



northvanrec

the place for healthy choices

can you spot the changes?

We've made some changes to the food and beverages available here at Harry Jerome so you can have more healthy choices!



why the switch to "healthy choices"?

Healthy Eating...

- fuels your body and mind before activity...SO YOU CAN PERFORM YOUR BEST!
- strengthens your immune system...SO YOU CAN STAY ACTIVE!
- helps to maintain a healthy body weight...SO YOU FEEL AND LOOK GREAT!

Here are some of the places where you can spot the changes to healthy choices:

- Vending Machines
- Incredible Muffin Company
- Ice Arena Food Service Operation
- Recreation Programs
- Birthday Parties
- Special Events/Fundraisers
- Staff Meetings/Celebrations

To help you choose, all food and beverages will soon be labelled as either a ✓✓**Choose Most** or ✓**Choose Sometimes** option.

Visit www.northvanrec.com
and for more information and great
Eat Well suggestions!

For questions or comments please
contact: **Richard Gauntlett,**
Recreation Coordinator,
City of North Vancouver
email: gauntletr@northvanrec.com
phone: 604-983-6415

PLAY WELL, EAT WELL

The healthy food and beverage changes at Harry Jerome Community Recreation Centre is part of a project funded by a "Stay Active Eat Healthy" Program grant from the BC Recreation & Parks Association (BCRPA) and the Union of BC Municipalities (UBCM). The program supports the first of 4 Healthy Eating Strategy Initiatives under the BC Healthy Living Alliance, the promotion of healthy food and beverage sales at school, work and play.

North Vancouver Recreation Commission

Building healthy individuals, families and communities