

Administration Policy #2023-03

Healthy Eating Policy

1. Vision:

Municipally operated facilities and services in the Town of Digby will create a healthy food environment for all citizens.

2. Policy Statement:

In the interest of public health and to promote the health and well-being of the citizens, it is the policy of the Town of Digby to actively encourage and promote recreation and municipal environments that support accessibility and consumption of food and beverages consistent with healthy eating, thereby making the healthy choice, the easy choice.

3. Goals:

To enhance healthy eating in municipal setting by promoting and continuously following the guidelines outlined in the “Workplace Healthy Food and Beverage Guide”, developed by the Nova Scotia Health Authority.

[Healthy Eating in the Workplace | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](https://nshealth.ca/healthy-eating-in-the-workplace)

4. Purpose:

4.1 Fights against increasing rates of diet related illnesses such as Type 2 diabetes, cancer, heart disease, obesity across Nova Scotia.

4.2 Supports the momentum that is building around healthy eating across Canada. Research in other recreation settings across the country has been completed and supports this policy.

4.3 Compliments the general goal of municipal recreation programs and settings to improve the quality of life and health of citizens. Offering healthy foods compliments this same notion of improved quality of life and health.

4.4 Demonstrates leadership and role modeling by municipal units.

4.5 Impacts future generations when the policy is enacted. As such, the development and implementation of a healthy eating policy has far reaching impacts beyond that which a program or learning opportunity could provide.

4.6 Demonstrates a collaborative approach to policy development that allows consistency in delivering the message of healthy eating or healthy foods/beverages.

4.7 Moves away from being an environment that creates obesity.

4.8 Supports and promotes athletic performance.

4.9 Compliments the School Food and Nutrition Policy for Nova Scotia Public Schools, and is consistent with the Nova Scotia Health Authority's Workplace Healthy Food and Beverage Guide.

[Healthy Eating in the Workplace | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](https://www.nshealth.ca/healthy-eating-workplace)

4.10 Provides people with the opportunity to practice eating well.

4.11 Supports chronic disease prevention and childhood obesity prevention strategies.

5. Definition of Healthy Eating:

Healthy Eating refers to patterns of eating that, over time, meet individuals' energy and nutrient needs, and that promote health and minimize the risk of nutrition related condition and diseases. Canada's Food Guide to Healthy Eating is the basis for this pattern of eating and includes food and beverages from each of the four food groups, making choices that provide maximum nutritional value most often.

6. Scope:

This policy applies to the food and beverages served and sold in the following:

6.1 all municipal owned recreation facilities and places

6.2 all recreation programs and municipal events, meetings, special events, fundraisers and sales

6.3 all municipal workplace wellness programs

6.4 all canteens, contracts and vending machines located on municipal properties

This policy does not apply to:

6.5 food and beverages brought in for meals and snacks by the employees.

6.6 Organizations or individuals who rent space/rooms for special events however, they will be encouraged to follow the policy and offer more healthy food options.

6.7 Alcohol is not included in the scope of this policy.

6.8 coffee and tea.

7. Guidelines:

Food and beverages served in recreation and municipal settings will be categorized based on the Food and Beverage Standards from the Nova Scotia Food and Nutrition Policy for Public Schools. The Food and Beverage Standards categorizes foods in the following way:

7.1 Maximum Nutrition: Food and beverages that are part of the four food groups of

Canada's Food Guide to Healthy Eating. These items are high in essential nutrients for healthy development, growth, learning, performance and enjoyment (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water) and are low in salt, sugar, sweeteners, and saturated and trans fats. They have undergone little or no processing (e.g., Whole grain breads and cereals, fruits and vegetables, vegetarian pizza made with low fat cheese on whole wheat crust, 100% fruit juice).

7.2 Moderate Nutrition: Food and beverages that are part of the four food groups of Canada's Food Guide to Healthy Eating. These items contain essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water), but are somewhat lower in fibre and higher in fat, salt, sugar, sweeteners, and/or processing (e.g. white breads, apple crisp, vegetarian pizza with regular fat cheese on white crust, oven baked French Fries).

