



Eat Healthy
Play Healthy

Creating Supportive Food Environments in Saskatchewan Sport & Recreation Settings

Part I of III
September 11, 2019

- This webinar will be recorded and made available on SPRA's website
- Visit www.spra.sk.ca/resources-and-advocacy/eat-healthy-play-healthy/ to read/print:
Healthy Foods for my Recreation Setting
 - *Nutrition Standards*
 - *Getting Started*
- Mute your audio
- Submit questions in the chat box

Our Partners



Saskatchewan
Parks and Recreation
Association



Saskatchewan
Health Authority

Heart and Stroke

Today's Presenter



Melanie Warken
Public Health Nutritionist
SK Health Authority



Outline

- About us
- National framework
- Current state of food environments in sport and recreation
- National movement
- Saskatchewan movement
- New resources
 - *Healthy Foods for my Recreation Setting*
 - *Nutrition Standards for Saskatchewan*
 - *Getting Started*



Our Vision & Mission

- Healthy food environments exist in Saskatchewan sport and recreation settings so children, youth and adults are supported in performance and overall health and well-being.
- To build capacity in recreation leaders and food service providers to improve the factors that influence healthy choices:

What's available and accessible

How they are priced

Where they are placed

How they are marketed

Food Environment



Our Process

2016

- Formed an advisory committee

2017

- Preliminary online survey
- Planning for comprehensive data collection

2018

- Telephone interviews
- Concession, vending and food marketing surveys
- Resource development

2019

- Release of data and resources



Poll:

Which best describes your area of work?



Poll:

**Which best describes your role in this area
of work?**



Poll:

**How would you rate your level of
readiness to provide healthy
food and drink options?**

Wellness is the Business of Recreation

Recreation provides multiple pathways to **wellbeing** for individuals, communities, and for our built and natural environments.”

“Health and wellbeing is determined by the physical and social conditions that people experience...in the places where they live, learn, work and play.”

A Framework for Recreation in Canada 2015 Pathways to Wellbeing

A Joint Initiative of the Interprovincial Sport and Recreation Council
and the Canadian Parks and Recreation Association



- Goal 1 of 5: Foster **active living** through physical recreation
- Goal 4 of 5: Ensure the provision of **supportive physical and social environments**

Good nutrition is strongly linked to positive health outcomes

- Better overall health
- Improved athletic performance
- Lower disease risk
- Feeling better
- Stronger muscles and bones
- More energy



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Why sport and recreation settings?

- Are a common gathering place for people of all ages
- 74% of SK households with children reported accessing a public rec facility in the last 12 months (SPRA, 2017)
- Public funding should support positive health outcomes
- Recreation settings provide important learning opportunities
- Staff and coaches are role models
- Linkage to public education settings
- Changing tastes of consumers

How Food Environments Influence Our Behaviours



<https://everactive.org/hosting-healthy-sporting-events-video/>



Eat Healthy
Play Healthy

Food Environments ... where we live, learn, work, play and rest.

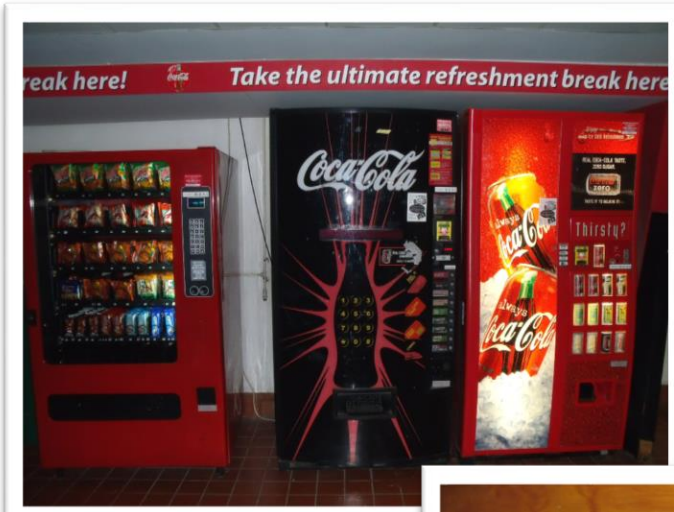


Source: McLaughlin, Atkey & Hughes. (2016). CPRA: Supporting Wellness in Recreation through Healthy Food Environments.

