

# TOWN OF APPLE VALLEY PARKS AND RECREATION COMMISSION STAFF REPORT

То:	Parks and Recreation Commission	Date: October 3, 2013		
From:	Ralph Wright Parks and Recreation Manager	Item No: <u>4</u>		
Subject:	REVIEW AND APPROVAL OF HEAL PEE WEE SPORTS PROGRAM	THY MENU FOR HOT SHOT AND		
T.M. Appro	val:	Budgeted Item: ☐ Yes ☐ No ☒ N/A		
RECOMMENDED ACTION:				
	w and Discuss ove Healthy Menu Policy			
SUMMARY:				
	ommending the establishment of a he in our Hot Shot and Pee Wee sports pro			
BACKGROU	JND:			
•	the Town's Healthy Apple Valley ng enactment and changes to policies			

eating and living. The establishment of a formal policy for the food offered as part of our

Hot Shot and Pee Wee sports program is the initial policy in this area.

#### FISCAL IMPACT:

N/A

#### ATTACHMENTS:

Healthy Menu Policy Exhibit A – Breakfast and Lunch Menu comparison chart

#### I. Purpose:

To establish healthier alternatives for end of season team parties for our Hot Shot and Pee Wee sports programs.

#### II. Background:

The Town of Apple Valley is concerned about the health of its citizens and established a Healthy Apple Valley Coalition in 2009. This coalition, comprised of community leaders, established a goal of promoting healthy activities and healthy eating. As part of this initiative, the Town would like to ensure that the programs offered to its citizens align with those goals. Establishing a Healthy Menu policy will begin the process of ensuring the snack and food offerings to our participants are healthier and hopefully encourage parents to look at healthier food options for children six years of age and under.

#### III. Policy:

This policy is established for all Pee Wee and Hot Shot end of season sport parties hosted by the Town of Apple Valley. This policy requires that food and beverages served at Town of Apple Valley Pee Wee and Hot Shot parties include grains, dairy and fruit and minimize excess calories and sugar levels.

An example of the new menu is as follows:

#### 1) Breakfast Standard:

a. Nature Valley Granola Thins or any grain item that meets the below standard.

Calories < 100	Sugar < 7
b. Dannon Light & Fit Yo	gurt or any other dairy item that meets the below standard.
Serving size may be a	diusted. (Example serving for Dannon is 1/3 cup.)

Calories < 60 Sugar < 6

c. ½ cup any fresh fruit

#### 2) Lunch Standard

- a. Little Caesar's cheese pizza easy sauce
- b. ½ cup any fresh fruit

#### 3) Beverage Standards

a. Water only, no sugar sweetened beverages.



# EXHIBIT A Healthy Menu Policy- End of Season Parties Breakfast Menu









Approximate Cost

.16

# Total Cost: \$1.09 per person

Current Year End Party Menu

Total Calories: 271 Total Sugar: 27g

(\*Natural sugar not counted)



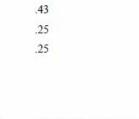
 Calories
 Sugar

 140
 9

 70
 10

 30
 8

 31
 7.5 \*











Proposed Year End Party Menu

Total Cost: 0.99 Total Calories: 166 Total Sugar: 12.5 g

-4

(\*Natural sugar not counted)

Product Name	Calories	Sugar	Appr
Nature Valley Granola Thins	80	6	.30
Dannon Light & Fit (1/3 cup)	55	6.5	.24
Water	0	0	.20
Grapes	31	75 *	.25



### Healthy Menu Policy- End of Season Parties Lunch Menu





Product Name	Calories	Sugar	Sodium
Pepperoni Pizza (1 Slice)	280	3	560
Roarin Waters	30	8	15

## Current Year End Party Menu

Total Calories: 310 Total Sugar: 11 Sodium: 575







Product Name	Calories	Sugar	Sodium
Cheese Pizza (1 slice)	250	3	440
Grapes (1/2 cup)	31	* 7.5	1
Water	0	0	0

## Proposed Year End Party Menu

Total Calories: 281 Total Sugar: 3

(\*Natural Sugar not counted)

Sodium: 441