



Creating Healthy Eating Environments in the Recreation Sector

February 15, 2024



CPRA Introduction

January | 2024 |



THE POWER OF OUR PARTNERSHIP

CPRA is an alliance of parks and recreation associations across Canada. We envision a future where everyone is engaged in meaningful, accessible parks and recreation experiences that foster:

Individual wellbeing

Community wellbeing

The wellbeing of natural and built environments





About CPRA

CPRA is a national non-profit dedicated to improving the wellbeing of Canadians and building healthy, vibrant, and resilient communities by supporting the recreation and parks sector.



Voice!



Community!



Resource!

By uniting the 13 provincial and territorial recreation and parks associations and their networks, CPRA reaches over 90% of Canadian municipalities.



Creating Healthy Food Environments in Recreation and Sport Settings (RSS):

Recap of Evidence and Recommendations

Rachel Prowse, PhD, RD
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Faculty of Medicine
Memorial University of Newfoundland

February 15, 2024

Rationale for Healthy Food in RSS



Key Learnings



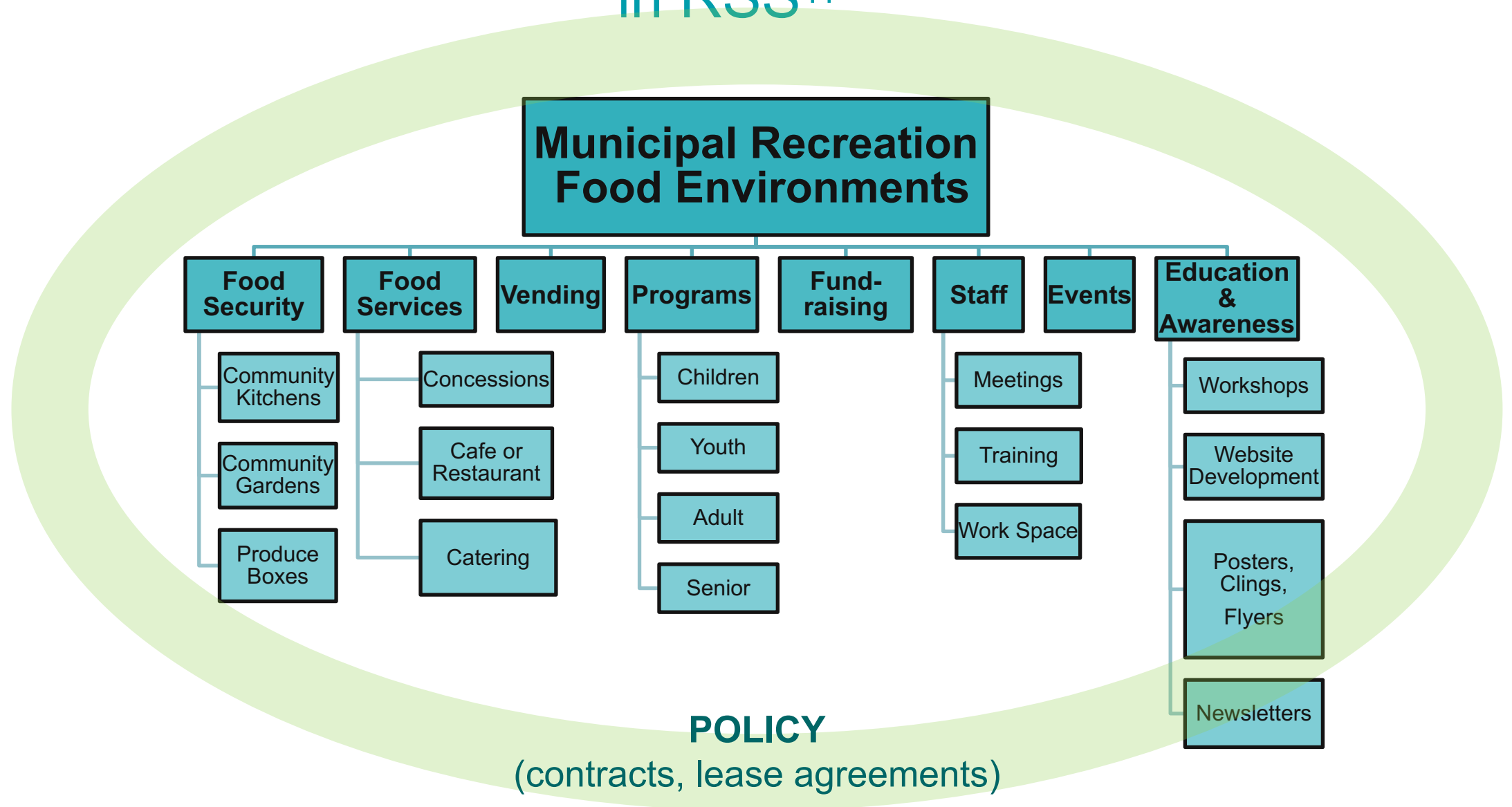
1. **Healthy food and beverage availability is low in RSS in Canada.⁷**
2. **Food and beverage marketing is ubiquitous in RSS (especially in ice arenas).⁸**
Most of marketing does not support healthy eating. Sugary beverages are the most frequently marketed.⁸
Non-financial contributions from sponsors (e.g. branding) potentially outweigh financial contributions.⁸
3. **Facility agreements and contracts impact food availability and marketing.^{8,9,10}**

