



Community Healthy Eating Framework

Wondering how to put your Healthy Eating Policy into practice? Check out our Community Healthy Eating Framework for ideas on how to promote and support your policy throughout the community!

1  **Establish a Committee**
To help promote your policy and develop an action plan

2  **Perform an Assessment**
To identify areas for improvement

3  **Prioritize Areas for Improvement**
A great example: Limit the availability of highly processed menu items such as deep-fried foods and sugary drinks from community/recreation facility canteens, events and programs

4  **Building Partnerships**

- Local businesses
- Convenience stores
- Grocery stores
- Farmers
- Community Organizations
- Schools

5  **Develop Programs that Enhance Food Literacy and Increase Access to Healthy Food**

- Community gardens
- Community kitchen
- Farmer's markets
- Healthy cooking classes
- Education sessions for coaches

More Questions?

Contact Stephanie at (709) 729-4490 or email at sobrien@recreationnl.com



For more resources, visit www.recreationnl.com