

# Municipalities Protect and Promote Children and Youth's Health By Supporting Healthy Food Environments

## SCHOOLS

Support local school boards/districts to:

- R** Implement the Alberta Nutrition Guidelines for Children + Youth for all foods/beverages served in school.
- R** Make Food Prep skills mandatory for junior high students
- R** Monitor healthy eating policy adherence

## CONVENIENCE STORE

- R** Establish "healthy zones" around schools by limiting the number of unhealthy food vendors in close proximity.

## RECREATION CENTRES

- R** Mandate changes to improve healthfulness of available food using the Alberta Nutrition Guidelines for Children + Youth to inform food policy (e.g. vending contracts)
- R** Allow use of facilities to prep food for school nutrition programs when school infrastructure is lacking.

## TRANSPORTATION

- R** Subsidize transport of healthy foods to rural/remote/Northern Communities

## TAX UNHEALTHY FOOD

- R** Ask the Federal government to implement a sugar-sweetened beverage tax.

## GROCERY

- R** Use municipal zoning to improve proportion of healthy (e.g. grocery stores) to unhealthy (e.g. fast food restaurants) food vendors.

## PUBLIC BUILDINGS

- R** Use the Assessment Checklist\* to see how supportive your building is towards breastfeeding  
\*see Indicator 27 in the full NRC report for the checklist

## HOSPITALS

- R** Continue to foster a supportive environment for breastfeeding using WHO's 10 Steps to Successful Breastfeeding\*  
\*see Breastfeeding Support in the full NRC report

Healthy foods = Foods that support health, emphasized in Canada's Food Guide, such as fruits & vegetables, whole grains, quality protein foods, and foods low in salt, sugar and saturated fats.

## FAST FOOD RESTAURANTS

- R** Work with local dietitians to identify healthy choices on menus.

## ADVERTISING

- R** Ensure no marketing of unhealthy food where children live, learn and play.
- R** Partner with local media to promote healthy eating

**R** Recommended opportunities for action