Key Learnings



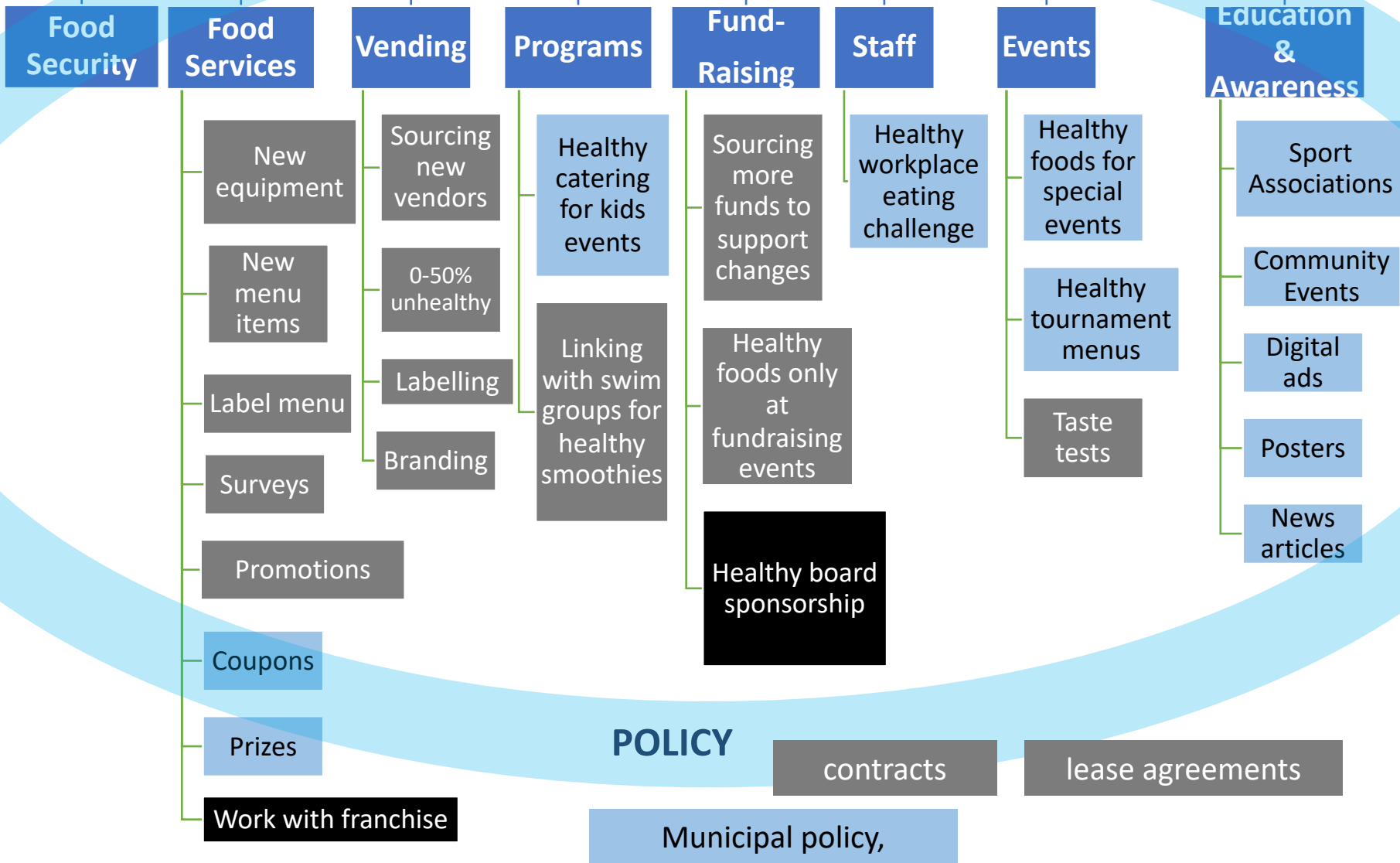
- 1. Nutrition guidelines (resources) support healthier food environments.⁷**
- 2. Building capacity in the recreation sector for healthy eating interventions supports healthier food environments.⁷**
- 3. There are examples of healthy vending machines, healthy entrees, healthy snacks, etc., and levers for change.**

Multi-pronged / Multi-level Interventions are recommended in RSS¹¹



Quick Wins
Ongoing
Challenging

Municipal Recreation Food Environments



Foundational Principles of Multi-pronged / Multi-level Interventions in RSS¹⁰

Foundational Principles

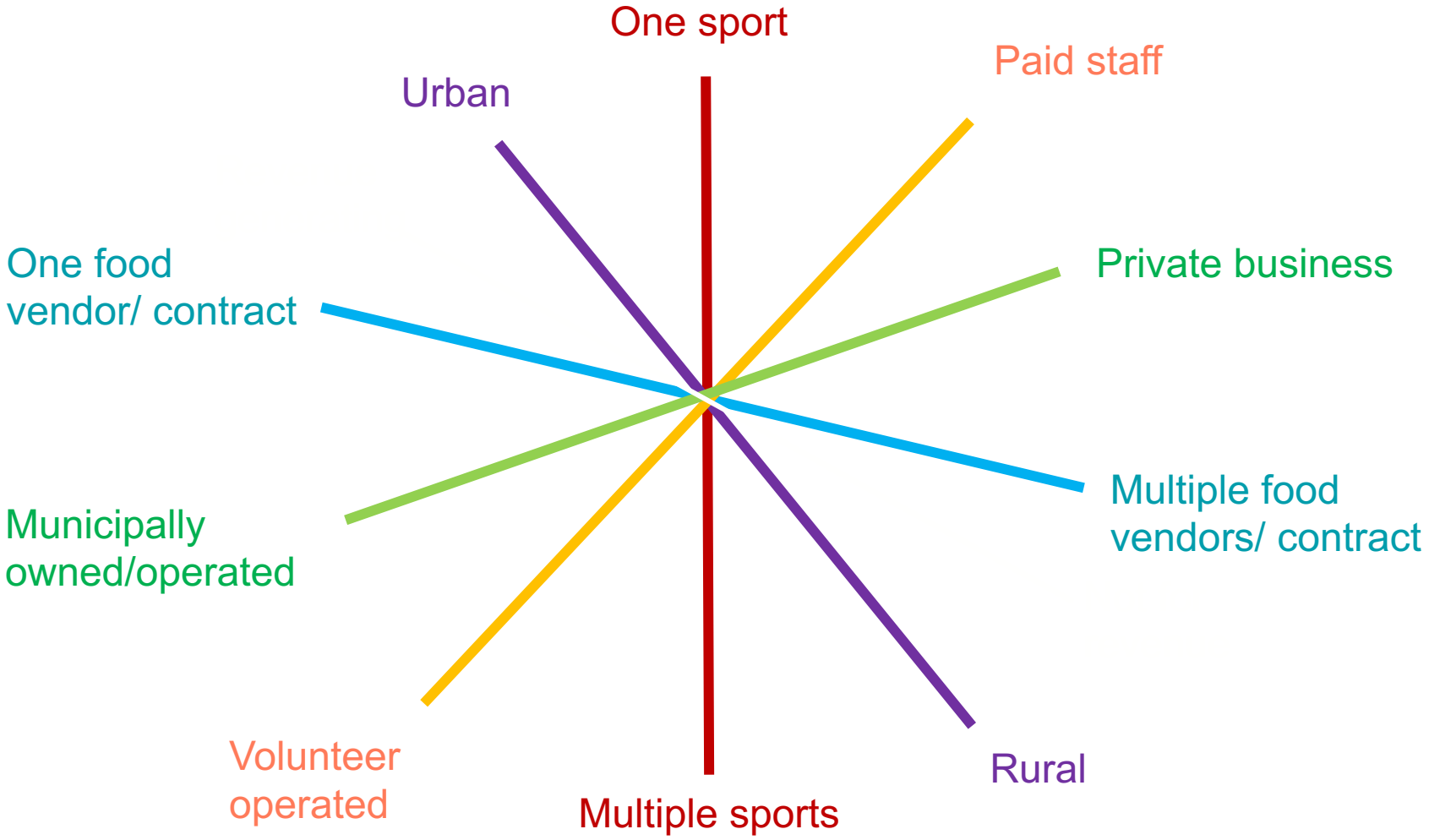
Healthy foods and beverages are available.

The pricing and placement of food and beverages favours healthy options.

Promotional messages related to food and beverages supports healthy eating.

Facilities are committed to supporting healthy eating and healthy food environments.

