

Healthy Eating Policy

1.0 Policy Statement

The City of Mount Pearl recognizes the importance of healthy eating and the endless health benefits this lifestyle can bring such as a better quality of life, and of course, increased life expectancy among many more.

2.0 Background

The City of Mount Pearl's Healthy Eating policy was developed in partnership with the *Eat Great and Participate Program*, to support this commitment. The City of Mount Pearl commends the work achieved by the *Eat Great and Participate Program* for initiating this new initiative and continuing to work toward a healthier and happier community.

3.0 Definitions

Healthy eating is defined as: "eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy," According to *Eat Great and Participate*.

4.0 Related Procedure

The City of Mount Pearl will offer vegetables and fruit (fresh, frozen or canned) and at least one (1) of the following at the City's recreational facilities and community events:

- whole grain products (breads, wraps, crackers, etc.)
- skim, 1% or 2% milk
- milk alternatives (yogurt, cheese)
- water

The City of Mount Pearl will also encourage green options whenever possible.

4.0 Roles and Responsibilities

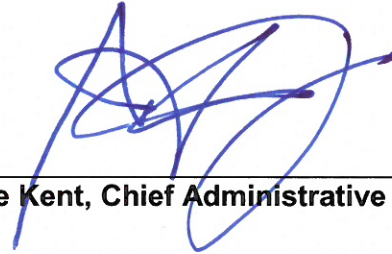
The Manager of Community Service Programs:

- oversees the general compliance with this Policy;
- communicates with all City supervisory staff.

The Supervisory Staff:

- communicate with staff concerned.

5.0 Approvals



Steve Kent, Chief Administrative Officer

August 7, 2018

Date