

Bay Bulls - Bauline Athletic Association
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Health Eating Policy


- ⇒ What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work, play and commute.
- ⇒ Recreation, sport and community leaders who promote healthy food and beverage choices are helping to improve the food environment which creates and maintains communities that are supportive of health and wellbeing.
- ⇒ Following guideline set out in Canada's Food Guide promotes healthy eating and the overall nutritional wellbeing of individuals and communities. Healthy eating is linked to lowered risk of chronic disease, can help support an active lifestyle, and keeps individuals engaged with their community.
- ⇒ Adopting healthy behaviors early in life is important for good health. Promoting healthy eating to children and youth can help build lifelong healthy eating habits.

Therefore, effective January 5, 2023 when food and beverages are served at Bay Bulls Bauline Athletic Association programs, events, celebrations, etc. we will follow our healthy eating policy.

We will strive to create a supportive environment for healthy eating by:

- ❖ Offering vegetables and fruit (fresh, frozen or canned) and at least one of the following:
 - Whole grain breads, wraps, crackers, pasta, rice, etc.
 - Protein foods such as beans, lentils, eggs, poultry, lean red meat, lower fat yogurt and cheese.
 - *BBBAA is a peanut free association. All programs, events, celebrations, etc. will be free of peanuts.*
 - Water, lower fat while milk, or unsweetened fortified soy beverages
- ❖ Limiting the availability of:
 - Highly processed foods including deep-fried foods and potato chips
 - Sugary drinks including sports drinks, energy drinks, 100% fruit juice and chocolate milk
 - Confectioneries including candy and chocolate bars

Approved by,


Scott Penney, Chair of BBBAA Board of Directors