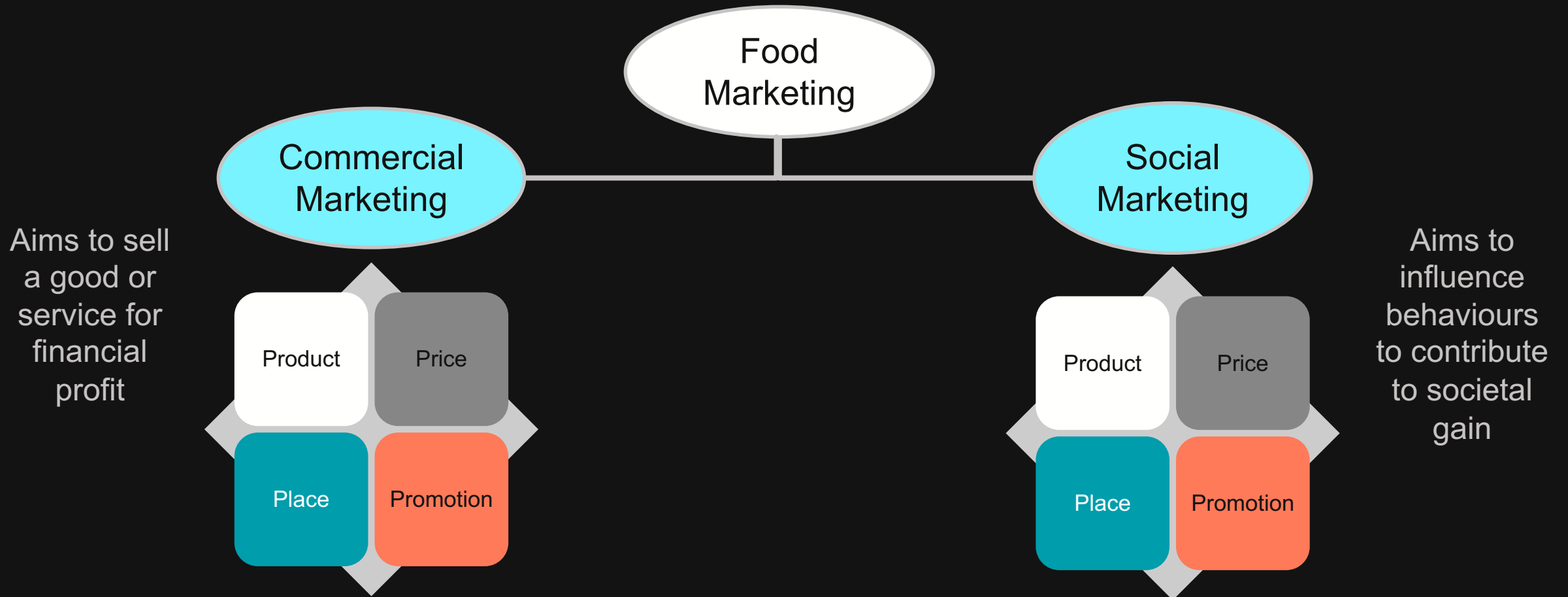
No One Size Fits All: RSS in Canada are Diverse and Complex



Thinking strategically...

Leverage Strengths and Facilitators ^{17,23}	
Policy	<ul style="list-style-type: none">• Simple and effective health-related policies• Provincial/municipal expectations of guideline implementation (mandatory)• Guideline implementation is funded
Community	<ul style="list-style-type: none">• Consumer demand for healthier food choices• Engagement with, and education of, the facility and community
Organization	<ul style="list-style-type: none">• Freedom to make changes with vendors anytime or at renewal• Profitability• Capacity-building support for food environment improvement• Food preparation and storage equipment
Interpersonal	<ul style="list-style-type: none">• Clear communication to staff around the policy directives• High staff/volunteer capacity
Interpersonal	<ul style="list-style-type: none">• Presence of a champion• Top-down, macro-level managerial support for changes in the food environment.

Thinking strategically...



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Canada's
food guide



Creating Healthy Food Environments with the Food Guide-Friendly Initiative

Health Canada
Office of Nutrition Policy and Promotion
Feb 2024

Creating Healthy Food Environments with Canada's Food Guide

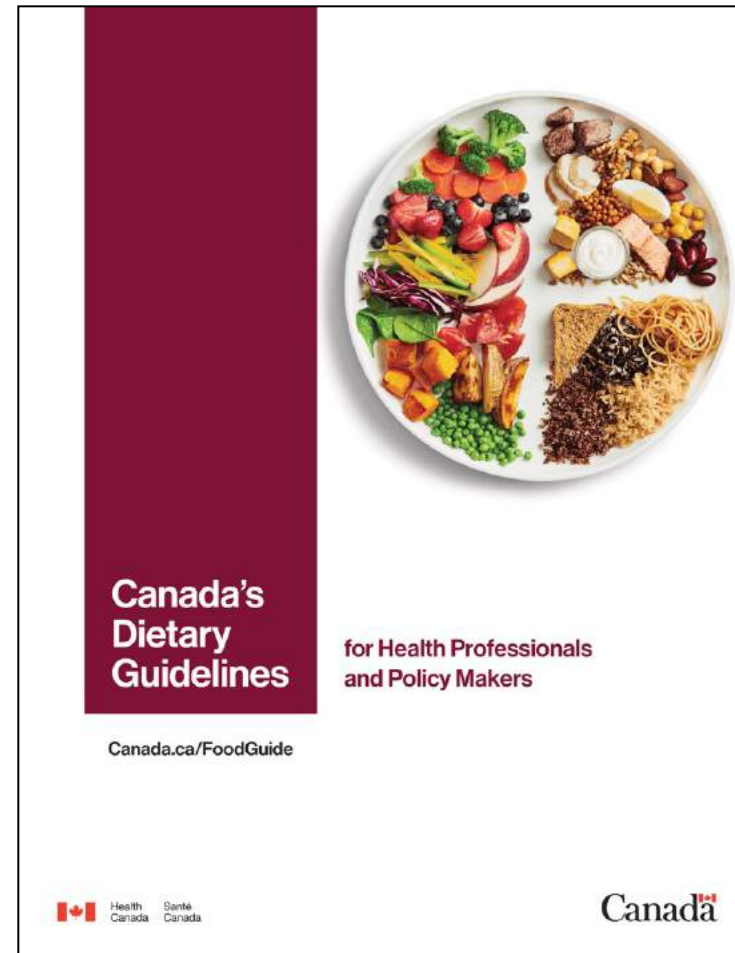
Purpose:

- Overview of Food Guide-Friendly (FGF) Initiative
- Introduction to the FGF tools



