



RCRS Secondary:	GOV-02	Effective Date:	2008-JAN-23 - PRCC 2008-FEB-11 – Council
Policy Number:	COU-222	Amendment Date/s:	
Title:	Healthy Choices in City Recreation Facilities	Repeal Date:	
Department:	Recreation & Culture	Approval Date:	2008-FEB-11

PURPOSE:

To support School District #68’s initiative for healthy food in vending machines by having healthy food choices in the Nanaimo Aquatic Centre’s vending machines, as well as all other vending machines in City facilities.

SCOPE:

All vending machines and food and beverage sales within the City of Nanaimo’s recreation facilities.

POLICY:

With childhood obesity reaching epic proportions, the British Columbia Government, in partnership with Parks and Recreation, is at the forefront of creating healthy eating environments. The sale of high carbohydrate and high sugar foods is steadily being replaced with healthy food and beverage choices in school and recreation centre vending machines, cafeteria, stores and fundraisers.

In November 2005, the Ministry of Health and the Ministry of Education published the Guidelines for Food and Beverage Sales in BC Schools, which were developed by provincial nutritionists and British Columbia registered Dieticians, with input from all stakeholders. Since then, new federal standards for food and beverages served to children have been developed with full implementation moved to 2008.

The Guidelines for Food and Beverage Sales in BC Schools outlines the percentage of food type that would be allowed for sale in our centres. The food choices criteria focuses on a menu based on those items that fit into either the Choose Sometimes or the Choose Most categories.

The City of Nanaimo has developed a good working relationship with School District #68 through the work of the Move More Eat Well in the creation of Healthamongus Days and will build on this partnership through continued changes and improvements to our food services. Healthamongus Days provides 5,000 school aged children with non-competitive physical activity and healthy snacks at no cost. The event replaced two "candy grabbing" special events.

As the transition to healthier choices continues, City of Nanaimo recreation facilities must work closely, through partnership, with School District 68 to ensure healthy choices are the easiest and highest volume choices in our facilities.

At their meeting on 2008-JAN-23, the Parks, Recreation and Culture. Commission unanimously passed a motion to endorse the following:

1. change products in all Parks, Recreation and Culture facility vending machines to reflect the Guidelines for Food and Beverage Sales in BC Schools with the exception of ten percent (10%) of product.
2. work with contract food service providers to enhance and adapt current menu choices to be more aligned with the guidelines over the next year.

PROCESS:

Unlike the schools, our facilities serve a broad clientele and a variety of activities. Therefore, facilities will continue offering coffee, tea, diet pop and sport drinks.

To implement the guidelines, staff will audit the department's existing food and beverage service(s). Once completed, staff will work with our vending contractor (Ryan Vending) to initiate the changes in all department facilities. The department will also collaborate with the existing food service providers at all facilities to develop strategies for enhanced menu selection of healthy choices.

The chart below provides an example of how healthy vending choices are determined and what these changes mean in one food group (grains) and our target percentages in our vending machines for 2008.

Food Group Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
e.g. Grains – grains must be the 1 st and 2 nd ingredient	Baked goods	Most muffins, cakes, cookies, etc.	Enriched breads; bagels, English muffins	Whole grain breads; buns, tortillas bagels
School Guideline	0	0	50%	50%
Current Practice	70%		30%	
2008	5%	5%	40%	50%

RELATED DOCUMENTS:

Guidelines for Food and Beverage Sales in BC Schools – Ministry of Education & Ministry of Health – Revised September 2007 (attached PDF).