Sport & Recreation Food Environments



Eat Healthy
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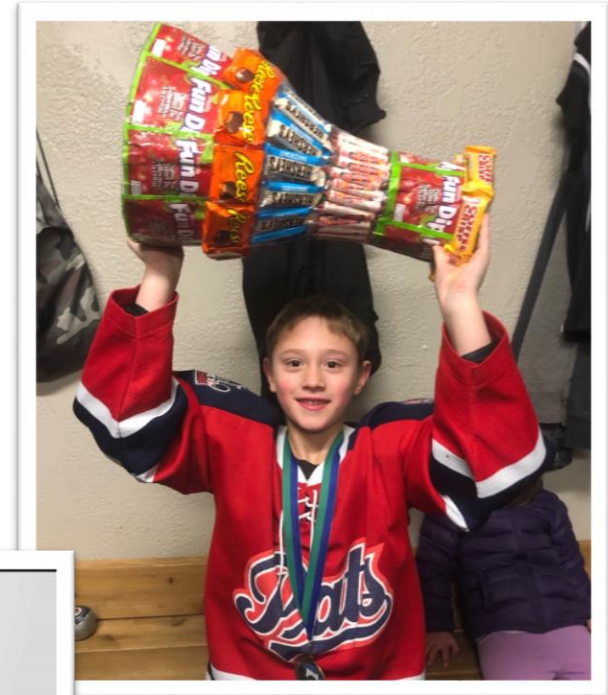
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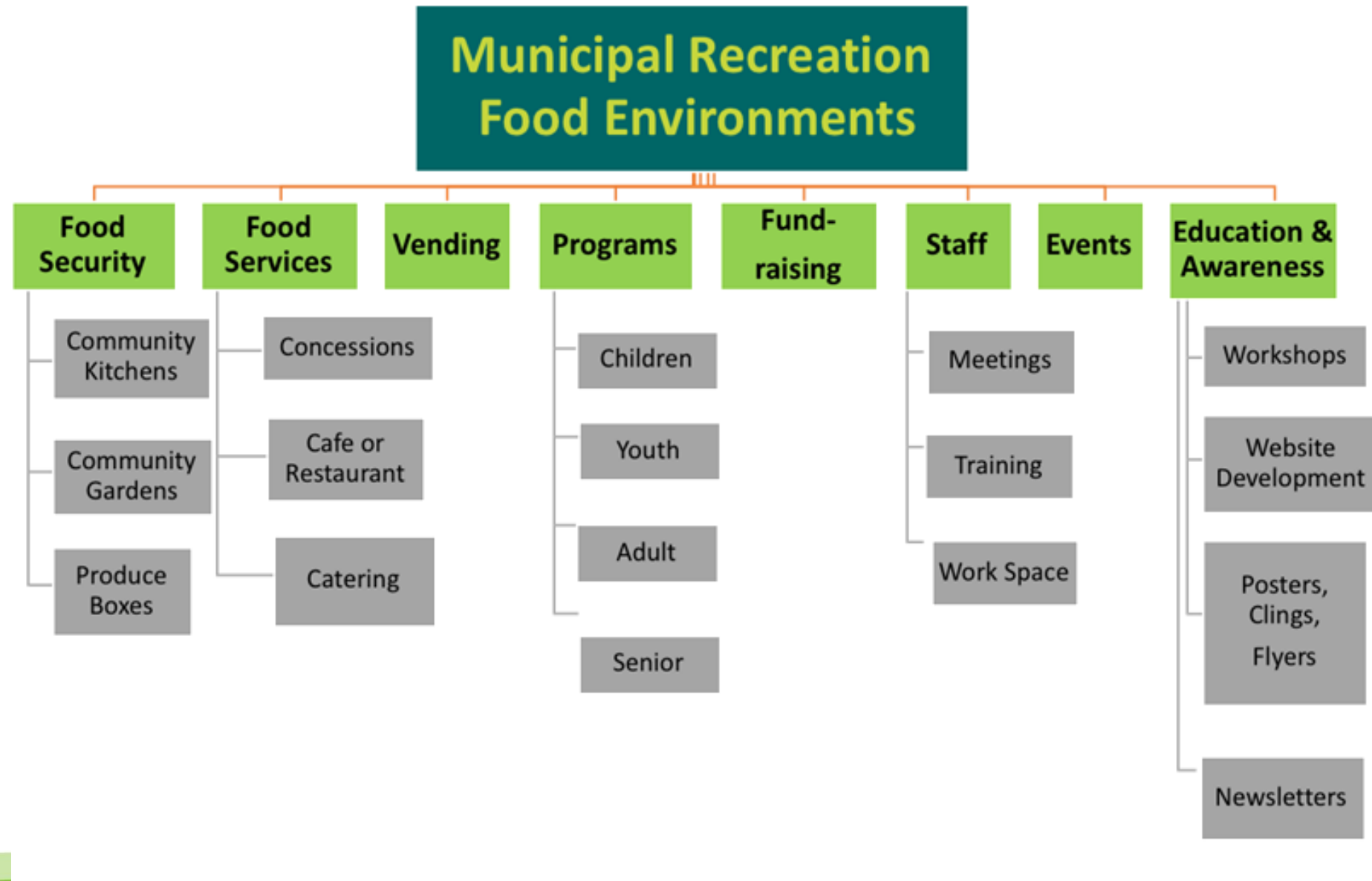
Children and youth involved in sports consumed more calories, fast food and sugary beverages than those who did not participate in sport.