Canada's Food Guide

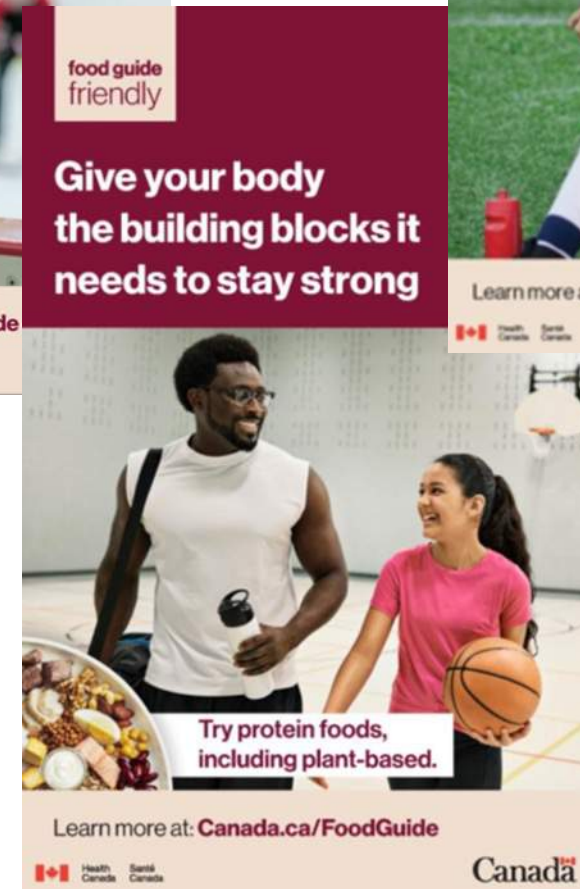
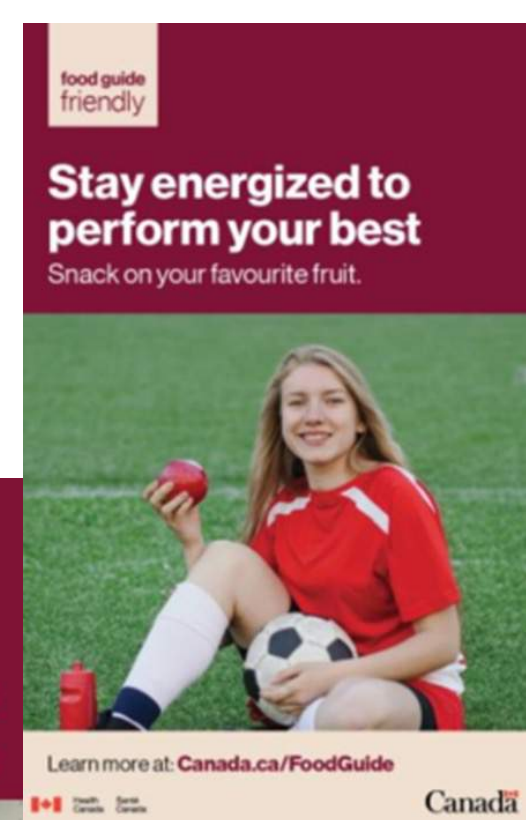
- Updated food guide launched in 2019
- Recommends publicly-funded institutions offer healthier options and limit availability of highly processed foods and beverages



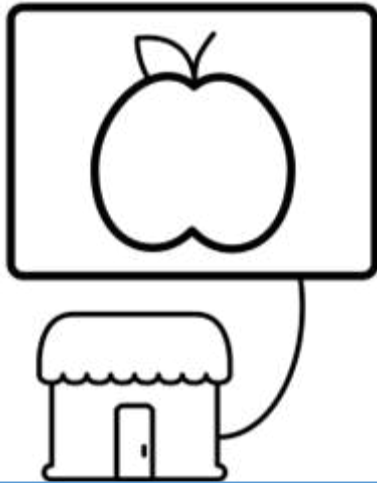
Food Guide-Friendly Initiative

Food guide friendly is a voluntary initiative that encourages publicly-funded institutions to create healthier food environments.

- Food guide-friendly principles
- Promotional material
- Food guide-friendly pledge



Food Guide-Friendly Principles



1. Make nutritious foods and beverages available

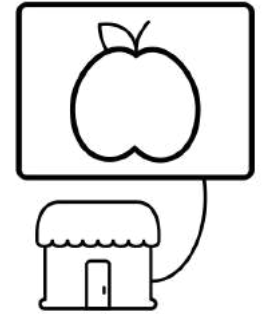


2. Promote nutritious foods and beverages



3. Encourage healthy eating behaviours

Food Guide-Friendly Principles



1. Make nutritious foods and beverages available

- Vegetables and fruit are available wherever food is served or sold
- Whole grains are available when offering grain foods
- Plant-based protein is available when protein foods are offered
- Drinking water is available at all times, at no cost
- Nutritious foods and beverages with little to no added sodium and saturated fat, and little to no free sugars are available.

Food Guide-Friendly Principles



2. Promote nutritious foods and beverages

Nutritious foods and beverages are favourably priced, placed and promoted.

For example, they are:

- Less expensive or provide equal or better value than highly processed options
- Placed prominently such as in high-traffic areas or in eye-catching ways
- Offered preferentially and featured in promotional signage, messaging and campaigns instead of highly processed products

Food Guide-Friendly Principles



3. Encourage healthy eating behaviours

- Promote food skills as a practical way to support healthy eating
- Provide a dedicated space where patrons can eat meals with others
- Integrate food traditions and cultural awareness in menus, special events and celebrations

Food Guide-Friendly Tools

food guide
friendly



Food guide-friendly assessment tool for food services selling food and drinks in publicly-funded facilities

Introduction

[Food guide-friendly](#) is a voluntary initiative that encourages publicly-funded institutions to create healthier food environments.

This **assessment tool** aims to support those who are implementing food guide-friendly principles (e.g., food outlet managers, food service operators, volunteers) in publicly-funded institutions where food and drinks are sold including in recreation facilities and post-secondary dining halls. This can include, but is not limited to:

- canteens
- cafeterias
- dining halls
- concessions
- micro markets

food guide
friendly



Food guide-friendly goal setting and action plan for food services selling food and drinks in publicly-funded facilities

Introduction

This tool is to be used with a completed *food guide-friendly assessment tool for food services selling food and drinks in publicly-funded facilities*. It can help you to:

- identify opportunities for improvement; and
- create an action plan for change that considers the unique characteristics and needs of the setting and target population.

It's not necessary to act on all principles immediately. Start with a few improvements, adding more changes over time. Success is more likely if healthy food and drinks are favorably placed, priced and promoted when provided. For example, offering whole grain foods using competitive placement, pricing and promotion compared to highly processed products increases the chance of whole grain foods being chosen.

Food Guide-Friendly Pledge



food guide friendly

What is the food guide-friendly pledge?

CANADA.CA/FOODGUIDE

Canada



food guide friendly

We've signed the food guide-friendly pledge.

CANADA.CA/FOODGUIDE

Canada

Next Steps

- Continue to pilot test principles, pledge and related tools
- Review and consider input received via Canadian Parks and Recreation Association (CPRA) surveys
- Collaborate with CPRA to share success stories



