

MUNICIPALITY OF THE COUNTY OF ANNAPOLIS <b>POLICY AND ADMINISTRATION MANUAL</b>	<b>AM – 2.7.7</b>
Section <b>HEALTH AND SAFETY</b>	Subject <b>Healthy Eating Policy</b>

### 1.0 Purpose

The purpose of this policy is to implement a healthy eating environment within the municipal setting. It will:

- Create a culture shift to a healthy food and eating in Annapolis County;
- Demonstrate leadership and role modeling by supporting sustainable cultural change towards healthy eating;
- Assist in improving the overall quality of life for councillors, staff and residents by providing opportunities to support healthy eating;
- Support education to prevent dietary related conditions and illnesses (i.e., type 2 diabetes, hypertension and obesity, etc.); and
- Compliment and support provincial policies, strategies and guidelines around healthy eating to provide consistent messaging.

### 2.0 Goals

- Provide easier access to healthy choices using visibility and placement of items at eye level.
- Provide healthy food and refreshments whenever possible at recreational and other events and meetings.
- Increase awareness of healthy foods to support a healthy lifestyle for Annapolis County.
- Create opportunities to link recreation and healthy eating.
- Encourage the use of local products.
- Provide educational training to staff and councillors on healthy eating and creating supportive food environments.

### 3.0 Authority

This policy is enacted pursuant to Sections 47 and 172 (1) (a) of the *Municipal Government Act*, as amended.

### 4.0 Scope

This policy will apply to foods and beverages sold and served within the Municipality of the County of Annapolis facilities, services, recreational settings and events including but not limited to:

- Raven Haven Family Beachside Park;
- Municipal buildings and work spaces;
- Recreational programs at schools or other community organizations;
- Vending and catering for meetings and events; and
- Events held at parks and trails.

This policy does not include:

- Food and beverages brought in for meals and snacks by County councillors and employees;
- Coffee and tea;
- Partnering organizations who organize and hold activities and events. However they will be encouraged to follow the policy and offer healthy choices to participants; and
- Alcohol is not included in the policy.

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## 5.0 General Provisions

**5.1 Nutrient Criteria:** these are adapted from the Nova Scotia Food and Beverage Nutrient Criteria. [https://novascotia.ca/dhw/healthy-communities/documents/Nutrients\\_Food\\_and\\_Beveridge.pdf](https://novascotia.ca/dhw/healthy-communities/documents/Nutrients_Food_and_Beveridge.pdf)

Three categories that will be used to show how rich in nutrients many foods and beverages are: Maximum, Moderate and Minimum. These will be used to categorize the food and beverages selected for various activities and events. (*See Appendix A for a further details*).

**Maximum:** These are the healthiest foods and beverages and contain the most nutrients, have little or no saturated fats or Trans fats, little or no added fat, sugar or sodium (salt), have higher amounts of naturally occurring fibre and contain no sugar substitutes.

**Moderate:** Food and beverages in this category contain some essential nutrients, and they contain no sugar substitutes. However, they do contain added fat, sugar or sodium, lower levels of naturally occurring fibre and they have had some processing.

**Minimum:** Use of these food and beverages should be limited. They contain few or no nutrients, such as added fat, sugar or sodium and contain sugar substitutes and caffeine. They have had some or a lot of processing.

**5.2 Promotional Pricing and Placement:** Consideration should be given to those items in the Maximum Nutrition category with regards to pricing. When feasible those items in the Maximum nutrition category should be priced lower than items in the Moderate and Minimum categories. The visibility and placement of foods and beverages increases the likelihood that they will be chosen. Items in the Maximum category should be placed around eye level and be given priority when being displayed.

**5.3 Promotion, Marketing and Advertising:** When purchasing products for use in recreational activities, community events and meetings due regard should be given to the healthier choices. Items should be if at possible in the Maximum category, providing limited exposure to the moderate and minimum categories.

**5.4 Local providers:** Efforts should be made to buy local when possible; Annapolis County, surrounding areas and Nova Scotia as a whole produces many healthy products in the Maximum category.

**5.5 Energy and High Sugar Content Drinks:** Health Canada does not recommend the use of energy drinks for children. Therefore energy drinks will not be sold or served at municipal settings and programs. This is not to be confused with sports drinks such as Powerade and Gatorade.

**5.6 Community Events and Programs:** Providing refreshments and beverages for events and programs should be relevant to the activity taking place and whenever possible be promoting healthy choices to participants. In addition special events and activities being organized by outside organizations will be encouraged to follow this directive and be a model for providing healthy choices. Community organizations receiving funding for events will receive information to support healthy eating choices. Related programs and activities should be used to assist in the implementation of this policy. For example, promotion of developed materials like the “Annapolis County 5.0 Challenge – Simple Steps to a Healthier You!” should be promoted whenever possible (*See Appendix B*).