(Nelson, Stovitz, Thomas, et al., 2011)



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National movement



Eat Healthy
Play Healthy

- Began in BC, followed by AB, ON, NB, NS and others
 - "Stay Active, Eat Healthy" hub: stayactiveeathealthy.ca



Common approach:

- Partnership & capacity building
- Research
- Develop policies and guidelines
- Resources for change

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Let's Work Together

- Many roles can influence sport and recreation food environments
 - Provincial ministries, municipalities, recreation practitioners/operators, staff, coaches, and volunteers
- Consumers hold the greatest clout – preferences are changing and helping to drive the change towards healthy food and drink options
 - Are you ready for this change?
 - Are you exploring options – big or small?

What Research Tells Us...



Eat Healthy
Play Healthy

- SPRA's Surveying the Field 2018
 - 79% agreed or strongly agreed that facilities should offer healthy food options
 - Only 3% somewhat or strongly disagreed
- Priorities For Action
 - Work with recreation and sport facilities in your community to ensure patrons have the choice of healthy food options





What Research Tells Us...

- Need for support and direction
 - "It's hugely difficult actually, and you don't really stop to think about it until something like this comes out" (RLI1)
 - "There's nothing that guides me as a director" (RLI8)
 - "We don't have enough knowledge or resources coming from you guys or the health region ... like any of that would help in directing us in making better choices" (RLI6)
 - "I do think this is so valuable and I just want to thank you guys for reaching out to communities and for offering some help" (FSPI1)



What Research Tells Us ...

- Need for nutrition guidance
 - "I am not a nutritionist. I don't know the best guideline to follow ... or what to offer, or how to offer it ..." (FSP2)
 - "We'd be curious to know what professionals are saying healthy choices are ..." (RLI13)
 - "... I feel we are just kinda winging it so having something like standards and resources with what we could offer or things like that would be really helpful" (RLI6)

Healthy Foods for my Recreation Setting Series

- Resources to support change:

1. Nutrition Standards for Saskatchewan
2. Getting Started
3. A Step-by-Step Guide (coming soon)

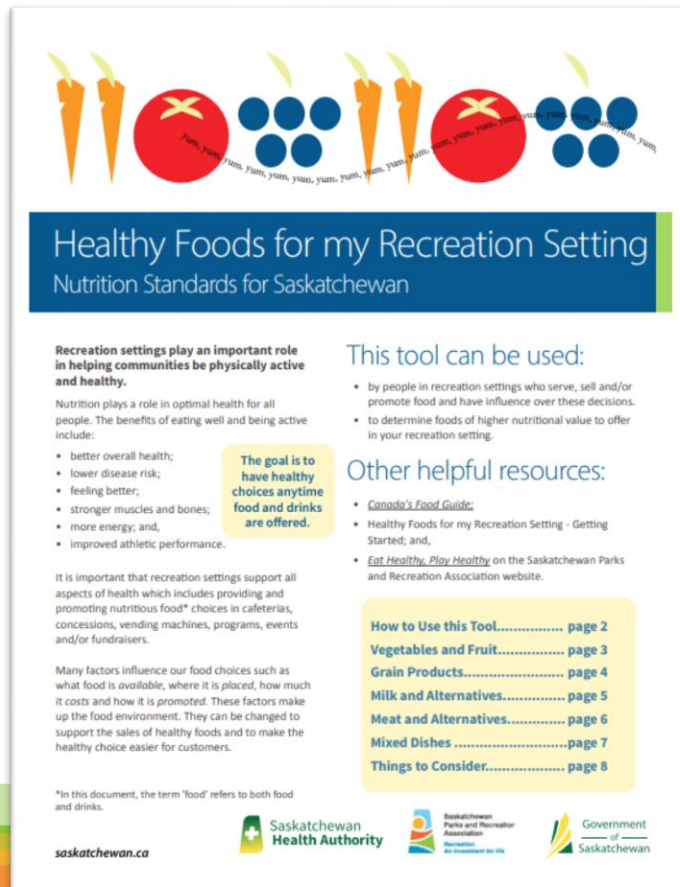
- Available online:

[www.spra.sk.ca/ resources-and-advocacy/ eat-healthy-play-healthy/](http://www.spra.sk.ca/resources-and-advocacy/eat-healthy-play-healthy/)



Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan



- For people in sport and recreation settings who serve, sell and/or promote food and have influence over these decisions
- Adapted from *Healthy Foods for my School*
- To determine foods of higher nutritional value to offer

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

- Divides foods into 5 categories:

Vegetables and Fruit



Grain Products



Milk and Alternatives



Meat and Alternatives



Mixed Dishes



Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Vegetables and Fruit



- The food belongs if:
 - The first ingredient is a vegetable or fruit; and,
 - Sugar is not the first ingredient (sugar comes in many forms such as honey, molasses, fruit juice, fruit juice concentrate or fruit puree concentrate).

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Grain Products



- The food belongs if:
 - The first ingredient is a whole grain, enriched wheat flour or rice.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Milk and Alternatives



- The food belongs if:
 - The first ingredient is a milk or a milk product, not including cream; or,
 - Water is the first ingredient and the second ingredient is soy.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Meat and Alternatives



- The food belongs if:
 - The first ingredient is listed is a meat (beef, pork, lamb, wild meat, etc.), fish, shellfish, poultry, egg, legume (lentils, chickpeas, kidney beans, etc.), nut, seed, tofu or soy.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Mixed Dishes



- The food belongs if:
 - It is prepared and packaged with a food label; and,
 - It contains a significant amount of food from at least two of the four food groups.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan



- Each of the 5 categories has its own nutrition standards
- Compare standards to the food label to determine if it is:
 - Offer Most Often
 - Offer Sometimes
 - Offer Least Often

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan



Eat Healthy
Play Healthy

Offer Most Often

- Contain a variety of nutrients
- Generally lower in fat, sugar, salt and higher in fibre than Offer Sometimes foods

Offer Sometimes

- Often processed
- Some nutrients
- Generally higher in fat, sugar, salt and lower in fibre than Offer Most Often foods

Offer Least Often

- Few nutrients
- Often highly processed
- Generally higher in fat, sugar, salt and lower in fibre than Offer Most Often and Offer Sometimes foods

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Let's practice!