Canada's food guide



Contact us:
nutrition@hc-sc.gc.ca



Food Guide-Friendly Initiative

KFL&A Public Health

Angela MacMillan, RD, MPH

Feb 15, 2024



KFL&A
Public Health

Land Acknowledgement

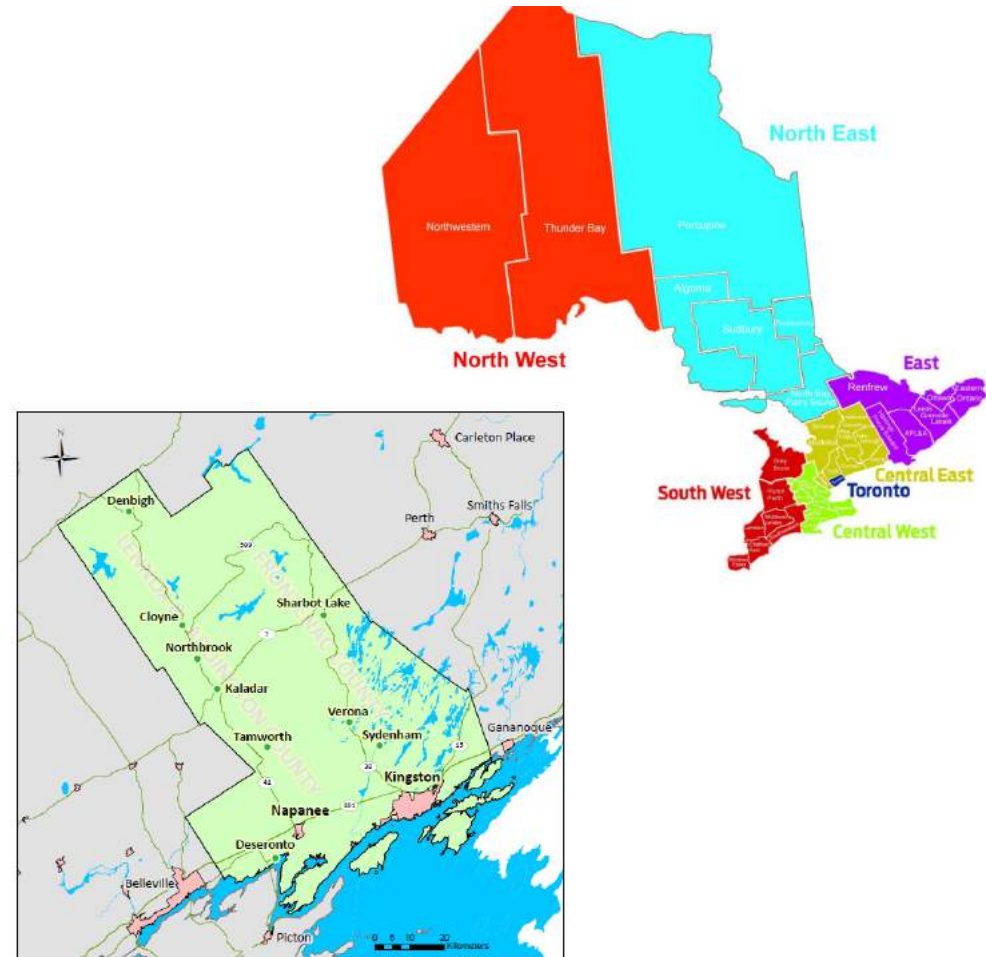
KFL&A Public Health is situated on the traditional territories of the Anishinaabe and Haudenosaunee. We recognize the long and distinguished history of the Peoples of this region that predates the establishment of European colonies. We also recognize the significance of this land for Indigenous peoples who have lived, and continue to live, on this land. KFL&A Public Health honours all First Nations, Metis, Inuit and Peoples of Indigenous ancestry and their valuable past and present contributions to this region.

Overview

- Background
- Food Guide-Friendly Initiative
- What's Working/Challenges
- Next Steps

Background

- KFL&A Public Health (Kingston Ontario)- Mixture of urban and rural recreation sites with a range of food services
- 2011-2022- Worked with rec sites on various healthy eating initiatives (Eat Smart!, social marketing campaigns)
- Support development of RFPs with healthy eating criteria.
- 2022-2024- Partnered with Health Canada to develop and test Food-Guide Friendly Principles for recreation setting.



<https://www.alphaweb.org/page/PHU>

Food Guide-Friendly Pilot

- Objectives:
 - Test FGF principles and tools developed by Health Canada to determine usefulness for recreation sites in improving food environment.
- Actions taken so far:
 - Worked with 2 facilities to complete a food environment assessment, patron surveys, and action plan/goal setting using HC tools.
 - Sites were then invited to sign the FGF pledge which provides access to promotional resources on site and online.
 - Sites are currently working on implementing changes and are tracking sales data.



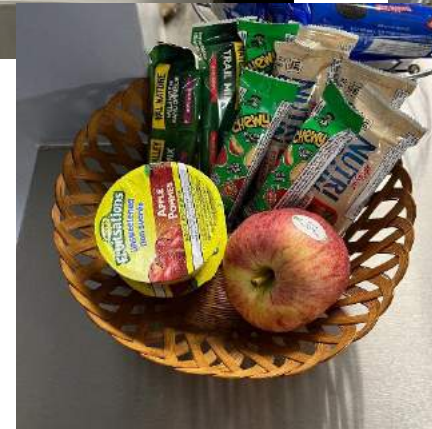
Food guide-friendly assessment tool for food services selling food and drinks in publicly-funded facilities

Introduction

[Food guide-friendly](#) is a voluntary initiative that encourages publicly-funded institutions to create healthier food environments.

Changes to the food environment

- Shelf-stable snacks with less added salts, saturated fats and sugars
- Creative food prep for smaller sites- premade wraps, egg sandwiches on weekends with whole grains as default
- Integrating fruit and vegetables into combos, using leftovers in baking
- Switching for whole grain baking mixes
- Promoting through special menus, placement



What's Going Well

- Food-Guide Friendly Pledge
- Patron surveys supported desire for healthier options
- Pre-made items have been very successful for staff and patrons on busy days
- Combos have also provided more opportunity to promote and use perishable items

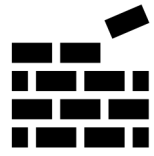


Challenges

- Limited capacity- both staff and kitchen space
- Limited opening hours/seasonal
- Changing food service contracts
- Profitability
- Food waste
- Consumer appetite



Learnings



1. Incremental
Changes



2. Creative, site-
specific solutions



3. Build in consumer
education/awareness



4. Support in making
changes

What's Next?

- Pilot project- continue to work with sites on creative solutions, tracking sales and impact of Food-Guide Friendly initiative
- Evaluate usefulness of FGF tools for recreation managers and canteen operators
- Continue to engage and support urban and rural recreation sites

Thank you

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KFL&A
Public Health

City of Temiskaming Shores Healthy Eating in Recreation Settings

Organization: City of Temiskaming Shores and Timiskaming Health Unit

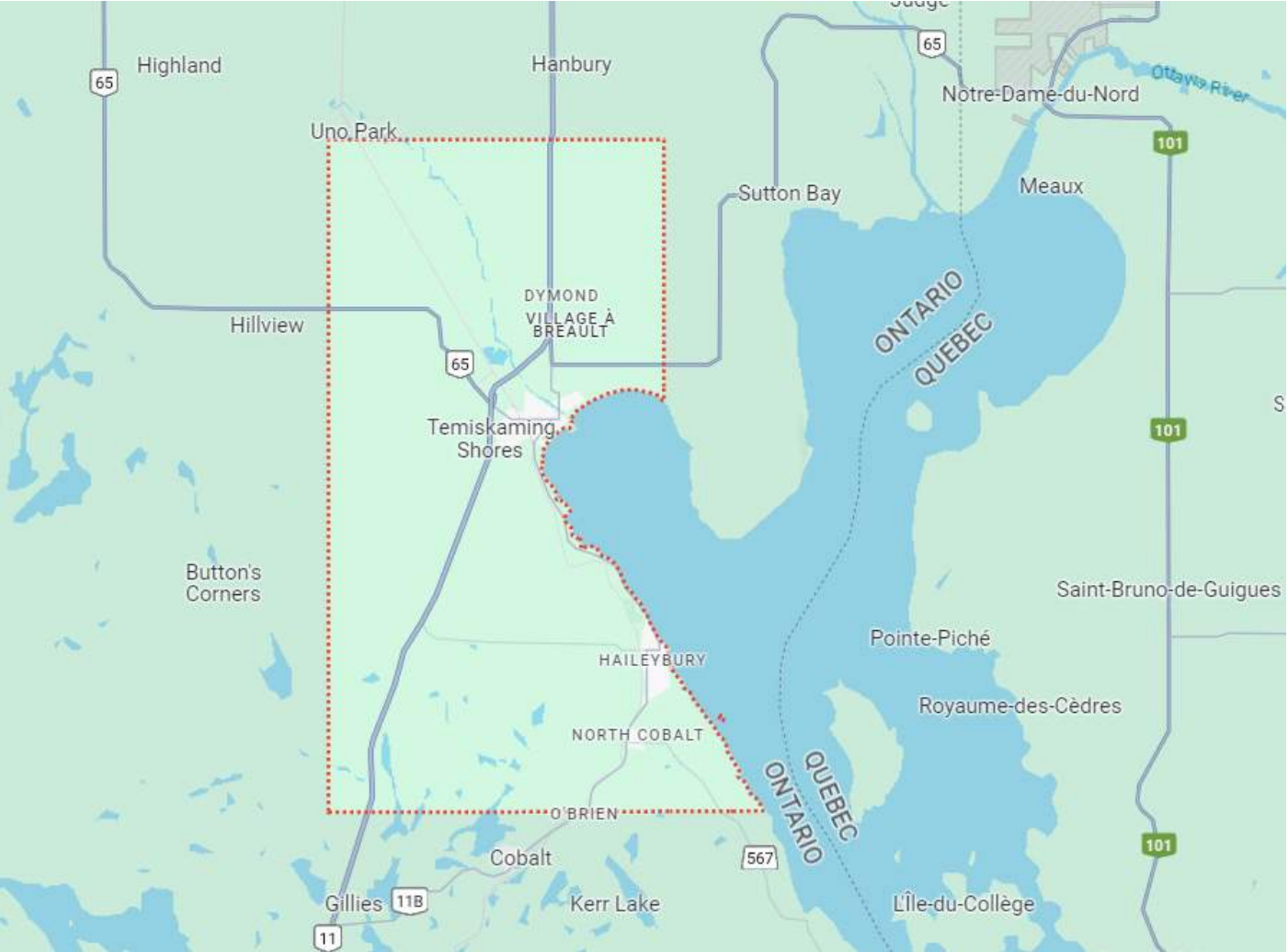
Presenter(s): Lynn Julien, Age Friendly Coordinator and Cristina Benea, Public Health Dietitian

