

# Food Options in Arenas



Nutritious food options at arenas give children the energy they need to Run, Jump, and Play Every Day!



We surveyed 141 people like you who visit arenas in Temiskaming Shores. This is what we heard...



55% buy food at the arena for a child or children



71% said buying healthy food is more important than cost



1 in 3 people brings fruit to the arena, and 1 in 5 brings vegetables



43% buy less food at arenas because there aren't enough healthy options

**"Kids today eat way too much junk food... I want my kids to continue to eat healthy food everywhere we go."**

**"Healthy options need to be made easier to obtain."**

People were asked to rank three nutritious options...



69% of people chose smoothies as one of their top two choices



55% chose fresh fruit as one of their top two choices



35% chose veggies & hummus in their top two choices

**Other foods people would buy:**

- 1) Wraps
- 2) Fruits
- 3) Yogurt
- 4) Salads
- 5) Cheese



**"My oldest loves smoothies. She would be quite excited to see that option."**

**"Absolutely support a healthier option. Will save me from preparing snacks ahead of time if I know there will be similar snacks at the arena."**

## What's next?

Smoothies, the most popular healthy option in the survey, will be coming to local arenas this Fall!



Want more information? Want to get involved? Contact the project staff:



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