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## Healthy Options Policy

POLICY NUMBER: 188-RC-15

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Approval Date: March 10, 2015

Revise Date: August 31, 2022

Motion Number: CM20150310.1009

Repeal Date:

Supersedes:

Review Date:

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### 1.0 Policy Intent

The City of Cold Lake is committed to promoting an environment that encourages healthy eating by increasing access to healthier food and beverage choices that are made available in vending machines and eliminating the sale of energy drinks within City of Cold Lake recreational facilities.

### 2.0 Purpose

The objective of this policy is to support healthy eating within the community through reinforcing healthy choices and helping to shape healthy behaviors.

### 3.0 Policy Statement

This policy supports City of Cold Lake residents in making healthy choices where they live, learn, and play.

### 4.0 Managerial Guidelines

#### 4.1. Definitions

4.1.1. 'City of Cold Lake recreational facilities' includes all facilities owned or leased by the City of Cold Lake of which recreation is the primary use.

4.1.2. 'Choose Most Often' and 'Choose Sometimes' are categories of foods as defined by the Alberta Food Rating System in the Alberta Nutrition Guidelines for Children and Youth. These categories include foods containing less fat, less sugar, and less salt. Vending snacks that fit into this category should have;

- around 100 calories or less,
- no more than 5 grams of total fat,
- no more than 2 grams of saturated fat,
- 0 grams of trans fat,
- no more than 200 milligrams of sodium, and
- no more than 10 grams of sugars.

Examples of foods from these categories may include but are not limited to;

nuts	cheese sticks	apple chips
crackers	diced fruit	fruit sauce
yogurt	granola bars	milk & chocolate milk
fruit/vegetable juice	water	fortified soy beverages

4.1.3. 'Choose Least Often' is a category of food as defined by the Alberta Food Rating System in the Alberta Nutrition Guidelines for Children and Youth. Examples of foods from this category may include but are not limited to;

potato chips	ice cream	licorice
chocolate bars	soda	sports drinks

4.1.4. 'Energy Drinks' are a usually carbonated beverage that typically contains caffeine and other ingredients (such as taurine and ginseng) intended to increase the drinker's energy.

- 4.2. Vending machines in City of Cold Lake recreational facilities will contain at least 50% Choose Most Often and/or Choose Sometimes food and/or beverage choices.
- 4.3. Vending machines in City of Cold Lake recreational facilities will contain no more than 50% Choose Least Often foods and/or beverage choices.
- 4.4. Options from the Choose Most Often and Choose Sometimes categories shall be placed at eye level relative to options from the Choose Least Often category.
- 4.5. Options from the Choose Most Often and Choose Sometimes categories shall be offered at a competitive price relative to options in the Choose Least Often category so as not to deter patrons from purchasing them.
- 4.6. The sale of energy drinks from vending machines and all third party vendors shall be prohibited.
- 4.7. This policy only applies to products sold in vending machines that are located in City of Cold Lake recreational facilities.

## 5.0 References

- Healthy Eating in Recreation and Community Centres (2012) – Government of Alberta
- Alberta Nutrition Guidelines for Children and Youth (2012) – Government of Alberta

## 6.0 Persons Affected

All patrons and vendors of City of Cold Lake recreational facilities will be affected by this policy.

**7.0 Revision/Review History**

Revised August 31, 2022

- Removed "Excluding 5.5," from the beginning of Section 4.7.

*Sept. 6, 2022*

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Date

*Sept 6 2022*

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Date

*[Signature]*  
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Chief Administrative Officer

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Mayor