Date: Feb 15, 2024

Outline

- Background
- Purpose and Actions Taken
- Project Planning, Implementation, Evaluation
- Monitoring and Policy Development
- Challenges and Lessons Learned
- What's Next?

Background



Purpose and Actions Taken



<https://www.publichealthontario.ca/en/health-topics/health-promotion/child-youth-health/hkcc>



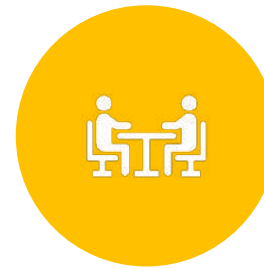
PILOT PROJECT

2016 - 2018



MAINTENANCE

2018 - 2019



**MUNICIPAL
POLICY**

2019



SUSTAINABILITY

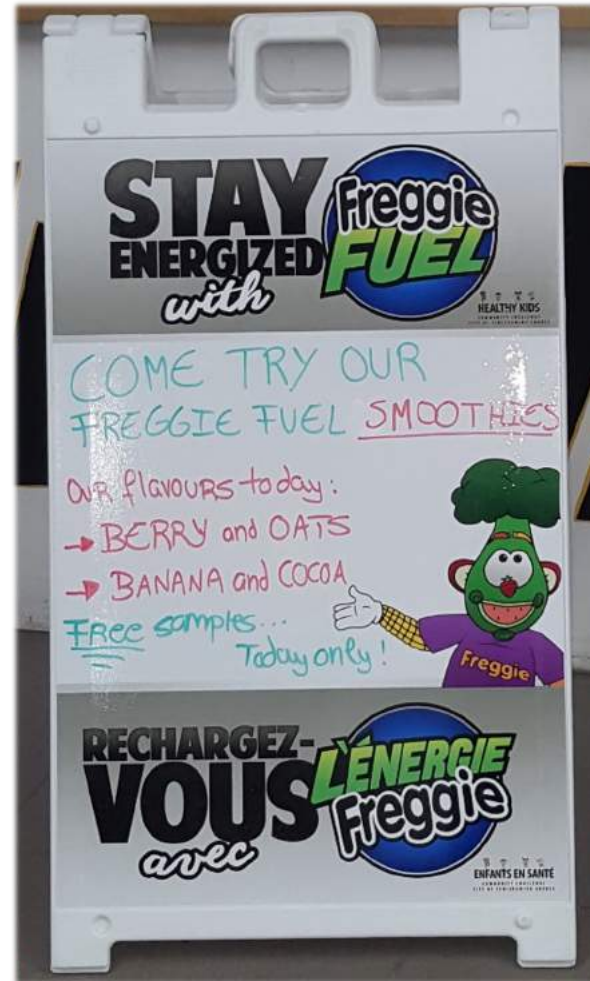
2019 - 2023

Pilot Project - Planning

69% of people chose smoothies as one of their top two choices

55% chose fresh fruit as one of their top two choices


35% chose veggies & hummus in their top two choices





Pilot Project - Implementation



**Eat Well,
Perform
Well,
with...**



Healthy Eating is important for a healthy lifestyle and a key success factor for athletes.

"Good nutrition accounts for 50% of my performance, with 40% being mental and 10% being physical."

(Hayley Wickenheiser, five-time Olympian & current Assistant Director of Player Development for the Toronto Maple Leafs)

G Growth Ensures that young athletes have the energy necessary for sports and for healthy growth.
A Action Provides energy from quality sources and in the proportions needed for games, competitions and practices (high in carbohydrates, adequate in protein, lower in fat and fibre). This helps avoid fatigue, hunger and upset stomach.
M Mental focus Helps athletes stay mentally focused and achieve better technique and skills execution.
E Ensures healthy weight Helps maintain a healthy body weight that provides athletes with good balance between the necessary strength, resistance, speed and agility for optimal performance.
O Optimal fluid Ensures athletes are well hydrated, avoiding situations such as cramps that can compromise performance. Sports, such as hockey, can lead to high losses of water and electrolytes, and children are at greater risk of dehydration than adults.
N Nutrition in recovery Provides adequate energy and nutrients to allow successful recovery between games/competitions or practices, while also decreasing the risk of muscular-related injuries and overall disease (stronger immune system).

Over



Pilot Project - Evaluation

Surveys were completed at the end of the 2017-2018 season, and we received 101 responses.




593
smoothies sold



192
pieces of fruit



71
total operation days



46% survey respondents more likely **TO BUY FOOD** at the arenas when healthier items are available.

56% more likely to **EAT HEALTHIER** when healthier items available.

Many people were **SATISFIED** with the **TASTE** of the healthy items.

smoothies	58%
fruit	67%



Selling healthy items was **FINANCIALLY FEASIBLE** for concession operators.

Maintenance and Policy



Schedule "A" to

By-law No. 2019-152

Healthy Eating in Municipal Recreation Settings Policy

Original Draft: July 2019

Final Draft: September 2019

Available at http://www.temiskamingshores.ca/uploads/70/Doc_637087337166728158.pdf

Challenges and Lessons Learned

- Scheduling yearly inspections of concession stands is difficult, even more so if operators are changing every season
- Monitoring the sale of healthy items throughout the season is also difficult.
- Making the healthy items front and center while all other items include pop, chips, candies.
- Healthy items have a shorter shelf life (fruit used in smoothies).
- Following the implementation schedule has proven to be extremely difficult when there is a new concession operator on a yearly basis.



What's Next?

