

# HEALTHY SPORTS CENTRE GUIDELINES

## Quality of food

- ✓ Offer healthy, convenient food options (e.g. soup and bread, chili and bread, stew and bannick, spaghetti, sandwich, panini, wrap, veggies and dip, yogurt or tube, bowl of fruits, homemade muffins, individual trail mix or nuts package, individual cheese portions, cheese and crackers)
- ✓ Avoid fried foods
- ✓ Offer healthy items in vending machines (where available)
- ✓ Provide water fountains
- ✓ Offer healthy beverages (such as water, milk, chocolate milk, drinkable yogurt, soya beverages, coffee, tea, herbal tea, vegetable juice)
- ✓ Avoid soft drinks (regular and diet), sweet beverages and sports drinks
- ✓ Do not offer energy drinks

## Portion sizes

- ✓ Reduce size of sweet beverages (e.g. 355ml, rather than 591 ml)
- ✓ Limit juice to small quantities (½ cup or a 200 ml juice container)

Reduce plate and cup sizes (e.g. use 8' plates instead of 12', 8 oz cups instead of 12 or 16 oz)

## Layout and equipment

- ✓ Make healthy foods more visible (e.g. display healthier foods in front of food counter)
- ✓ Place unhealthy foods in less visible areas (e.g. place sweet beverages, desserts and fried foods out of sight of customers)
- ✓ Avoid junk food and sweet beverages near cash registry
- ✓ Avoid use of equipment from food companies (e.g. refrigeration equipment for sweet beverages or ice cream)

## Food safety and hygiene

- ✓ Maintain foods at adequate temperature (refrigerated: 0 to 4°C, frozen: -18°C or below, hot food: 60°C or above)
- ✓ Respect food safety and hygiene regulations
- ✓ Ensure all staff are trained in food safety and hygiene
- ✓ Ensure adequate hand washing

## Protection of environment

- ✓ Avoid use of plastic bags for takeouts
- ✓ Use reusable dishes, utensils and cups
- ✓ Use biodegradable containers rather than Styrofoam or plastic for takeouts (e.g. biodegradable takeout containers, paper plates)
- ✓ Avoid food waste
- ✓ Recycle and compost

## Health Promotion

- ✓ Promote healthier foods (e.g. Facebook page, placemats, posters, identify healthier options on the menu)