- Vanilla yogurt



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Valeur nutritive Nutrition Facts

pour 3/4 tasse (175g)
Per 3/4 cup (175g)

Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 140	
Lipides / Fat 4,5g	7 %
saturés / Saturated 2,5g	14 %
+ trans / Trans 0,1g	
Cholestérol / Cholesterol 20mg	
Sodium / Sodium 80mg	3 %
Glucides / Carbohydrates 19g	6 %
Fibres / Fibre 0g	0 %
Sucres / Sugars 18g	
Protéines / Protein 7g	
Vitamine A / Vitamin A	4 %
Vitamine C / Vitamin C	2 %
Calcium / Calcium	25 %
Fer / Iron	0 %

Lait partiellement écrémé, sirop aromatisé à la vanille (Sucre, eau, arôme naturel, pectine, gomme de caroube, jus de citron concentré), sucre, protéines de lait, cultures bactériennes.

Partly skimmed milk, vanilla flavoured syrup (sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate), sugar, milk protein, bacterial cultures.

<https://www.liberte.ca/en/products/plain-2-percent>

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

1. What food group does this yogurt product belong to?

Vegetables and Fruit



Grain Products



Milk and Alternatives



Meat and Alternatives



Mixed Dishes



Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan



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Ingredients:

- In order of weight, from most to least
- The first few usually help to identify the food category that it belongs to

Valeur nutritive Nutrition Facts

pour 3/4 tasse (175g)
Per 3/4 cup (175g)

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+ trans / Trans 0,1g	
Cholestérol / Cholesterol 20mg	
Sodium / Sodium 80mg	3 %
Glucides / Carbohydrates 19g	6 %
Fibres / Fibre 0g	0 %
Sucres / Sugars 18g	
Protéines / Protein 7g	
Vitamine A / Vitamin A	4 %
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Lait partiellement écrémé, sirop aromatisé à la vanille (Sucre, eau, arôme naturel, pectine, gomme de caroube, jus de citron concentré), sucre, protéines de lait, cultures bactériennes.

Partly skimmed milk, vanilla flavoured syrup (sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate), sugar, milk protein, bacterial cultures.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

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Milk and Alternatives

The food belongs in the **Milk and Alternatives**
Category if:

- the first ingredient is milk or a milk product, not including cream; or,
- water is the first ingredient and the second ingredient is soy.

Lait partiellement écrémé, sirop aromatisé à la vanille (Sucre, eau, arôme naturel, pectine, gomme de caroube, jus de citron concentré), sucre, protéines de lait, cultures bactériennes.

Partly skimmed milk, vanilla flavoured syrup (sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate), sugar, milk protein, bacterial cultures.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

1. What food group does this yogurt product belong to?

Vegetables and Fruit



Grain Products



Milk and Alternatives



Meat and Alternatives



Mixed Dishes



Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

2. Is this yogurt: Offer Most Often, Offer Sometimes or Offer Least Often



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Offer Most Often

To meet the Offer Most Often standard, the food needs to:

- have no sugar added (sugar comes in many forms such as honey, molasses, fruit juice, fruit juice concentrate or fruit puree concentrate).
- be low in fat.

Possible examples of Offer Most Often foods:

- unsweetened skim, 1% or 2% white milk
- fortified, unsweetened soy beverages
- low fat evaporated milk
- plain and unsweetened yogurt

Valeur nutritive Nutrition Facts

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Lait partiellement écrémé, sirop aromatisé à la vanille (Sucre, eau, arôme naturel, pectine, gomme de caroube, jus de citron concentré), sucre, protéines de lait, cultures bactériennes.

Partly skimmed milk, vanilla flavoured syrup (sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate), sugar, milk protein, bacterial cultures.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

2. Is this yogurt: Offer Most Often, Offer Sometimes or Offer Least Often?



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Offer Sometimes

Use the food label on the package to see if the food meets the Offer Sometimes standard.

