

AHS Healthy Eating Environments Policy



Gift Shop Guidelines

Help staff and visitors eat in a way that supports their health goals and preferences.

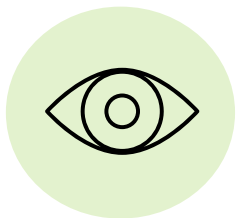


Offer healthier options

Sell snacks and drinks like fruit, plain nuts, and sparkling water.

Make at least 50% of packaged snacks healthier options.

For example, if you sell 4 types of chips, make 2 of them baked chips.

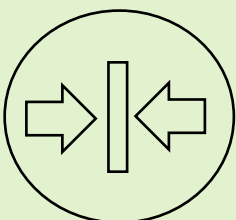


Display in eye catching areas

Cluster healthier products together.

Put them by the cash register or on impulse racks.

Promote only healthier foods and drinks (see page 2).



Sell smaller portions

Many people are watching their portion sizes.

Offer prepackaged snacks in smaller portions, like:

- Chips and salty snacks (250 calories or less per bag)
- Chocolate and candies (150 calories or less per package)
- Regular soft drinks (355 mL or less)

A simplified guide to healthier food and drinks options is on the next page.

More details are available in [Nutrition Guidelines for Food & Beverages in AHS Facilities](#).

For more information:

Visit ahs.ca/hee

Email: publichealthnutrition@ahs.ca

Examples of Healthier Food & Drinks Options

Sell more

Crunchy or Savory

- Baked apple chips
- Baked chips
- Dry roasted nuts
- Plain popcorn
- Rice chips
- Roasted chickpeas
- Roasted seaweed snack
- Snack crackers
- Tuna and cracker kits

Sweet

- Dried fruits, like mango slices
- Fresh fruit, fruit cups
- Fruit and nut bar
- Trail mix
- Whole grain granola bars

Drinks

- Water
- Flavoured carbonated (bubbly) water (no sugar added)
- Plain milk and fortified plant-based beverages

Sell smaller portions

- Baked goods (350 calories or less)
- Candy, gummies (150 calories or less)
- Chocolate (150 calories or less)
- Regular chips (250 calories or less)
- Soft drinks, juice, and other sugary drinks (355 mL or less)
- Diet soft drinks (500 mL or less)



Do not sell

- Energy drinks
- Kombucha
- Vitamin enhanced water or drinks