



Healthy Food and Beverage Policy

The Pemberton & District Recreation Service is committed to encouraging citizens to make healthy lifestyle choices.

GUIDING PRINCIPLES:

Healthy food choices will be available where food is sold and/or provided at the Pemberton and District Community Centre's programs and in vending machines to ensure consistency of healthy lifestyle messaging to patrons.

Definitions as to the categories outlined below are contained at the bottom of the policy.

VENDING

Vending Guidelines:

1. Post and maintain signage that promotes healthy choices.
2. Place "Sell Most" options in bottom rows of snack and drink machines.

Snacks:

50% Sell Most and Sell Sometimes
50% Do Not Sell

Beverages:

50% Sell Most and Sell Sometimes
50% Do Not Sell

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PROGRAMS

Pemberton and District Community Centre internal programs will at minimum adhere to the below requirements:

Snacks:

- 60% Sell Most
- 40% Sell Sometimes
- 0% Do Not Sell

Beverages:

- 50% Sell Most
- 30% Sell Sometimes
- 20% Do Not Sell (Alternative beverages would be available which are not made with refined sugar)

Definitions / References

The Healthier Choices in Vending Machines in BC Public Buildings Policy as written in 2006 by the Ministry of Health, which guides Provincial Public Bodies to ensure that all food and beverages vended in Public Buildings are Sell Most or Sell Sometimes products as defined by the Nutrient Criteria.

British Columbia Nutritional Criteria as provided by the Ministry of Health:

Sell Most (At least 50% of choices)	Sell Sometimes (Up to 50% of choices)	Do Not Sell (Should not be sold)
These food and beverages are healthier options. They tend to be higher in essential nutrients and lower in sodium, sugar and fat.	These food and beverages provide essential nutrients but have higher amounts of sodium, sugar and/or fat than Sell Most foods.	Food and beverages in this category contain higher amounts of sodium, sugar and/or fat and may be less nutritious foods. These foods and beverages should not be sold to students.

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