Milk and Alternatives

Per specific amount listed on label

Fat 10 g or less

+ Trans 0.5 g or less

Sodium 350 mg or less

Sugars 25 g or less

Calcium 10% DV or more

Possible examples of Offer Sometimes foods:

- whole milk
- flavoured and chocolate milk
- fortified, flavoured soy beverages
- flavoured yogurt and yogurt tubes
- pudding made with milk

Valeur nutritive Nutrition Facts

pour 3/4 tasse (175g)

Per 3/4 cup (175g)

Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 140	
Lipides / Fat 4,5g	7 %
saturés / Saturated 2,5g	14 %
+ trans / Trans 0,1g	
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Vitamine C / Vitamin C	2 %
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Lait partiellement écrémé, sirop aromatisé à la vanille (sucre, eau, arôme naturel, pectine, gomme de caroube, jus de citron concentré), sucre, protéines de lait, cultures bactériennes.

Partly skimmed milk, vanilla flavoured syrup (sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate), sugar, milk protein, bacterial cultures.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Let's practice!

- Mexican Chicken Tortilla Soup



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Ingredients

Water, Tomato Puree (Water, Tomato Paste), Pinto Beans, Brown Rice, Modified Food Starch, Chicken Meat, Corn, Red Peppers, Contains Less Than 2% Of: Wheat Flour, Tortilla Chips (Corn, Peanut Oil, Salt, Lime), Salt, Potassium Chloride, Cheese Paste (Monterey Jack Cheese [Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Milk, Cultures, Salt, Enzymes], Surface Ripened Semisoft Cheese [Milk, Cultures, Salt,

Nutrition Facts

Serving size 1/2 Cup (120mL) Condensed Soup
About 2.5 Servings Per Container

Amount per serving

Calories 120

Calories from Fat 20

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 5mg	2%
Sodium 410mg	17%
Potassium 600mg	17%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Total Sugars 2g	
Protein 4g	
Vitamin A	6%
Vitamin C	0%
Calcium	4%
Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

1. What food group does this soup belong to?

Vegetables and Fruit



Grain Products



Milk and Alternatives



Meat and Alternatives



Mixed Dishes



Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan



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Ingredients:

- In order of weight, from most to least
- The first few usually help to identify the food category that it belongs to

Ingredients

Water, Tomato Puree (Water, Tomato Paste), Pinto Beans, Brown Rice, Modified Food Starch, Chicken Meat, Corn, Red Peppers, Contains Less Than 2% Of: Wheat Flour, Tortilla Chips (Corn, Peanut Oil, Salt, Lime), Salt, Potassium Chloride, Cheese Paste (Monterey Jack Cheese [Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Milk, Cultures, Salt, Enzymes], Surface Ripened Semisoft Cheese [Milk, Cultures, Salt,

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Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

1. What food group does this soup belong to?

Vegetables and Fruit



Grain Products



Milk and Alternatives



Meat and Alternatives



Mixed Dishes



Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

2. Is this soup:
Offer Most Often,
Offer Sometimes or
Offer Least Often?



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Offer Most Often

The food has to meet the standard for fat, sodium, sugar, fibre AND at least one of the following: calcium, iron or potassium.

Mixed Dishes

Per specific amount listed on label

Fat 10 g or less

Saturated 2 g or less
+ Trans 0.5 g or less

Sodium 700 mg or less

Sugars not the first or second
ingredient

Fibre 2 g or more AND

Calcium, iron or potassium At least one nutrient
is 10% DV or more

Ingredients

Water, Tomato Puree (Water, Tomato Paste), Pinto Beans, Brown Rice, Modified Food Starch, Chicken Meat, Corn, Red Peppers, Contains Less Than 2% Of: Wheat Flour, Tortilla Chips (Corn, Peanut Oil, Salt, Lime), Salt, Potassium Chloride, Cheese Paste (Monterey Jack Cheese [Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Milk, Cultures, Salt, Enzymes], Surface Ripened Semisoft Cheese [Milk, Cultures, Salt,

Nutrition Facts

Serving size 1/2 Cup (120mL) Condensed Soup
About 2.5 Servings Per Container

Amount per serving

Calories 120

Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.5g

Cholesterol 5mg 2%

Sodium 410mg 17%

Potassium 600mg 17%

Total Carbohydrate 21g 7%

Dietary Fiber 3g 12%

Total Sugars 2g

Protein 4g

Vitamin A 6%

Vitamin C 0%

Calcium 4%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily value may be higher or lower depending on your calorie needs.

