



Resources to Create a Healthy Food Environment

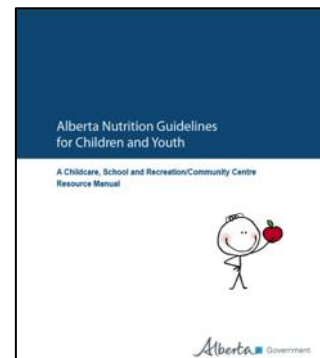
Alberta Nutrition Guidelines

Alberta Nutrition Guidelines for Children and Youth: A Childcare, School, and Recreation/Community Centre Resource Manual

Alberta Health

The Alberta Nutrition Guidelines for Children and Youth (ANGCY) can assist Albertans to create an environment that provides healthy food choices and promotes healthy attitudes about food.

Link: <http://www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Children-Youth.pdf>

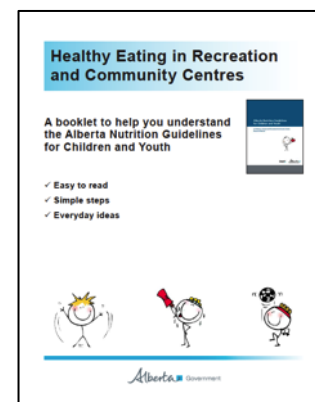


Healthy Eating in Recreation and Community Centres

Alberta Health

This easy to read booklet is for people who work or volunteer at Alberta recreation centres and community centres. This booklet is also for food service operators. This booklet will help to explain the Alberta Nutrition Guidelines for Children and Youth.

Link: <http://www.health.alberta.ca/documents/Nutrition-Healthy-Eating-AB-RecCommCentres.pdf>

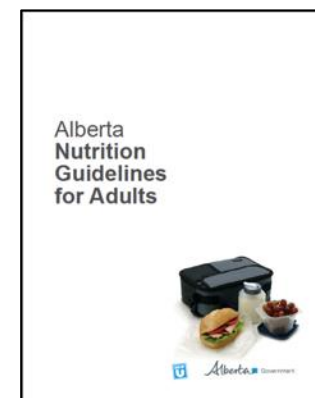


Alberta Nutrition Guidelines for Adults

Alberta Health

The Alberta Nutrition Guidelines for Adults (ANGA) can assist Albertans to create healthier eating environments in their homes, workplaces, and in public settings.

Link: <http://www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Adults.pdf>





Healthy U Food Checker

Alberta Health Services

Enter the nutrition information from a Nutrition Facts Table into this tool to find out if a food or beverage choice is a Choose Most Often, Choose Sometimes or Choose Least Often food according to the Alberta Nutrition Guidelines.

Link: <http://www.albertahealthservices.ca/nutrition/Page13977.aspx>

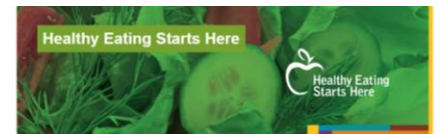
Other Resources

Healthy Eating Starts Here

Alberta Health Services

This website provides many resources to support healthy eating where people live, work, learn and play. Many nutrition education materials are available to download or order, including resources for individuals, parents, families, childcare centres, schools, and workplaces on healthy eating topics such as healthy drinks, breakfast, lunch and snack ideas, eating out and tips for food safety, and the Healthy Eating Starts Here poster series. You can also learn how AHS is working to create a healthy food environment in its own sites and facilities and access resources to make change in your workplace and community.

Link: www.healthyeatingstartshere.ca



Healthy Vending Toolkit

Alberta Health Services

This toolkit guides users through a step-by-step process to take action on healthy vending in schools, recreation centres, or workplaces. It contains evidence-based strategies and tools to create a successful healthy vending program. Vending machine business owners may also find this toolkit useful.

Link: www.albertahealthservices.ca/nutrition/Page13884.aspx





Food Action in Recreation Environments (FARE)

Alberta Policy Coalition for Chronic Disease Prevention

This website provides a collection of policy tools and resources to help individuals and communities take action to create healthier eating environments in recreational facilities. Watch a short video to learn about the topic, discover evidence-based strategies to promote healthy food, and get inspired by successful stories of healthy food and beverage policy change from communities across Canada. <http://www.apccprecproject.com/>

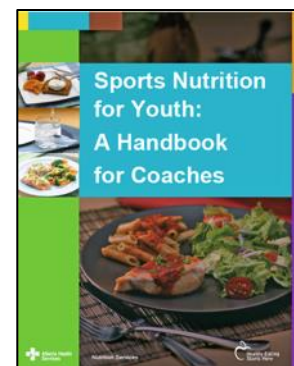


Sports Nutrition for Youth: A Handbook for Coaches

Alberta Health Services

This handbook provides sports nutrition recommendations, teaching tools and learning activities for school and community coaches to guide recreational athletes and active youth aged 12 to 18 years. The handbook also outlines ways in which coaches can help athletes create healthier eating environments at home, at school, while traveling and in recreation centres.

Link: www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf



Hosting Healthy Sporting Events Toolkit

Ever Active Schools

This electronic toolkit was originally developed for schools but has many resources that will be useful to recreation centres, such as healthy choices menus, ready-made posters and presentations, success stories, and research and policy information. The 3-minute video is a great tool to spread the word about why healthy food choices in recreation settings are important.