7.3 Minimum Nutrition: These food and beverages may or may not be from the four food groups of Canada's Food Guide to Healthy Eating. They offer minimal nutritional value; are very high in sugar, fat, salt, caffeine, sweeteners, and/or processing; and tend to replace nutritious foods when available as meals and snacks (e.g., Pepperoni pizza made with regular cheese and white crust, deep fried French Fries, potato chips, pop, sports drinks).

The Town of Digby staff will prioritize the maximum nutritional group in the policy implementation and use the Nova Scotia Health Authority "Workplace Healthy Food and Beverage Guide" for additional guidelines. [Healthy Eating in the Workplace | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](https://www.nshealth.ca/healthy-eating-in-the-workplace)

8. Food Safety:

It is important to provide food that is safe and healthy to eat. Safe food helps to prevent the development and spread of illnesses. Further guidance regarding food safety practices can be obtained from the Nova Scotia Food Safety Regulations: <http://novascotia.ca/JUST/regulations/regs/hpafdsaf.htm>.

9. Nova Scotia Produce and Products:

Nova Scotia produces and harvests an abundance of produce and other foods. When possible, local, seasonal foods and beverages harvested and/or produced in Nova Scotia will be offered.

10. Beverages:

Health Canada does not recommend the use of energy drinks (not to be confused with sports drinks such as Powerade or Gatorade) for children nor for consumption to coincide with physical activity. Therefore, energy drinks will not be served or sold at recreation and municipal settings and recreation programs and facilities. (*Energy Drinks (i.e., Red Bull Energy Drink®, SoBe Adrenaline Rush®, Hype Energy Drink®, Red Dragon Energy Drink®, YJ Stinger®, etc.)*)

Please Note: Beverages in the Minimum Nutrition category include sports drinks, regular and diet pop, and any fruit drink that is not 100% fruit juice.

11. Special Events:

Municipal organized special events shall adhere to the policy as outlined in this document. Special events that are organized by community's groups will be encouraged to follow the leadership example set by the town staff and work towards providing more healthy food options at these community events.

12. Environmental Sustainability:

12.1 Green and recyclable bins will be available within municipally operated facilities/services.

12.2 Where possible, re-usable dishes will be used to reduce waste from foods/beverages. If re-useable dishes are not available, recyclable or biodegradable dishes will be utilized.

12.3 When possible, bulk service will be offered (i.e., using a pitcher of milk verses individual milkers)

12.4 Energy saving equipment including fridges and stoves which meet the EnerGuide standard will be used where possible.

Policy Implementation, Monitoring, and Evaluation

1. POLICY IMPLEMENTATION

- Nova Scotia Health Authority's Workplace Healthy Food and Beverage Guide will serve as a toolkit for the Municipal staff and assist with the policy implementation by providing additional information, such as: menu suggestions; recipes; portion sizes; special events; fundraising suggestions.
[Healthy Eating in the Workplace | Nova Scotia Health Authority - Corporate \(nshealth.ca\)](https://www.nshealth.ca/healthy-eating-in-the-workplace)
- Public Health Services may be contacted to provide assistance with policy implementation as needed.
- Educational information sessions will be provided to Municipal staff.
- The policy will be included and communicated to all new staff within the by-law manual.
- The policy will be included within the Personnel Manual for all new municipal staff.

2. MONITORING AND ACCOUNTABILITY

- All municipal staff and elected councilors are required to adhere to this policy.
- The Chief Administrative Officer or designate will monitor adherence to this policy.

3. REPEAL

This policy replaces and repeals the 2014-03 Healthy Eating Policy

4. OTHER

This policy will be reviewed from time to time and can be changed because of experience or new knowledge but shall be reviewed no later than five (5) year from the date of adoption.

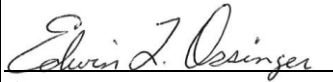
Clerk's Annotation For Official Policy Book

Date of Notice: July 17, 2023

Date of adoption: August 9, 2023

Policy effective date: August 9, 2023

I certify that this **Healthy Eating Policy** was adopted by Council as indicated above.



Clerk

August 9, 2023

Date