



# TOWN OF APPLE VALLEY PARKS AND RECREATION COMMISSION STAFF REPORT

---

**To:** Parks and Recreation Commission                      **Date:** October 3, 2013  
**From:** Ralph Wright  
Parks and Recreation Manager                      **Item No:**   4    
**Subject:** REVIEW AND APPROVAL OF HEALTHY MENU FOR HOT SHOT AND  
PEE WEE SPORTS PROGRAM

**T.M. Approval:** \_\_\_\_\_                      **Budgeted Item:**  Yes  No  N/A

---

## RECOMMENDED ACTION:

1. Review and Discuss
2. Approve Healthy Menu Policy

## SUMMARY:

Staff is recommending the establishment of a healthy menu for the food served to participants in our Hot Shot and Pee Wee sports program.

## BACKGROUND:

As part of the Town's Healthy Apple Valley Initiative, staff is reviewing and recommending enactment and changes to policies to encourage and promote healthy 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

**POLICY & PROCEDURE**  **Apple Valley Park and Recreation Department**

<b>TITLE: HEALTHY MENU POLICY – HOT SHOTS AND PEE WEE SPORTS</b>	<b>NO.</b>
<b>APPROVED BY: Parks and Recreation Commission</b>	<b>DATE: 10/03/13</b>

**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 Yogurt or any other dairy item that meets the below standard. Serving size may be adjusted. (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



### Current Year End Party Menu

Total Cost: \$1.09 per person  
 Total Calories: 271  
 Total Sugar: 27g  
 (\*Natural sugar not counted)

Product Name	Calories	Sugar	Approximate Cost
Hostess Donettes	140	9	.16
Gogurt	70	10	.43
Roarin Waters	30	8	.25
Grapes	31	7.5 *	.25



### Proposed Year End Party Menu

Total Cost: 0.99  
 Total Calories: 166  
 Total Sugar: 12.5 g  
 (\*Natural sugar not counted)

Product Name	Calories	Sugar	Approximate Cost
Nature Valley Granola Thins	80	6	.30
Dannon Light & Fit (1/3 cup)	55	6.5	.24
Water	0	0	.20
Grapes	31	7.5 *	.25



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



### Current Year End Party Menu

Total Calories: 310  
 Total Sugar: 11  
 Sodium: 575

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



### Proposed Year End Party Menu

Total Calories: 281  
 Total Sugar: 3  
 (\*Natural Sugar not counted)  
 Sodium: 441

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