



# Healthy Eating News

A special newsletter for North Vancouver Recreation Commission Staff

newsletter

## Health Matters

### Nutrition Month Top 10 List



1. Want to feel your best? Eat well and get physical. Visit [www.northshorewalks.com](http://www.northshorewalks.com)
2. Benefit from balance – challenge and support family members to achieve and maintain a healthy weight.
3. Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
4. Give your food portions a makeover – look at moderation in serving sizes.
5. Colour your world with vegetables and fruit!
6. Be a savvy shopper – get the nutrition facts on foods from the label.
7. Make meal time a family affair!
8. Healthy eating is more than a flash in the pan – it's a lifetime commitment.
9. Make [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) your 'go to' place for trusted nutrition information and fun, healthy eating ideas! Use the recipe analyzer tool to find ingredient substitution tips on how to make your recipes healthier
10. Have a food or nutrition question? Ask a Registered Dietitian! Call 811
11. Try this recipe to roast a variety of local vegetables. Vegetables that take less time to cook, e.g., peppers and zucchini, can be added halfway through the cooking time.

#### Recipe of the Month - Roasted Vegetables

- 3 cups (750 ml) assorted vegetables, e.g. sliced carrots, cubed squash, sliced parsnips, cubed sweet potato
- 1 tbsp (15 ml) olive or canola oil
- garlic clove, minced
- 1 tsp (5 ml) thyme
- salt and pepper, to taste

Place vegetables on rimmed baking sheet. Combine remaining ingredients in a small bowl. Pour oil mixture over vegetables and toss to mix. Bake at 425°F (220°C) for 25 minutes or until tender. Serves 4.

## Fuel for Fitness and Health

### Harry Jerome Community Recreation Centre awarded Healthy Eating Program Grant

The Harry Jerome Recreation Centre received a Union of BC Municipalities grant to make the healthy choice the easy choice. A Healthy Choices Committee with members from each of the North Vancouver Community Recreation Centres, North Shore Connexions (The Muffin Company), a hired coordinator, a member of the public and a Vancouver Coastal Health dietitian helped to guide the changes. They built upon the improvements that began in November 2007 to vending machines. The Muffin Company and all vending machines located in NVRC facilities offer healthy choices that meet the provincial *Nutritional Guidelines for Vending Machines in BC Public Buildings* with the exception of sport drinks and hot beverages in vending machines.

This move to healthy choices is part of a larger trend across British Columbia to improve the eating environments in schools, public buildings, and now recreation facilities. The changes also support the North Vancouver Recreation Commission's mission to build healthy individuals, families and communities, not only through recreation but also through healthy eating.

Here's a summary of the categories used for the provincial vending machine guidelines:

**Choose Most** – These items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed. A double check mark is used to identify these choices (✓✓).

**Choose Sometimes** – These items (such as flavoured yogurts) tend to be nutritious, moderately salted, sweetened, or processed. A single check mark is used to identify these choices (✓).

**Choose Least** – These items (such as French fries) tend to be low in key nutrients such as iron and calcium or may be highly salted, sweetened or processed.

**Not Recommended** – These items (including candies and drinks where sugar is the first ingredient or the second ingredient after water) tend to be highly processed or have very high amounts of sweeteners, salt, fat, trans fat or calories relative to their nutritional value.



*Lewis Vending representative shows off new vending machines that offer healthy choices at Harry Jerome*

At least half of the choices for sale need to be Choose Most with the remainder from the Choose Sometimes category. Sport drinks do not meet the guidelines but they are available in vending machines for those people who are training hard for 90 minutes or longer. For most people, water is the best choice to help improve performance.

The North Vancouver Recreation Commission is concerned about the health of the people who work here or participate in our meetings or programs. We are encouraging everyone who uses our facilities to follow the provincial guidelines. Additionally, any Requests for Proposals (RFP) for food-related services such as concessions or vending will require bidders to agree to meet the provincial guidelines.

## Recreation Staff take on Healthy Eating Challenge!

North Vancouver Recreation Commission staff are embracing our new healthy eating guidelines by using the following tools and ideas:

### Healthy Eating Commission Wide

Aim for mainly Choose Most foods when possible;

- Choose Most (✓✓) and Choose Sometimes (✓) options sold in facility vending machines will be indicated with a checkmark;
- Choose Most choices should be positioned to promote visibility;
- The marketing of less healthy foods, i.e. Choose Least and Not Recommended foods, will not be allowed within the facility (includes Playcard Partner activities as well as third party programs);
- Northvanrec programs and events will not use Choose Least or Not Recommended foods as a reward;
- Foods provided for child/youth programs on site should meet the Choose Most and Choose Sometimes guidelines in most cases. Small portions of unhealthy options can be offered occasionally;
- Children should be provided a comfortable, calm environment in which to eat meals while participating in programs;
- Staff will be offered training encouraging healthy snacks to be brought from home;
- Staff will be provided with a place to refrigerate and heat food brought from home.



