

REPORT

TO: Mayor Avis & Council

FROM: Jason Kabel, Community Services Division Manager

DATE: August 3, 2017

RE: Healthier Beverage Choices in Vending Machines Policy- Memorial Sports Centre

PREAMBLE

In the Fall of 2016, the Community Services Division was approached by the North Western Health Unit to partner for the Healthy Kids Community Challenge, an initiative that they were sponsoring. It could involve any number of activities or programs that could assist or promote healthier living for kids.

The idea that was presented to Memorial Sports Centre (MSC) staff included the following:

- Addition of a Water Bottle Refill Station (location TBD).
- Removal of energy/cafeinated drinks in the vending machine(s) supported by a facility policy.
- NWHU will coordinate the educational pieces around water/reduction of sugar sweetened beverages.
- NWHU will work with the canteen to try to pilot healthy beverage options (something like smoothies).

The MSC staff has been participating in the partnership with the NWHU staff in the Healthy Kids Community Challenge by adjusting the beverage choices available in the vending machines at MSC. The facility will benefit with the addition of the water bottle refill station / water fountain machines that will replace 2 of the existing water fountains.

RECOMMENDATION

The Community Services Executive Committee recommends to endorse the attached policy for the Memorial Sports Centre regarding Healthier Beverage Choices in vending machines as proposed by the North Western Health Unit.

Respectfully submitted,



Jason Kabel

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| <i>The Town of Fort Frances</i> | SECTION HEALTH AND SAFETY |
| <u>Healthier Beverage Choices in Vending Machines Policy- Memorial Sports Centre</u> <u>POLICY</u> | New: June 2017 |
| Resolution No. | |
| Policy Number | Page 1 of 5 |

Policy Statement

The Town of Fort Frances is committed to supporting healthy lifestyles and environments.

Purpose

The Memorial Sports Centre (MSC) has adopted the *Healthier Beverage Choices in Vending Machines* policy. This policy supports healthier choices at work and in the community by increasing access to healthier beverages in vending machines. The policy includes the removal of energy drinks from all vending machines and canteens as well as guidelines for product placement.

Definitions

Healthy drinks provide individuals with good hydration and nutrients for healthy growth and development. Water is the best choice to satisfy thirst. Healthy choices include water, white milk, and fortified soy milk and/or 100% fruit and vegetable juices.

Sports drinks (*Gatorade®*, *Powerade®*) contain sugar and electrolytes. Sports drinks are intended for people that exercise vigorously for more than one hour or when excessive sweat loss occurs.

Energy drinks are not the same as sports drinks. Energy drinks are usually a carbonated beverage that typically contain a high percentage of sugar and/or caffeine and other ingredients (taurine and ginseng) intended to increase the drinker's energy. They are not recommended for children because of their high levels of caffeine, and other ingredients.

Rationale

Beverage choices that are high in sugar contribute to the growing obesity problem faced by our society. More than one-in-four children and youth in Canada are overweight or obese.¹ Research shows that developing healthy eating and physical activity habits from a young age continues into adulthood and contributes to better overall health throughout the lifespan.² The availability of unhealthy beverages in recreation centres sends a message that these beverages are acceptable to drink and by making them available to children and youth we are supporting unhealthy lifestyles.

Responsibility

1. This policy covers all vending machines designed to dispense beverages located in the MSC including any leased or rented space within the facility.
2. Town employees and canteen operators with responsibilities for vending machines will be familiar with the policy to ensure compliance with standards outlined in this policy.
3. The Manager of Community Services and assigned staff are responsible on-going auditing of vending machines for compliance outlined in this policy.
4. This policy does not apply to beverages brought into municipal facilities, programs, meetings, and events from home or outside by an individual for their own consumption.

Procedure

1. All energy drinks shall be removed and not replaced in all vending machines in the MSC.
2. Energy drinks shall not be sold in any canteen operations and/or in any leased or rented space within the facility.
3. Vending machines shall always include any combination of recommended healthy beverages including water, milk and/or 100% fruit/vegetable juices (increasing percentage of healthy options).
4. The placement or visibility of a product can influence choice. Healthier beverage options will be placed in the most popular and eye level slots in vending machines. Height and eye level for children shall be given priority in placement of products. Place healthier options at eye level where they are most noticeable and more likely to be purchased. Less healthy options are away from eye-level of children.
5. Coffee-based caffeinated beverages shall not be sold in vending machines located in the MSC.
6. Access to safe, potable water should be provided in all municipal and recreation settings. The use of reusable water containers should be encouraged.
7. The Town of Fort Frances and the Northwestern Health Unit staff will re-evaluate policy implementation after one year.