Healthy Foods for my Recreation Setting

Getting Started



Eat Healthy
Play Healthy

- Small changes to what we eat and drink can make a big difference for performance and overall health

Healthy Foods for my Recreation Setting Getting Started

Small changes in what we eat and drink can make a big difference for athletic performance and overall health. When food and drinks are provided in recreation settings, it is important that healthy options are available. To learn how to determine which foods are healthier, use *Healthy Foods for my Recreation Setting – Nutrition Standards for Saskatchewan*.

Simple ways to get started:

Modify existing menu items.

- Offer whole grain breads, buns and wraps.
- Skip the deep fryer; bake fries and grill meats.
- Provide dips and dressing on the side and/or in smaller portions.
- Use lower sodium soups, sauces and condiments.
- Offer milk or water in a combo rather than pop.
- Use veggie sticks or salad with a combo.
- Try making menu items in-house.

Add new tasty meal ideas.

- Breakfast burrito or sandwich.
- Chili made with beans and vegetables.
- Soup or stew served with whole wheat bannock.
- Whole grain pasta served with tomato-based sauce.
- Quesadillas with chicken, black beans, vegetables and cheese.
- Black beans/lentils served with brown rice.
- Lean meat and cheese plate with whole grain pita wedges or crackers, vegetables and/or fruit.
- Dahl with whole wheat naan or roti.
- Rice bowls with vegetables and shrimp.
- Grilled fish tacos with shredded cabbage.

Price wisely.

- Price healthy items at the same or lower price than less healthy items. This may mean slightly increasing the price of less healthy foods.
- Offer healthy items as a 'special' or 'meal deal' such as: grilled chicken burger with a veggie cup.

Promote healthy choices.

- Tournaments are a great time to trial adding more healthy options to your menu. Send your healthy menu out with tournament packages so teams can plan and pre-order healthy choices.
- Place healthy menu items front and centre so they are highly visible and within reach. Try a fruit basket at the till.
- Make healthy items convenient to grab and go. Try an apple and cheese string combo.
- Use signs and posters to promote the great taste of healthy menu items.
- Provide free samples of healthy items for customers to taste.
- Label **Offer Most Often** food items with a healthy choices symbol.

Healthy Foods for my Recreation Setting Getting Started

Small changes in what we eat and drink can make a big difference for athletic performance and overall health. When food and drinks are provided in recreation settings, it is important that healthy options are available. To learn how to determine which foods are healthier, use *Healthy Foods for my Recreation Setting – Nutrition Standards for Saskatchewan*.

Simple ways to get started:

Add healthy no prep snacks:

- Fresh apples, oranges, pears or bananas.
- Unsweetened applesauce or fruit cups.
- Tuna and cracker packages.
- Hummus and cracker packages.
- Granola bars lower in sugar and higher in fibre.
- Cottage cheese or yogurt cups.
- Cheese strings or packets of cheese.
- Hard-boiled eggs.

Make your rink burger better.

- Use a fresh whole grain bun.
- Top the burger with fresh tomato, onion and leafy green lettuce.
- Offer an un-breaded chicken breast, salmon burger or vegetarian patty option at the same price.
- Compare labels. Choose a brand lower in saturated fat, sodium and/or sugar.
- Prepare menu items without condiments. Provide a self-serve station for customers.

Try including healthy low prep snacks:

- Air popped popcorn.
- Yogurt, granola and fruit parfait.
- Smoothies made with unsweetened yogurt, frozen fruit and milk.
- Fresh fruit with yogurt dip or cottage cheese.
- Trail mix made from a combination of unsalted nuts and seeds, dried fruit, shredded coconut, pretzels, and/or unsweetened cereal.
- Small whole grain muffins.
- Whole grain bagel with light cream cheese and cucumber.

Focus on healthy drinks.

