

Building Healthy Environments

Providing healthy environments is important for everyone, especially for children as they grow to develop healthy habits. As a community, we must create environments where making a healthy choice is the easy choice.

What is your organization doing to make the healthy choice the easy choice for children and youth?

How to use this chart:

1. Read through the chart and use the legend to track how you have built a healthy environment and what you will continue to work on.
2. Set a goal to make improvements in one or more areas.
3. Involve parents, children, businesses and other organizations to help you to reach the goal.
4. Share the goal with the community to gain support.
5. Look for resources to support your goals on www.burlington.ca and www.iparent.ca
6. Revisit the chart often.





Building Healthy Environments in Sports Teams and Organizations

Water Does Wonders	Choose to Boost Veggies and Fruit	Run. Jump. Play. Everyday.	Power Off and Play Reduce Screen Time	General Good Practices for Creating Healthy Environments
Drinking water is encouraged at all times as the healthiest option for rehydration.	The importance of vegetables and fruit is emphasized year round and actively promoted with children and parents.	Provide opportunities for children to learn why it is important to move our bodies everyday, not just while we are with our team.	Encourage Power Off Zones for parents while watching their children in organized sports.	Rewards are always non-food items or activities.
Participants are encouraged to bring reusable water bottles.	Where team snacks are made available, encourage a selection of veggies, fruit and whole grains only.	Keep participants as active as possible throughout the sport, game or practice. Reduce idle time.	Create a campaign for families to stay within recommended screen time limits, turn screens off at meals and before bed, replace screen time with other activities and for adults to be good role models of these behaviours.	Replace junk food fundraisers with vegetable and or fruit sales or non-food fundraisers.
Cold drinking water is available at all hosted events, tournaments, programs, meetings etc. either in jugs, pitchers or coolers.	Encourage parents to have their children help prepare the veggie and fruit snack for the team.	Make physical activity fun to increase enjoyment and participation. Reduce competition as a sole motivator.	Occasionally offer free or low-cost public activities to replace screen time.	When serving food at activities or events, offer more healthy options than not.
Bottled water is available at events and tournaments only where access to tap water is not possible.	Provide opportunities for children to learn about the importance of veggies and fruit for our bodies.	Staff and coaches participate in activities, where possible, as good role models.		Healthy food drives - encourage families to bring in items from the Healthy Food Drive List.
Sugar sweetened beverages, including 100% juice and sports drinks, are not available at any event where there are children. Water and or white milk are available.	Staff and coaches role model healthy choices by choosing healthy foods in front of participants.	Offer training to staff and volunteers to introduce new games.		Provide training for staff on healthy behaviours and how to promote with children.
The importance of water and the reduction of sugar sweetened beverages is emphasized year round and actively promoted with families.	Offer veggies and fruit at celebrations and meetings and reduce or eliminate celebrating with unhealthy foods.	Allow children outside in all weather (while following guidelines).		Connect with parents about healthy behaviours through bulletin boards, events and electronic communications.
Staff, coaches, and parent volunteers role model healthy behaviours by drinking water in front of children and not sugar sweetened beverages.				Create policies about providing supportive environments around health. (e.g. screen time use, food and beverages at events, role modeling)
Sugar sweetened beverages are not made available at staff meetings or gatherings. Tea, coffee and water are available.				

Legend	Use the following markings to track where you are with each good practice.
Check Mark	We have implemented this good practice.
Circle	We are sometimes implementing this practice and are continuing to work on it.
X	We rarely or don't implement this good practice but would like to make changes in this area.