References

1. Peng, Y. (2013). Community-Based Strategies for Healthy Weight Promotion in Children and Youth. @ A Glance: A Resource for HC Link.
2. Ontario Chronic Disease Prevention Alliance. (2010). *Ontario chronic disease prevention alliance evidence-informed messages: Healthy eating*. Toronto. Canada.
3. Health Canada- [Caffeine in Energy Drinks-
http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/faq-eng.php](http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/faq-eng.php) [Accessed 28 April 2017]
4. A Healthy Eating Toolkit for Recreation, Sport and Community Food Service Providers. <http://www.healthyeatingnl.ca/wp-content/uploads/2016/01/Making-the-Move-to-Healthy-Choices-Food-Service.pdf> [Accessed 28 April 2017]

Beverages

for health and sport

SPORTS DRINKS

Sport drinks are not appropriate for everyone and Canada's Food Guide recommends limiting the use of sports drinks.

What you should know about sports drinks:

- Sports drinks may be beneficial when involved in continuous and high intensity physical activity for over an hour or when excessive sweat losses occur. They are intended to replace sugar in muscles and fluid and electrolytes (sodium and potassium) lost in sweat.

Generally, if exercising for less than an hour and exercising at a low to moderate intensity, plain water will quench your thirst and help you perform at your best.

ENERGY DRINKS

These beverages are NOT recommended for children and youth.

What you should know about energy drinks:

- Most energy drink labels caution that children should not consume these beverages.
- These drinks are not good choices at any time, especially during or after athletic events. The caffeine, high sugar content and combination of energy drinks can interfere with hydration.
- The effects of the large amount of caffeine and other ingredients that may be added to energy drinks are unknown.



Making the Move to Healthy Choices

Retrieved from: **A Healthy Eating Toolkit for Recreation, Sport and Community Food Service Providers.**

Available: <http://www.healthyeatingnl.ca/wp-content/uploads/2016/01/Making-the-Move-to-Healthy-Choices-Food-Service.pdf> [Accessed 28 April 2017]

BEVERAGES

The following beverage guidelines offer some ideas for concessions, canteens, snack bars and events. Some items may be suitable for vending machines. If offering large beverages, offer them in containers with a screw top so customers don't need to drink them all at once.



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| FOUNTAIN OR BOTTLED WATER | <ul style="list-style-type: none"> Choose plain, unsweetened water with no artificial sweeteners or additives (e.g. caffeine, sodium). |
| WHITE MILK OR FORTIFIED SOY BEVERAGE | <ul style="list-style-type: none"> Offer 2% or less milk fat (M.F). |
| 100% VEGETABLE JUICE | <ul style="list-style-type: none"> Choose varieties with 480 mg or less of sodium per serving. |
| 100% FRUIT JUICE | <ul style="list-style-type: none"> Choose varieties with pulp for more fibre. |



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| CHOCOLATE MILK | <ul style="list-style-type: none"> Offer 2% or less milk fat (M.F). |
| HOT CHOCOLATE MADE WITH MILK | <ul style="list-style-type: none"> Look at the Nutrition Facts Table and choose varieties that offer 20% or more of % daily value for Calcium. |
| YOGURT DRINKS | <ul style="list-style-type: none"> Choose varieties with milk as the first ingredient and those with less added sugar. Offer 2% or less milk fat (M.F). |



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| FLAVOURED WATER | If on the menu: <ul style="list-style-type: none"> Choose varieties with no artificial sweeteners or additives (e.g. caffeine, sodium). |
| COFFEE/POP/SOFT DRINKS/ ENERGY DRINKS | <ul style="list-style-type: none"> See <i>Beverages for Health and Sport</i> on page 28. |

CAFFEINE IN BEVERAGES

What you should know about caffeine:

- Caffeine is a stimulant.
- Caffeine can be found in coffee, tea, iced tea, cola, energy drinks and chocolate products.
- Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heartbeat.
- Due to the health effects of caffeine, and because the tolerance for caffeine depends on body weight, Health Canada has set maximum daily limits for caffeine intake for different age groups.

| Maximum daily limits for caffeine | |
|-----------------------------------|---------------------------|
| 400 mg | Adults |
| 300 mg | Women of childbearing age |
| 85 mg | 10-12 years |
| 62.5 mg | 7-9 years |
| 45 mg | 4-6 years |

Source: Health Canada, 2011

| Caffeine content of common beverages (per 237 ml serving) | |
|--|--------------|
| 135 mg | Coffee |
| 80 mg | Energy Drink |
| 43 mg | Tea |
| 36-46 mg | Pop |
| 30 mg | Green Tea |
| 8 mg | Milk |
| 5 mg | Hot Cocoa |

Source: Health Canada, 2012

SUGAR IN BEVERAGES

What you should know about sugar:

- Many beverages contain large amounts of sugar.
- Sugar can interfere with hydration, increase calorie content, and contribute to tooth decay, especially when sipped over long periods.

| Sugar content of common beverages (per 250 ml serving) | |
|---|--------------------------------|
| 33 g | Fruit Drinks and Fruit Punches |
| 28 g | Pop |
| 23 g | Iced Tea |
| 16 g | Sports Drink, Fruit Flavour |

Source: Health Canada, 2010. Nutrient Values in Some Common Foods

Fact

4 g of sugar = 1 cube or
1 tsp of sugar

1 can of pop = 9 tsp of sugar

1 can of pop per day for 1 year
= 31.3 lbs of sugar