



Town of Happy Valley-Goose Bay

Policy Statement

Index: Community Services and Recreation		Policy Number: CSR0013	
Approved Date: April 26, 2016	Effective Date: April 26, 2016	Revision Date:	
Authority: 11th Council of the Town of Happy Valley-Goose Bay		Page 1 of 2	

Topic: HEALTHY EATING

Policy Statement:

Many Community members are interested in choosing healthier foods and beverages, being physically active, staying tobacco-free, caring for the environment and supporting local products.

What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play.

Food such as vegetables, fruit, whole grains, low fat milk products and leaner meats help to prevent chronic diseases. A recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy communities.

Offering healthy choices is important in striving for a healthy community.

Therefore, when food and beverages are served at community events that are sponsored by the Town of Happy Valley-Goose Bay and the Community Services and Recreation Department, the following guidelines shall be followed:



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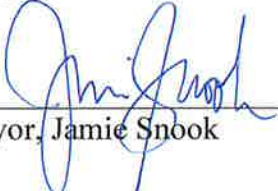
Topic: HEALTHY EATING CONTINUED

Policy Statement:

We will do our best to:

- Serve vegetables and fruits more often
- Offer a variety of whole grain products
- Offer skim, 1% or 2% milk
- Offer low fat milk alternatives (yogurt, cheese)
- Provide smaller portion sizes
- Serve unflavoured water
- Choose green options when possible
- Always encourage healthy options

IN WITNESS WHEREOF, this policy is sealed under the Common Seal of the Town of Happy Valley-Goose Bay.



Mayor, Jamie Snook



Town Manager, Wyman Jacque