



CITY OF PRINCE GEORGE COUNCIL PROCEDURE

Healthy Food And Beverage Sales – Recreation Facilities

Social Development - Health and Wellness

Approved by Council: October 24, 2011

Purpose:

The procedure supports the Health and Wellness Policy by providing for the management of healthy food and beverage sales on City Property which will lead to the improvement of the nutritional content of items sold and/or served.

Objectives:

To prescribe procedures that create a supportive environment that makes the healthy choice the easy choice.

1. To prescribe procedures relating to education, which promote an increase in public and staff awareness of the benefits of healthy eating.
2. To provide procedures and programs relating to the nutritional content of items sold and/or served in Civic Facilities by establishing and monitoring minimum standards for product choices based on provincial guidelines.
3. To provide procedures and programs relating to the nutritional balance of items sold and/or served in Civic Facilities by establishing and monitoring pricing, display of products, preparation methods and contractual commitments.
4. To encourage City Council and Administration to provide leadership in the sale of healthy food and beverages in Civic Facilities.

1. Definitions

“**City**” means the City of Prince George and its administration;

“**City Property**” or “**Property**” means premises that are owned or controlled by the City;

“**Civic Facilities**” means recreation facilities as outlined in Schedule A.

“**Choose Most**” refers to a food and beverage category based on fat, fibre, sugar, sodium, and other nutrition criteria outlined in the *Guidelines for Food and Beverage Sales in BC Schools* (2005).

“**Choose Sometimes**” refers to a food and beverage category based on fat, fibre, sugar, sodium, and other nutrition criteria outlined in the *Guidelines for Food and Beverage Sales in BC Schools* (2005).



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“**Choose Least**” refers to a food and beverage category based on fat, fibre, sugar, sodium, and other nutrition criteria outlined in the *Guidelines for Food and Beverage Sales in BC Schools* (2005).

“**Consumer**” means a consumer of food and beverages;

“**Council**” means the City Council of Prince George;

“**Eat Smart Meet Smart**” refers to the publication *Eat Smart Meet Smart: How to plan healthy eating at meetings, conferences and events* created by the Western and Northern Canadian Collaborative for Healthy Living (2009).

“**Guidelines for Food and Beverage Sales in BC**” refers to the published nutritional guidelines for schools developed by the Ministries of Health and Education (2005).

“**Healthy Choices**” and “**healthy food and beverages**” refer to food and beverages that meet the Choose Most and Choose Sometimes categories in the *Nutritional Guidelines for Vending Machines in BC Public Buildings* (2010).

“**Healthy Choices Facility**” is a facility that offers healthy food and beverages whenever they are served and/or sold.

“**Not Recommended**” refers to a food and beverage category based on fat, fibre, sugar, sodium, and other nutrition criteria outlined in the *Guidelines for Food and Beverage Sales in BC Schools* (2005).

“**Nutritional Guidelines**” refers to the *Nutritional Guidelines for Vending Machines in BC Public Buildings* (2010);

“**Recreation and Cultural Division**” refers to a division within the Community Services Department with the City of Prince George.

2. General

2.1 Vending machines on City owned Civic Facilities shall contain the following percentages, as minimum standards, of product for pre-packaged products that meet the Nutritional Guidelines:

- 2.1.1 At least 50% of product choices for food and beverages must be from the Choose Most and Choose Sometimes categories. Up to 50% of product choices may be from the Choose Least or Not Recommended categories with no more than 15% from the Not Recommended categories.

2.2 Concessions and snack bars in City owned Civic Facilities shall meet the percentages set forth in section 2.1, for the proportions of pre-packaged food and beverages in addition to the Nutritional Guidelines and the following:

- 2.2.1 Pre-packaged products sold must only be offered in regular-sized single serving packages. Non-packaged food (ie// pizza, hot dogs, burgers, nachos) must be sold in small, single serving size portions:
 - 2.2.1.1 Only regular size candy bars can be offered (no King Size).
 - 2.2.1.2 Only regular size hot dogs (no items that read “jumbo” on the packaging).