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**5.7 Special Events:** Special events and holiday activities will take place throughout the year and have minimum type nutrition food associated with them. We will endeavour to provide new and healthier food choices that will create a sustainable culture change.

**5.8 Breast Feeding:** The importance of breastfeeding for both baby and mother is well-recognized. The Municipality supports the Provincial direction of supporting breastfeeding by providing a welcoming and supporting environment and when appropriate help reduce barriers that could influence a woman's choice to breastfeed. References: NS Provincial Breastfeeding Policy: <https://novascotia.ca/dhw/healthy-development/documents/Provincial-Breastfeeding-Policy.pdf> and Statistics Canada (2015) <https://www.statcan.gc.ca/pub/82-624-x/2013001/article/11879-eng.htm#n1>. For example, Raven Haven Beachside Family Park will support this initiative.

**5.9 Food Safety and Environmental Sustainability:** Recycling guidelines and ways to reduce waste should be considered and practiced at community events, recreational activities and meetings. The appropriate recycle, garbage and green bins should be made available. When selecting disposable cups, plates, etc. consideration should be made towards using recyclable and biodegradable products.

**6.0 Implementation and Evaluation Schedule**

**2018/19:** Education and learning for staff, councillors and residents. Focus on providing healthier choices at all above listed locations and events using the suggested nutrient criteria categories of Maximum, Moderate and Minimum.

**2019/20:** The goal is to have at least 50% of foods and beverages served, offered or sold at Municipal facilities, services, recreational settings and events will be in the Maximum nutrition category. 30% in the Moderate category and 20% minimum food nutrition.

**2020/21:** Evaluation and assessment of policy implementation. Examine and report on the changes observed from implementation to senior staff and Council. Report should include, what worked well and what was challenging to implement etc. The intent is to move forward in a positive direction while keeping in mind the goals of assisting with helping attain a positive and healthy lifestyle in Annapolis County.

Municipal Clerk's Annotation for Official Policy Book

I certify that this policy was adopted by Municipal Council as indicated below:

*Seven (7) Day Notice* ..... **February 13, 2018**  
*Council Approval* ..... **February 20, 2018**

***Carolyn Young***

Municipal Clerk

***February 20, 2018***

Date

*At Annapolis Royal Nova Scotia*

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## APPENDIX A

**Nutrient Criteria:** this is adapted from the Nova Scotia Food and Beverage Nutrient Criteria. [https://novascotia.ca/dhw/healthy-communities/documents/Nutrients\\_Food\\_and\\_Beveridge.pdf](https://novascotia.ca/dhw/healthy-communities/documents/Nutrients_Food_and_Beveridge.pdf)

The three categories that will be used to show how rich in nutrients many foods and beverages are: Maximum, Moderate and Minimum. These will be used to categorize the food and beverages selected for various activities and events.

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**Moderate:** Food and beverages in this category contain some essential nutrients. They contain no sugar substitutes. However, they do contain added fat, sugar or sodium, lower levels of naturally occurring fibre and they have had some processing.

**Minimum:** These food and beverages should be limited and contain few or no nutrients. They have a lot of added fat, sugar or sodium and contain sugar substitutes and caffeine. They have had some or a lot of processing.

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APPENDIX B—A.M. 2.7.7—Healthy Eating Policy

## Start the 5.0 Challenge Today!

### Simple Steps to a Healthier You!

**5—Fruits & Vegetables**

Fruits and vegetables are recommended as part of your daily diet. Try integrating 5 “new to you” varieties of vegetables to your menu and add herbs to add a delightful surprise!

**4—Make a Connection**

Friends and family play an integral part to a healthier you. Connect with friends and family to get out and get active! Work your active team up to a party of 4!

**3—Power of Positive**

Stop and reflect morning, noon and night. Think of something positive to put a smile on your face. Think and Be Happy!

**2—Hours or Less**

Reduce your screen time each day on the computer, watching TV and playing video games to 2 hours or less. Get out and get active!

**1—Hour or More**

Play more, get out get active a minimum of 1 hour a day!

**0—Cut it Out**

Cut down on sugary drinks to zero, as they have very little nutritional benefit. Replace with 6-8 glasses of water a day.

Check out awesome get active opportunities at:

➡ [AnnapolisCounty.ca](http://AnnapolisCounty.ca)

➡ [community-development](#)

➡ [recreation-programs-activities](#)