*Who said healthy eating had to be boring? Linette, Jackie and Joyce preparing sweet treats at the Healthy Eating BBQ at Harry Jerome Community Recreation Centre.*

*Playcard Patrol Volunteers promoting healthy eating and physical activity at community events.*



## Healthy Eating @ Meetings and Special Events

The staff healthy eating team has come up with some great suggestions for events and meetings. Here are the guidelines to help you serve up healthy choices:

- Food and drinks may not be required for every meeting. Consider offering food only at longer meetings or at meetings held during what would normally be a meal-time for participants;
- For meetings under two hours in length, you may want to offer coffee, tea and water only;
- Foods served at special events and official staff gatherings hosted in North Vancouver Recreation Commission facilities should meet the Choose Most and Choose Sometimes guidelines in most cases. Small portions of unhealthy options can be offered occasionally;
- Staff are encouraged to meet Choose Most and Choose Sometimes guidelines for food provided at internal staff meetings or official staff training events;
- When planning meetings, conferences or special events, be mindful of food allergies and dietary restrictions which may require special attention.

## Suggested one stop menus from Real Canadian Super Store

### Beverages

Provide water, club soda/juice mix, and/or coffee & tea

### Morning Meeting Shopping List:

President's Choice Blue Menu Bagels – Multigrain flax, oatmeal

No Name Peanut Butter – Smooth or Crunchy

Light Cream Cheese

Any of:

- Neilson Stirred Yogurt – Blueberry, raspberry, fruit cup 175g
- Neilson Stirred Yogurt – Strawberry, peach 175g
- Olympic 5% yogurt Natural Yogurt, Balkan Style 125mL
- Olympic Organic Original Yogurt Blueberry 175g
- Individual fresh fruit i.e. apples

### Light Lunch Shopping List:

Bakery multigrain crusty rolls

Any combination of:

- Black Diamond Cheese – cheddar, marble, mozzarella 30g
- President's Choice Blue Menu Extra Lean Stone Roasted Ham
- President's Choice Blue Menu Oven Roasted Chicken Breast
- Lettuce
- Tomatoes
- Mustard

Plus any of the following:

- Neilson Stirred Yogurt – Blueberry, raspberry, fruit cup, black cherry 175g
- Neilson Stirred Yogurt – Strawberry, peach 175g
- Olympic 5% yogurt Natural Yogurt, Balkan Style 125ml
- Olympic Organic Original Yogurt Blueberry 175g
- Individual fresh fruit i.e. apples, oranges, bananas



*Staff and community members enjoyed healthy BBQ*

## Healthy Eating & Living Resources

### Provincial Resources

#### HealthLink BC

[www.healthlinkbc.ca/kbaltindex.asp](http://www.healthlinkbc.ca/kbaltindex.asp)

Dial 811 and ask to speak to a dietitian, service is available in 130 different languages.

#### ActNow BC

[www.actnowbc.ca](http://www.actnowbc.ca)

#### Stay Active Eat Healthy Program

BCRPA and UBCM's site with information on making the healthy choice the easy choice in recreation centres and public buildings. [www.stayactiveeathealthy.ca](http://www.stayactiveeathealthy.ca)

#### Promising Practices for Transitioning to Healthier Choices

is now available on YouTube.

[www.youtube.com/user/bcrpa](http://www.youtube.com/user/bcrpa)

#### Nutritional Guidelines for Vending Machines in BC

Schools & Public Buildings & products that meet the guidelines.

[www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

#### Healthy Eating at School

[www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)

### Canadian Resources

#### Dietitians of Canada

[www.dietitians.ca](http://www.dietitians.ca)

#### Canada's Food Guide & Physical Activity Guide

[www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)

#### Public Health Agency of Canada

[www.phac-aspc.gc.ca/index-eng.php](http://www.phac-aspc.gc.ca/index-eng.php)

### Sports Nutrition

#### SportMed BC

[www.sportmedbc.com](http://www.sportmedbc.com)

#### Australian Institute of Sport

[www.ausport.gov.au/ais/nutrition](http://www.ausport.gov.au/ais/nutrition)

### Heart Healthy Recipes

[www.heartandstroke.com](http://www.heartandstroke.com)



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*Playcard Patrol Volunteers promoting healthy eating and physical activity at community events.*