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2.2.1.3 No jumbo size potato chips.

2.2.2 With regards to prepared foods, for every product that does not meet the Choose Most and Choose Sometimes categories of the Nutritional Guidelines, a like product that does meet these criteria shall be provided, for example if a hamburger is offered, a veggie burger or turkey sandwich must be offered; if a pepperoni pizza is offered, a vegetable topping pizza must be offered; if regular ice cream is offered, non-fat frozen yogurt must be offered; when white bread is offered, whole wheat bread must be offered.

2.3 At least one fresh fruit or vegetable must be offered when other products are sold in concessions.

3. Placement

3.1 Products that fall under the Choose Most and Choose Sometimes categories of the Nutritional Guidelines must be placed more prominently than items in the Choose Least and Not Recommended.

4. Pricing

4.1 Food and beverages that fall under the Choose Most and Choose Sometimes categories of the Nutritional Guidelines shall be comparatively priced to products that do not fall under these categories of the Guidelines.

5. Training

5.1 The City of Prince George shall provide resources and lists of acceptable products that meet the Nutritional Guidelines upon request, including;

5.1.1 Healthy Choices in the Recreation Setting – Toolkit;

5.1.2 Brand Name Food List;

5.1.3 Nutritional Guidelines for Vending Machines in BC Public Buildings (2010);

5.1.4 Stay Active Eat Healthy – For Site Managers and Industry;

5.1.5 Guidelines for Food and Beverages Available at Sporting Events in BC;

5.1.6 Eat Smart Meet Smart: How to plan healthy eating at meetings, conferences and events.

6. Programs

6.1 External/internal recreation programs shall incorporate the healthy choices facility philosophy and provide healthy choices when food and beverages are offered.

7. Internal Meetings

7.1 Employers and employees of City owned Civic Facilities shall adopt the healthy choices facility principles and that food and beverages offered at staff meetings and social gatherings in addition to food and beverages brought in from outside the facilities comply with the Nutrition Guidelines (see items 2.1, 2.2 and 2.3) and the Eat Smart Meet Smart guidelines.

8. Fundraising

8.1 Fundraisers shall endorse the 'healthy choices facility' philosophy and consider alternatives to traditional fundraising sales items (bake sales or selling unhealthy products).



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9. Implementation

9.1 Phase 1 will apply to all City owned recreation facilities outlined in Schedule A.

9.2 Phase 2 will apply to all City owned buildings, sport fields and playgrounds as outlined in Schedule B.

9.3 Phase 2 will apply to all internal and external recreation programs affiliated with the City outlined in Schedule C.

9.4 Specific implementation plans for each facility will be developed by facility managers.

9.5 In the development of specific facility implementation plans, the City will support access to local food security initiatives such as buying local organic produce, and utilizing pocket markets.

9.6 Current vendor contracts will be respected, however, where there is room for immediate changes, it is strongly recommended that they be made as managers of the facilities deem appropriate.

9.7 New contracts will comply with the procedure guidelines.

9.8 Where no contract exists with vending and concession operators, it is strongly recommended that changes are implemented immediately.

10. Accountability

10.1 The City reserves the right to limit quantities and exercise control on any food/beverage item offered on City property.

11. Education

11.1 The Recreation and Cultural Services Division will provide support to facility managers, vending and concession contractors to develop and implement uniform educational and promotional materials to create greater public awareness.



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SCHEDULE "A" CIVIC FACILITIES INCLUDED IN PHASE 1

Civic Centre
CN Centre
Elksentre
Kin Centres
Coliseum
PG Aquatics Centre
Four Seasons Pool
PG Playhouse Theatre



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SCHEDULE “B” CIVIC FACILITIES INCLUDED IN PHASE 2

All City Property including buildings, sport fields and playgrounds.



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SCHEDULE “C” INTERNAL/EXTERNAL RECREATION PROGRAMS INCLUDED IN PHASE 2

Aquatic programs
Community Associations
Community Arenas programs