



What does KFL&A think about food in

# Recreation Centres?



KFL&A Public Health held a survey\* in five recreation centres to learn more about what food and drinks people buy and what they would like.



**56%** visit recreation centres 3 or more times per week.



**57%** buy food and drinks at recreation centres.



**#1 reason for choosing food and drinks: convenience**



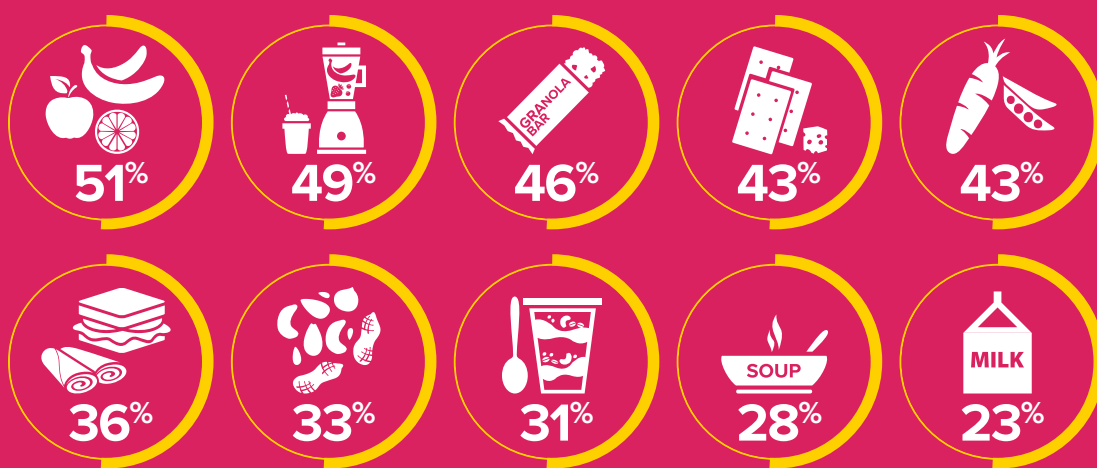
**79%** usually buy snacks

**57%** usually buy drinks



**#1 reason for not choosing food and drinks: unhealthy**

Top healthy options survey respondents would buy:



**54%** would buy food more often if healthier options were available.



Look for the super snackables!  
The Super Snackables can help identify healthier options at recreation centres near you!



Super Sam snacks on veggie sticks after practice!



Awesome Apple stays hydrated with water!



Crunchy Carrot munches on orange slices at half-time!

\*For complete survey results, please visit [kflaphublichealth.ca](http://kflaphublichealth.ca)