

RECREATION'S HEALTHY FOOD AND BEVERAGE ACTION PLAN

Collaboration between Recreation and Public Health to increase the availability of healthy food and beverage options and reduce bottled water in City recreation facilities.



- ## GUIDING PRINCIPLES
1. Access to healthy food and beverage
 2. Free and convenient access to tap water
 3. Environmentally-sustainable drinking water
 4. Financially-sustainable food services
 5. Availability of nutrition information for customers
 6. Socially-responsible marketing

3 YEAR ACTION PLAN

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| Food and Beverage Guidelines | Increase nutritious options | Reduce non-nutritious options | Promote tap water and reduce bottled water | Promote healthy food and beverage options | Monitor and evaluate |
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- ### YEAR 1
- Source and increase selection of nutritious options
 - Issue vending RFP
 - Enhance water promotion and wayfinding
- ### YEAR 2
- Expand nutritious options to all concession sites
 - Encourage purchase of nutritious options with marketing
 - Revise plan as required
- ### YEAR 3
- Use indicators to assess impact of actions from Year 1 and 2
 - Reduce the availability of bottled water and sugary drinks
 - Investigate alternative healthy beverage options

- ### INDICATORS
- % nutritious items available for sale
 - Volume of nutritious options sold
 - Refillable water bottle sales
 - Customer & staff feedback

