

Healthy Food Options

Healthy Dinners and Banquets

- Whole grain wraps, pitas or sub sandwiches (eg. chicken, turkey or vegetarian)
- Homemade soup with a whole grain dinner roll
- Chicken, beef or veggie stir-fry on whole grain rice
- Whole grain pasta with tomato sauce and cheese
- Homemade meatballs with vegetables and whole grain rice or pasta
- Meat or vegetarian chili with a whole grain dinner roll

Healthy Snack Choices

- Fresh, canned or dried fruit
- Berries, yogurt & granola
- Fruit smoothies
- Veggies with dip
- Yogurt, yogurt tubes, frozen yogurt
- Whole grain crackers, pitas, soft tortillas, small bagels, cereal or granola bars, lower fat muffins
- Cheese and cheese strings
- Air-popped or low-fat popcorn
- Milk (skim, 1%, 2%, chocolate)
- 100% fruit or vegetable juice
- Whole grain cereal with dried fruit
- Frozen fruit such as bananas and grapes

See Brand Name Food List for healthy snack choices available at www.livinghealthyschools.com

Desserts

- Fruit and yogurt parfait with low fat granola
- Fruit salad
- Frozen 100% fruit juice popsicles
- Frozen yogurt
- Baked fruit crumble (apple or berry)
- Frozen banana pops with yogurt
- Fruit filled cookies (fig, date, or berry filled)

Loot Bag Ideas

- 100% fruit juice boxes
- Cereal bars or granola bars
- Sports items (hockey pucks, mini footballs, skate guards, tennis balls)
- Stickers
- Games
- Crafts



Eat Healthy, Be Creative

Instead of:	Try:
Deep fried chicken and French fries	Baked, grilled or BBQ chicken with salad, soup or potato
Pepperoni pizza	Whole wheat crust pizza with chicken, veggies, cheese (eg. pita bread pizza)
Pop	Water, white and/or chocolate milk, 100% fruit juice
Hotdogs	Wraps, burritos, tacos, quesadillas, fajitas filled with lean ground beef, chicken, beans
Ice cream sundaes	Frozen yogurt, fruit and yogurt parfaits, smoothies

Need more information?

Contact the Regional Nutritionist or Recreation Director in your area.

Check out www.livinghealthyschools.com for the *What Moves You?* resources and other healthy eating resources.

Healthy eating and physical activity help our children be the best they can be.



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What Moves You?

eat well, play great



Make the Healthy Choice the Easy Choice

A Community Guide

Go Healthy



Taking action towards providing healthy food:

Get Ready

Form a team which may include staff, coaches, leaders, volunteers, parents, health professionals, municipal council, youth and other community members.

🍏 Check out what type of kitchen equipment and space you have for preparing and storing food

🍏 To offer healthy food choices:

- Talk to your vendors or food service providers for healthy food choices that are available
- Contact your Regional Nutritionist for more information
- Make a list of the healthy food and beverages you will offer

Get Set

🍏 Take a look at the food and beverages available at your community or recreation centre

Consider

- canteens
- vending machines
- banquets
- tournaments
- fundraising
- food brought in from restaurants/ takeouts
- food brought from home

Check list

Are the following available?

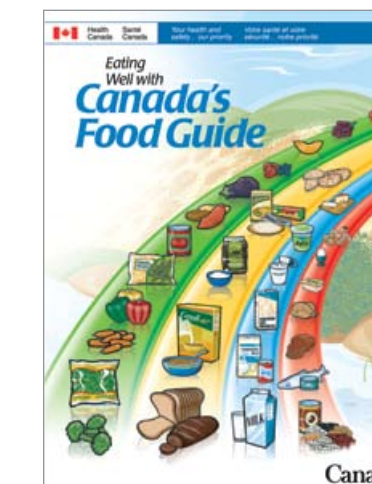
- vegetables (not deep fried)
- fruits
- 100% fruit juice
- whole grain breads, cereals, crackers
- milk
- yogurt
- meat choices roasted, baked, grilled, or barbecued instead of deep-fried
- plain water

For healthy food ideas, check out *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide and the *Brand Name Food List* available at www.livinghealthyschools.com



Go!

- Provide healthy food at all recreation, sports and community events. This includes practices, tournaments, road trips, fundraisers and special events like banquets
- Display and promote healthy food choices in canteens and vending machines
 - Plan a "Healthy Food" launch to get the message out
 - Display the *What Moves you?* Poster
 - Place healthy foods front and centre
- Check your progress and make improvements as needed
- Celebrate your success



Limit serving foods and beverages high in calories, fat, sugar or salt such as:

- Cakes, doughnuts, pastries, cookies and pies
- Potato chips, nachos, and other salty snacks
- Fried foods
- Chocolate, candy and bars
- Ice cream
- Pop, sports drinks and fruit drinks (less than 100% juice)

eat well, play great



What Moves You?

Children like to play, be active and just have fun! Eating healthy food and drinking healthy beverages along with physical activity help children feel better and have the energy to be active. This guide will help you to take action to provide healthy food choices for children and youth participating in recreation, sport and community activities. The following steps, information and links will help you turn the *What Moves You?* message into action.