

Transforming The

FOOD ENVIRONMENT

Capacity Building Series



Healthy Beverages in Recreation Settings

Resources to limit sugar-sweetened beverages and promote water consumption

The purpose of this handout is to share resources to help limit access to sugar sweetened beverages and promote the consumption of water in recreation settings. Highlighted below are a selection of relevant resources; however, it is not intended to be an exhaustive list. This handout is supplementary material for a webinar hosted by the Nutrition Resource Centre on May 19, 2016 entitled Healthy Beverages in Recreation Settings. The resources included have been found to be useful and practical and were also freely accessible. They are organized into three categories: sugar-sweetened beverage policy/reduction resources, promotion of the consumption of water, and recreation setting resources.

Sugar-sweetened beverage policy/reduction resources

- Guide - [The CDC Guide to Strategies for Reducing the Consumption of Sugar-Sweetened Beverages](#)
- Guide – The Nutrition Resource Centre’s [At-A-Glance Guide to Ontario’s School Food and Beverage Policy](#)
- Guide – The WCRF’s Guide [Curbing Global Sugar Reduction: Effective Food Policy Actions to Help Promote Healthy Diets & Tackle Obesity](#)
- Toolkit - [The Public Health Law Center’s Sugar Sweetened Beverages Resources and Tools](#)

Promoting the consumption of water

- Brief - The Public Health Law Center’s Brief [Thirsty for Water: Tap Water and Health Care](#)
- Brief - ChangeLab Solutions’ Strategies Brief [Drinking Water Access in Schools](#)
- Guide - CDC’s Guide [Increasing access to drinking water in schools](#)

- Webinar – Nutrition Resource Centre’s June 9, 2016 Webinar [Using Social Media to Promote Water and Reduce Sugary Drinks](#)

Recreation Settings Resources

- Fact Sheet - [Building Healthier Food Environments within Recreation Spaces](#)
- Fact Sheet – [Initiatives Shaping Recreation Centre Food Environments in Canada](#)
- Guide - [Support Healthy Eating at Work and Play: A Resource Guide for Creating Food Policies at your Worksite or Recreation Facility](#)
- Guideline - British Columbia - [The Guidelines for Food and Beverages Available at Sporting Events](#)
- Guideline - Saskatchewan - [Support Healthy Eating at Work and Play – a resource guide for creating food policies at your worksite or recreation facility.](#)
- Policy - British Columbia - [The Healthier Choices in Vending Machines Healthier Choices in Vending Machines in B.C. Public Buildings Policy \(2014 edition\)](#)
- Policy template – Ontario- Niagara Region: [“Fuelling Healthy Bodies: Healthy Eating Policy for Sports Teams”](#)
- Toolkit - New Brunswick - [Healthy Eating in Recreation Facilities: It Just Makes Sense](#)
- Toolkit - Manitoba – [“Making the Move to Healthy Choices”](#)
- Toolkit - [Healthy Vending Toolkit](#)
- Supplement Resource – Canada - [Healthy Eating in the Recreation Setting](#)

The Nutrition Resource Centre Resources

- Online repository of resource and tools - NRC Navigator – The [NRC Navigator](#) is a one-stop shop for evidence-based, healthy eating and nutrition resources and tools
- E-book - [Taking Action to Create a Healthier Food Environment Workshop e-book](#)
- Webinars - NRC’s [Transforming the Food Environment Capacity Building Series](#)
- Forum proceedings - NRC’s Spring Forum 2016, entitled [“Healthy Eating in Today’s Food Environment...Is it Possible?”](#) will soon be captured in an e-book