

November 2014

## Middleton Curling Club Healthy Eating Policy

Whereas:

The Middleton Curling Club is concerned about the health of our members, youth and families, visitors, spectators and catered groups.

Whereas:

People in Nova Scotia have become more interested in healthier eating and more physical activity.

Whereas:

Chronic diseases – such as heart disease, stroke, cancer and diabetes, obesity – are among the most common, costly and preventable of health problems in Canada and Nova Scotia and are largely affected by what we eat, how physically active we are and how supportive our communities are in helping us make healthier food and physical activity choices.

Whereas:

Foods such as vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, lean meats, seafood, eggs, beans, nuts and seeds are better choices for preventing many diseases.

Therefore:

Effective November 19, 2014, it is the policy of the Middleton Curling Club that all activities, canteens and events including bonspiels, youth and adult instruction times, meetings, potluck events, catered events, community events (breakfasts), which are sponsored or supported by this organization (where food and beverages are served) will always include opportunities for healthy food and beverage choices, including options for people with food allergies, and prepared in healthy methods, with no deep frying.

Better choices include offering water and 100% fruit juices as beverage options, offering fruit and veggies options (such as baby carrots, grapes, apples, oranges, raisins) for snack choices, using less processed foods by making meals/snacks from local fresh meats and produce, purchasing lower-sodium/fat prepared foods, purchasing or serving fat-free/low-fat milk and dairy products such as yogurt and cheese, purchasing and preparing foods with more whole grains (breads, crackers, pastas), including gluten-free and/or dairy-free options and serving portions in size as recommended by the Canada Food Guide with the option to have more if hungry.

Middleton Curling Club Board of Directors

Middleton Curling Club      6 King Street, Middleton, Nova Scotia

November 19, 2014

References and Consultants - see attached

## References:

Nova Scotia Department of Health and Wellness – Active Living Branch (April 2014) which is a name change from Physical Activity, Sport and Recreation branch.

Nova Scotia Health and Wellness - Healthy Eating Nova Scotia Manual March 2005

Healthy Eating in Recreation and Sports Settings (HERSS) Initiative

Policy Directives and Guidelines and Food and Beverage Standards for Nova Scotia Public Schools (2006)

Sample Healthy Foods Policy – North Carolina, USA 2013

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

## Consultants:

N.S. Dept. of Health and Wellness

Howard Selig - registered dietician of

Valley Flaxflour Ltd. 188 Marshall Street Middleton, NS