Link: <http://www.everactive.org/toolkit> and <http://www.everactive.org/hosting-healthy-sporting-events-video>

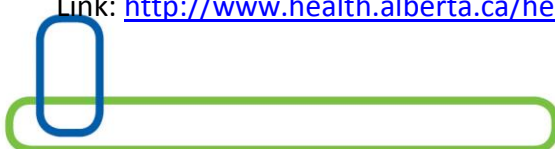
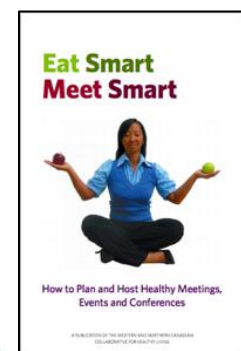


Eat Smart Meet Smart

Western and Northern Collaborative for Healthy Living

Eat Smart Meet Smart is helpful for planning meetings, events and conferences that are healthy for participants - and healthy for the organization. This guide provides ideas for how to make healthy choices and add physical activities that will help keep participants alert, productive and engaged while at work, and encourage healthier choices at home, too.

Link: <http://www.health.alberta.ca/health-info/EatSmartMeetSmart.html>



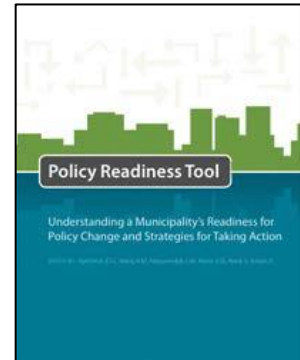


Policy Readiness Tool

University of Alberta, School of Public Health

This resource was designed for individuals, organizations and municipalities interested in creating healthier communities. It is a self-administered questionnaire that helps to assess readiness for policy change and determine appropriate strategies for supporting adoption of healthy public policy.

Link: <http://policyreadinesstool.com>

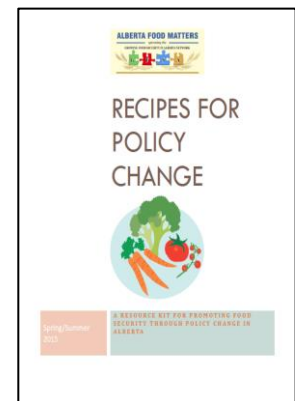


Recipes for Policy Change: A Resource Kit for Promoting Food Security through Policy Change in Alberta

Growing Food Security in Alberta Network

The resource kit outlines key concepts, resources and tools related to food security and public policy advocacy. The resource kit aims to assist communities and groups across the province in advocating for policy change to promote food security in Alberta.

Link: www.foodsecurityalberta.org/node/1887



RecFocus: Healthy Food Environments Module

Alberta Recreation and Parks Association

RecFocus is a series of facility and topic specific analytical services that uses real time comparative data to assess the competencies of an organization or municipality and suggest relevant best practices. Analyze your recreation facilities' nutritional programs, policies and best practices with the Healthy Food Environments module.

Link: <http://arpaonline.ca/program/excellence-series/recfocus/>

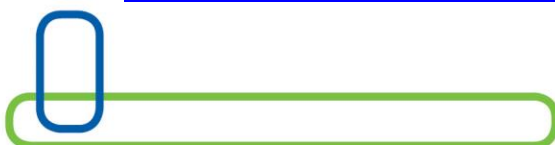


Stay Active Eat Healthy

BC Recreation and Parks Association

This website is based on BC's nutrition guidelines and designed for individuals working within a recreation setting who wish to learn more about how to provide healthy food and beverages in their facility. This resource provides an overview of the food environment and a toolkit offering a step-by-step approach to offering healthy choices as well as individual actions and ideas to help you achieve your healthy choices goals.

Link: <http://stayactiveeathealthy.ca/managers/index.html>





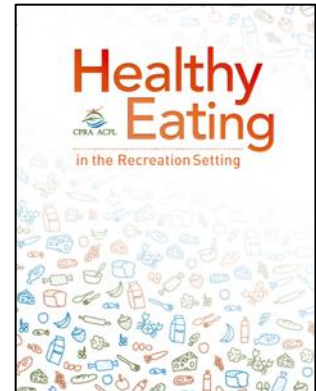
Healthy Eating in the Recreation Setting

Canadian Parks and Recreation Association

This supplement was designed for staff and volunteers who are providing recreation services and are interested in integrating healthy eating into recreation settings. The tools and resources in this supplement are designed to help mobilize communities following a seven-step process.

Link:

[http://lin.ca/sites/default/files/attachments/CPRA_HealthyEating_ENG\[1\]\[1\].pdf](http://lin.ca/sites/default/files/attachments/CPRA_HealthyEating_ENG[1][1].pdf)



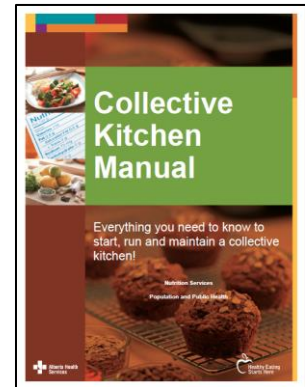
Healthy Eating in the Community

Collective Kitchen Manual

Alberta Health Services

Collective kitchens are community-based cooking programs where small groups of people get together to cook. This manual is intended to support individuals, groups or organizations in Alberta to start and maintain a collective kitchen.

Link: www.albertahealthservices.ca/nutrition/Page10990.aspx



Community Gardens Handbook: A Guide for Community Groups in Alberta

Alberta Health Services

This manual is intended to support groups in Alberta who want to start community gardens and is based on best practice research about community gardens. It lists key steps to starting a garden and provides tools and tips to help along the way.

Link: www.albertahealthservices.ca/nutrition/Page11409.aspx