- Promote healthy drinks such as white milk and water as much as possible.
- Let people know if the water in your facility is safe to drink. Make water filling stations available and post signs to tell customers where they can fill their water bottles for free.
- Make water the most prominent drink choice in your facility. Place bottled water at eye level to encourage sales.
- Sugary drinks are not recommended. Slowly cut-back on the advertising of and/or the availability of sugary drinks in your facility. These include fruit punches, fruit drinks, vitamin waters, energy drinks, sports drinks and pop.
- If you offer 100% unsweetened vegetable or fruit juice, offer smaller serving sizes such as juice boxes.

There are many places you can find healthy recipes. Here are a few links to get you started:

- [Saskatchewan Health Authority Pinterest page](#),
- [Cookspiration](#), or
- [Tips and Recipes for Quantity Cooking](#).

Developed in collaboration with the Public Health Nutritionists of Saskatchewan Working Group. November 2018.

saskatchewan.ca



Healthy Foods for my Recreation Setting

Getting Started



Simple ways to get started:

- Modify existing menu items (e.g. make link burger better)
- Add new tasty meal ideas
- Add healthy no or low prep snacks
- Price wisely
- Promote healthy choices
- Focus on healthy drinks



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SK Success Stories

- "I can see it coming. I know I've had wraps in the concession since 2005, and the last year we sold a significant amount and to date and this year is even better than last year so I think people are becoming more aware of it." (FSPI2)
- "... for different tournaments and stuff, I had made energy balls and they flew off." (FSPI3)
- "She'll make a little homemade cups of cut up veggies with a little bit of dip in the bottom just to grab quickly." (FSPI3)



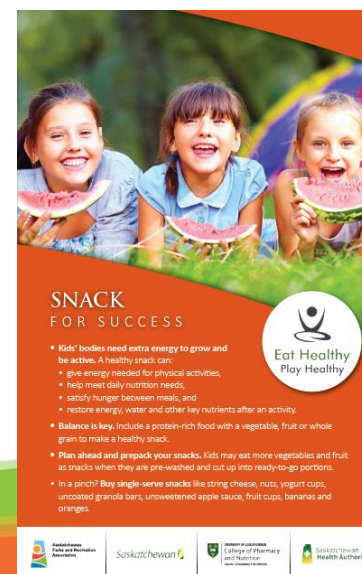
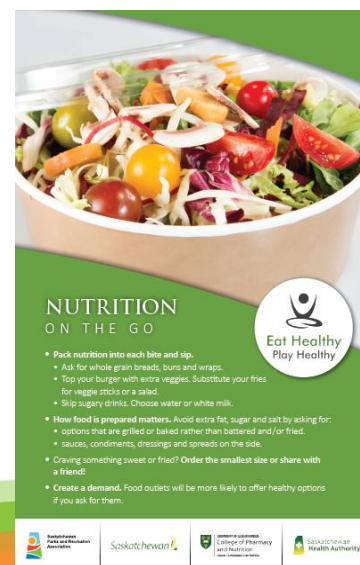
Future Webinars – 3 Part Series

- Part II
 - Wednesday, November 13, 2019 at 11:00 am – 1 hour
 - We will introduce the third resource of Healthy Food for my Recreation Setting series: A Step-By-Step Guide. The Guide provides a wide range of practical information and tools to support healthy change. The webinar will walk through sections that answer some of the more common concerns we have heard across SK.
- Part III
 - Wednesday, December 11, 2019 at 11:00 am – 1 hour
 - We will discuss the prevalence of food marketing in sport and recreation settings, and what is happening in Canada to protect kids from unhealthy marketing. We will discuss ways to identify food marketing in your settings and ways to reduce the presence of unhealthy marketing.



Other Support Resources

- *Stay Active Eat Healthy* at stayactiveeathealthy.ca
- *SPRA Eat Healthy Play Healthy* at www.spra.sk.ca
 - Nutrition posters





Eat Healthy
Play Healthy

Contact Us

- For general questions or inquiries,
email: eathealthy.playhealthy@usask.ca
- For additional support, find your local public health office at
saskatchewan.ca
- Eat Well Saskatchewan at eatwellsask.usask.ca