Concession operators are required to commit to the following:

- Fruit smoothies and fresh fruit as mandatory menu items that must be always available.
- At least 1 grilled sandwich available on tournament weekends.
- Bottled water available always and consider 100% fruit juice and milk.
- 1 in every 4 other options must be a healthy item in vending machines.
- Prices for healthy items are to be the same or lower than similar menu options
- Using Freggie Fuel branded material.
- Yearly inspections completed by Registered Dietitian and staff member of the municipality.



Eat Healthy, Play Healthy



Eat Healthy
Play Healthy

Organization: Provincial Advisory Committee

Presenter(s): Tim Hanna – Saskatchewan Parks and Recreation Association

Stacey Wiens – Saskatchewan Health Authority

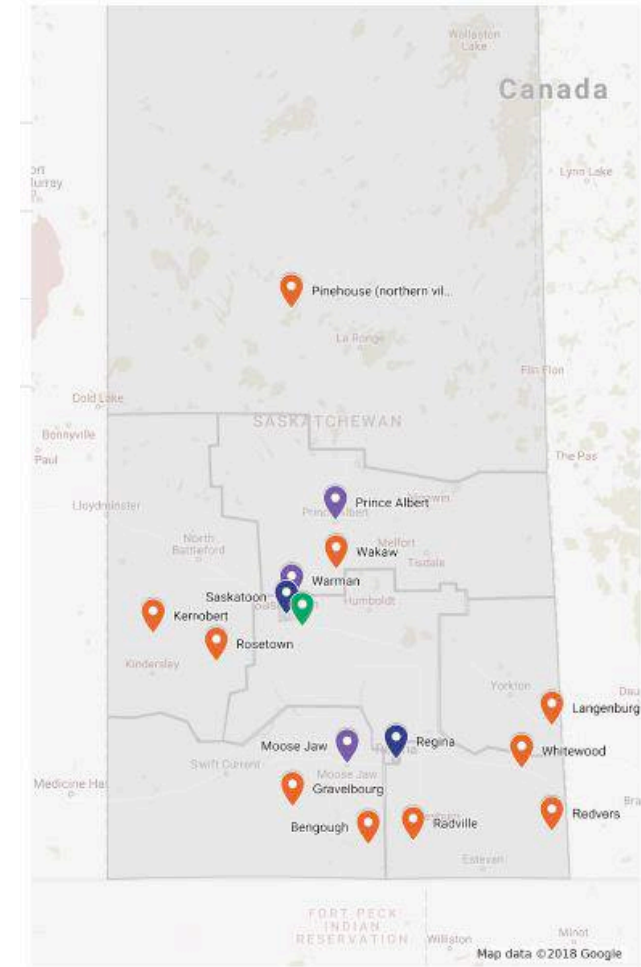
Date: February 15, 2024

Outline

- Background
- Purpose and Actions Taken
- What Worked and the Challenges
- Learnings
- What's Next?

Background

- Provincial Advisory Committee created in 2017
- Current Members:
 - Saskatchewan Parks and Recreation Association
 - Saskatchewan Health Authority
 - University of Saskatchewan
 - SaskSport
 - Government of Saskatchewan – Ministry of Parks, Culture, Sport
 - Government of Saskatchewan – Ministry of Health
- Have met approximately 3-4 times a year
- Terms of Reference to help guide our work
- The population in Saskatchewan is spread out geographically
- Percentage of publicly owned culture, recreation and sports facilities in Saskatchewan (Statistics Canada, 2022)
 - Ice arenas: 79%
 - Pools: 88%
 - Other facilities: 81%



Purpose and Actions Taken

■ Purpose

- The purpose of the Eat Healthy, Play Healthy Committee is to promote healthy food and beverage choices as one of the mechanisms needed to deliver a high quality recreational and sport experience.

■ Actions Taken

■ Research To Date

- First research project:
 - Led by Melanie Warken
 - Focused on 16 communities across Saskatchewan
 - Assessed the baseline food environment (based on NEMS scale) in vending and concessions and interviewing facility operators to understand the barriers and facilitators to offering healthy foods and beverages in Saskatchewan public recreation facilities.
 - A need for multi-sector and multi-pronged solutions to address the many barriers inhibiting change from unhealthy food environments in publicly funded recreation facilities: a mixed-method study. *Applied Physiology, Nutrition, and Metabolism*. 47(8): 847-859.
 - <https://doi.org/10.1139/apnm-2021-0770>
 - Findings showed a detailed picture of the baseline food environment in Saskatchewan recreation facilities, which is similar to what is found in other parts of Canada.
 - Also found that there is interest from the recreation sector to work to make positive changes, highlighting many facilitator and barriers to help us move forward with success.

Purpose and Actions Taken

■ Actions Taken

■ Research To Date

• Second research project

- Led by Razieh Mohammadkhani
- Identify consumers' perspectives and attitudes regarding the foods and beverages offered and promoted in publicly funded recreation facilities in Saskatchewan and understand consumer barriers and facilitators to supporting future healthy food environments in Saskatchewan publicly funded recreational facilities
- Mixed method approach – online survey and telephone interview allowing for open-ended responses
- General findings are that that majority of respondents felt that there should be changes made to food and drink offerings
- Majority of respondents would support policies that limit unhealthy food and beverage companies from sponsoring, promoting or advertising in recreation facilities
- Data collection is complete and report writing in progress

■ Future Research Goal

- Trialing healthy food environment interventions in urban and rural settings in Saskatchewan



Purpose and Actions Taken

■ Actions Taken

■ Resources Created:

- Four posters were created in collaboration
- These posters have been distributed to SPRA stakeholders and others across the province
- Eat Healthy Posters:
 - Hydrate For The Win!
 - Nutrition On The Go
 - Rethink Your Sport Drink
 - Snack For Success



Purpose and Actions Taken

- Actions Taken
 - Healthy Foods for my Recreation Setting Series
 - [Nutrition Standards](#)
 - [Getting Started](#)
 - [Step by Step Guide](#)

Healthy Foods for my Recreation Setting
Nutrition Standards for Saskatchewan

Recreation settings play an important role in helping communities be physically active and healthy.

Number play a role in optimal health for all people. The benefits of eating well and being active include:

- better overall health;
- lower disease risk;
- feeling better;
- stronger muscles and bones;
- more energy; and,
- improved site performance.

The goal is to have healthy choices anytime, food and drinks are offered.

It is important that recreation settings support an overall healthy environment, including an accessible, vending machine, program, a menu and/or nutritionist.

Many factors influence our food choices such as what food is available, where it is purchased, how much it costs and how it is promoted. These factors make up the food environment. They can be changed to support the sale of healthy foods and to make the healthy choice easier for customers.

This tool can be used:

- by people in recreation settings who serve, sell and/or promote food and have influence over these decisions;
- to determine needs of other institutions/walk to meet in your recreation setting.

Other helpful resources:

- [Canadian Food Guide](#)
- [Healthy Foods for my Recreation Setting: Getting Started](#)
- [Saskatchewan Association of Recreation and Leisure Professionals](#)

How to Use this Tool:

- [Introduction](#) page 2
- [Vegetable and Fruit](#) page 3
- [Grain Products](#) page 4
- [Milk and Alternatives](#) page 5
- [Meat and Alternatives](#) page 6
- [Mixed Dishes](#) page 7
- [Things to Consider](#) page 8

In this document, the term food refers to both food and drink.

saskatchewan.ca

Healthy Foods for my Recreation Setting
Getting Started

Small changes in what we eat and drink can make a big difference for athletic performance and overall health. When food and drinks are provided in recreation settings, it is important that healthy options are available. To learn how to determine which foods are healthy, see [Healthy Foods for my Recreation Setting - Nutrition Standards for Saskatchewan](#).

