

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 healthier, use *Healthy Foods for my Recreation Setting – Nutrition Standards for Saskatchewan*.

Simple ways to get started:

Modify existing menu items.

- Offer whole grain breads, buns and wraps.
- Skip the deep fryer; bake fries and grill meats.
- Provide dips and dressing on the side and/or in smaller portions.
- Use lower sodium soups, sauces and condiments.
- Offer milk or water in a combo rather than pop.
- Use veggie sticks or salad with a combo.
- Try making menu items in-house.



Price wisely.

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



Add new tasty meal ideas.

- Breakfast burrito or sandwich.
- Chili made with beans and vegetables.
- Soup or stew served with whole wheat bannock.
- Whole grain pasta served with tomato-based sauce.
- Quesadillas with chicken, black beans, vegetables and cheese.
- Black beans/lentils served with brown rice.
- Lean meat and cheese plate with whole grain pita wedges or crackers, vegetables and/or fruit.
- Dahl with whole wheat naan or roti.
- Rice bowls with vegetables and shrimp.
- Grilled fish tacos with shredded cabbage.



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Promote healthy choices.

- Tournaments are a great time to trial adding more healthy options to your menu. Send your healthy menu out with tournament packages so teams can plan and pre-order healthy choices.
- Place healthy menu items front and centre so they are highly visible and within reach. Try a fruit basket at the till.
- Make healthy items convenient to grab and go. Try an apple and cheese string combo.
- Use signs and posters to promote the great taste of healthy menu items.
- Provide free samples of healthy items for customers to taste.
- Label **Offer Most Often** food items with a healthy choices symbol.



Add healthy no prep snacks:

- Fresh apples, oranges, pears or bananas.
- Unsweetened applesauce or fruit cups.
- Tuna and cracker packages.
- Hummus and cracker packages.
- Granola bars lower in sugar and higher in fibre.
- Cottage cheese or yogurt cups.
- Cheese strings or packets of cheese.
- Hard-boiled eggs.



Make your rink burger better.

- Use a fresh whole grain bun.
- Top the burger with fresh tomato, onion and leafy green lettuce.
- Offer an un-breaded chicken breast, salmon burger or vegetarian patty option at the same price.
- Compare labels. Choose a brand lower in saturated fat, sodium and/or sugar.
- Prepare menu items without condiments. Provide a self-serve station for customers.

Try including healthy low prep snacks:

- Air popped popcorn.
- Yogurt, granola and fruit parfait.
- Smoothies made with unsweetened yogurt, frozen fruit and milk.
- Fresh fruit with yogurt dip or cottage cheese.
- Trail mix made from a combination of unsalted nuts and seeds, dried fruit, shredded coconut, pretzels, and/or unsweetened cereal.
- Small whole grain muffins.
- Whole grain bagel with light cream cheese and cucumber.



Focus on healthy drinks.

- Promote healthy drinks such as white milk and water as much as possible.
- Let people know if the water in your facility is safe to drink. Make water filling stations available and post signs to tell customers where they can fill their water bottles for free.
- Make water the most prominent drink choice in your facility. Place bottled water at eye level to encourage sales.
- Sugary drinks are not recommended. Slowly cut-back on the advertising of and/or the availability of sugary drinks in your facility. These include fruit punches, fruit drinks, vitamin waters, energy drinks, sports drinks and pop.
- If you offer 100% unsweetened vegetable or fruit juice, offer smaller serving sizes such as juice boxes.

There are many places you can find healthy recipes. Here are a few links to get you started:

- [Saskatchewan Health Authority Pinterest page](#),
- [Cookspiration](#), or
- [Tips and Recipes for Quantity Cooking](#).



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