **Product Availability:** What choices are available in your facility? Do they promote health?
- **Placement:** Where are they placed? Are they easy to see? Are they placed at eye level?
- **Pricing:** Are healthy choices priced fairly to support sales and profit?
- **Promotion:** How are healthy choices promoted in your facility? Is there conflicting promotion of unhealthy products?

## Our Partners



UNIVERSITY OF SASKATCHEWAN  
College of Pharmacy  
and Nutrition  
USASK.CA/PHARMACY-NUTRITION



Government  
of  
Saskatchewan



Saskatchewan  
Parks and Recreation  
Association

Public Health Nutritionists  
of Saskatchewan



Heart & Stroke

## For More Information

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Eat Healthy  
Play Healthy

## Promoting Healthy Food Environments

*It's good for business.*

*It's good for health.*

## What is the Eat Healthy, Play Healthy initiative?

Eat Healthy, Play Healthy is an initiative led by recreation and health partners who have a vested interest in supporting healthy food environments in Saskatchewan public recreation facilities.

We want to connect with people who have influence over food and drinks offered in public recreation facilities to learn about:

- the variety of food and drinks available.
- the challenges with offering healthy food and drinks.
- the resources and supports needed to implement healthy change.

Learnings from across Saskatchewan, will be reviewed at a collaborative workshop and used to plan for a healthy future state.

*Children and youth who are involved in sport have been found to consume more calories, fast food and sugary beverages, than those who do not participate, as the environment at recreation facilities does not enable making the healthy choice the easiest choice. (Nelson TF, Stovitz SD & Thomas M, 2011)*

## Why it matters

### It's good for business.



Creating healthy food environments through availability, placement, pricing and promotion of healthy choices will increase:

- ✓ sales of healthy food and drinks
- ✓ profit
- ✓ the selection of healthier products from suppliers

### It's good for health.



A healthy diet improves:

- ✓ activity levels and performance
- ✓ concentration and focus
- ✓ productivity and reduces absenteeism
- ✓ overall physical and mental well-being and reduces risk of chronic disease

## What can I expect by joining?

- A 30 minute telephone interview with one of our partners. Results will be kept anonymous.
- Independent assessments of your facility's cafeteria, concession and/or vending services.
- An invitation to a workshop to review the learnings and plan for a healthy future state.

## What will I receive by joining?

- Resources and support based on best science to improve the availability of healthy food and drinks in your facility while protecting profit,
- a certificate of participation to display, and
- an entry to win a tablet valued at \$200.

## How to join

If you have influence over foods and drinks offered in a public recreation facility:

1. Register online before August 1, 2018 at <https://form.jotform.com/73206364312246>.
2. One of our partners will connect with you to discuss next steps.

Participation in the Eat Healthy, Play Healthy initiative is voluntary; participants have the right to withdraw at any time.



**Eat Healthy  
Play Healthy**