Simple ways to get started:

Modify existing menu items:

- Offer whole grain in breads, buns and wraps;
- Skip the deep fry: bake, broil, grill, steam;
- Provide sips and dressing on the side and/or in smaller portions;
- Use lower sodium soups, salads and condiments;
- Offer 1/2 or 3/4 sizes in containers rather than jugs;
- Use veggies, beans or salsa with a sauce;
- Try making menu items in-house.

Price points:

- Price healthy items at the same or lower price than less healthy items. This may mean slightly increasing the price of less healthy items;
- Offer healthy items as a special or meal deal such as grilled chicken burger with a veggie cap.

Provide healthy choices:

- Your menu is a great time to be adding more healthy options to your menu. Send your healthy menu out with tournament packages to team's cap, pin and premium healthy choices.
- Place healthy menu items front and centre so they are highly visible and within reach. Try a "fruit basket at the 6".
- Make healthy items convenient to grab and go. Try an apple and cheese string station.
- Use signs and posters to promote the great taste of healthy menu items.
- Offer free samples of healthy items for customers to taste.
- Label Offer Meal Offer food items with a healthy choice symbol.

Additional healthy items:

- Breakfast burrito or sandwich;
- Cold made with beans and vegetables;
- Soup or stew served with whole wheat bun/bread;
- Whole grain pasta perked with tomato-based sauce;
- Buns made with chicken, whole beans, vegetables and cheese;
- Black bean/beans served with brown rice;
- Lean meats and cheese pizza or whole grain pizza wedges or crackers, vegetables and/or fruit;
- Dips to which add meat, rice or tort;
- Rice bowls with vegetables and dressing;
- Offered fish tacos with shredded cabbage.

Developed in 2020 by the Adult Subcommittee of the Public Health Nutritionists of Saskatchewan Working Group in collaboration with:

Healthy Foods for my Recreation Setting
A Step-By-Step Guide

Developed in 2020 by the Adult Subcommittee of the Public Health Nutritionists of Saskatchewan Working Group in collaboration with:

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"There seems to be a state of readiness from the facilities we interviewed across Saskatchewan. They are ready and wanting to make healthy foods more available." – Melanie Worken, Eat Healthy Play Healthy Research Team

Purpose and Actions Taken

■ Actions Taken

- My Menu – Vending Machine and Concession – Snack Food and Drink List
- Webinars – Creating Supportive Food Environments in Saskatchewan Recreation Settings
 - [Watch Part One](#) – Nutrition Standards for SK and *Getting Started Guide*
 - [Watch Part Two](#) – Step-By-Step Guide
 - [Watch Part Three](#) – Food Marketing in Recreation Setting
- Food Supplier Interviews

Vending Machine & Concession - Snack Food and Drink List

5

FOOD ITEMS	NUTRITION TIPS	OFFER MOST OFTEN	OFFER SOMETIMES	OFFER LEAST OFTEN
Fruits & Vegetables (Prepackaged or single serve)	<ul style="list-style-type: none"> • In a concession, try to provide a fresh fruit and vegetable option regularly. • In a refrigerated vending machine, provide fruit and vegetables options when possible. • Provide minimally processed vegetables and fruit. • Offer dips or dressing on the side 	✓✓ Prepackaged baby carrots, Sun Rich™ or Motts™ Apple Slices, celery, broccoli, cauliflower, snap peas, apples, bananas, oranges	✓ Vegetable or fruit salads made in-house	Vegetables that are battered or deep fried
Granola Bars	<ul style="list-style-type: none"> • Provide products with whole grains, high fibre (2g or more) and low-sugar (<12g). 		✓ Fibre One™ Bar, General Mills™ Fibre Bar, Quaker™ Chocolate Chip, Kind Healthy Grain™ Bars	Cliff™ Bars, Cliff™ Mini Bar, Cliff™ Kid ZBar
Hard Boiled Eggs (prepackaged)	<ul style="list-style-type: none"> • Provide plain cooked eggs. • Avoid brined products which have more sodium. 	✓✓ Burnbrae Farms™ Eggs2go		Pickled eggs

Creating Supportive Food Environments in Saskatchewan Recreation Settings

Food Marketing
March 12, 2020
Part 3 of 3

- This webinar will be recorded and made available on SPRA's website
- Visit www.spra.sk.ca/resources-and-advocacy/eat-healthy-play-healthy/ to read/print: *Healthy Foods for my Recreation Setting*
 - Nutrition Standards
 - Getting Started
- Mute your audio
- Submit questions in the chat box



What Worked and the Challenges

- What Worked

- Communities willing to support the research and resource development
- Inter-sectoral collaboration
- Resources created to support those working in the recreation sector
- Research has confirmed findings from other areas of the country
- Partnership with the University of Saskatchewan

- Challenges

- Covid's impact on the recreation sector and momentum for food environment work
- Many different operational models in Saskatchewan based on community size
- Lack of dedicated website
- Communication challenges to reach target audience
- Lack of funding

Learnings

- Research findings only go so far
- Taking action is required to move this forward
- Learning from those in community and in facilities
- Try not to duplicate work from across the country

What's Next?

- Eat Healthy, Play Healthy Committee continues to exist and be successful
- Maintain and expand committee membership to be relevant
- Develop an intervention model to trial in urban and rural settings
- Create support resources for stakeholders where needed
- Continue to share findings and successes
- Continue to support national objectives



Questions?



Resource Review



DO YOU SUPPORT HEALTHY ENVIRONMENTS IN RECREATION?

CPRA is collaborating with **Health Canada** to promote healthy food environments in the recreation sector.

And we want to hear from
YOU!



HELP US REVIEW RESOURCES

»»» These resources provide specific actions you can take to make your recreation setting more food guide friendly.

WE NEED YOU TO...

- »»» Review and provide feedback.
- »»» Provide your opinion on their applicability to the sector.



Contact Christa Costas-Bradstreet at christa@cpra.ca to indicate your interest in participating, or for more information.

Stories



ARE YOU ADDRESSING HEALTHY EATING IN YOUR RECREATION SETTING?

CPRA is collaborating with **Health Canada** to promote healthy food environments in the recreation sector.

And we want to hear from **YOU!**

Swipe →



SHARE YOUR STORIES



CPRA is establishing a database of ideas and stories to initiate and support healthy eating practices.



We want to hear from you about your experiences in addressing healthy eating in your programs or facilities.



We will create, and share, three detailed case studies from your submissions that outline the journey to providing healthier food choices.



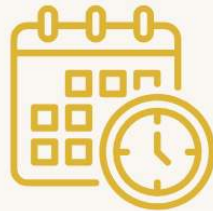
Swipe →

Online Learning Sessions



JOIN OUR ONLINE LEARNING SESSIONS

ESTABLISHING HEALTHY FOOD ENVIRONMENTS IN THE RECREATION SECTOR



Wednesday, March 6
12:00–1:30pm. ET

We want to provide more opportunities to profile healthy eating initiatives underway in Canada's recreation sector. Barriers to implementing healthy eating initiatives will be discussed.



Canada's
food guide



Thank you