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**FOR IMMEDIATE RELEASE**

### **ORANGE COUNTY SPORTSPLEX REMOVES FRYERS AND ADDS HEALTHIER FOOD OPTIONS TO SNACK BAR**

**Hillsborough, NC** (June 24, 2014) – Following the growing trend of health facilities doing away with unhealthy cooking techniques for healthier alternatives, the [Orange County Sportsplex](#) replaced its fryer with a convection oven to use in its snack bar. The new oven was purchased with a matching grant from [the Orange County Health Department's](#) Innovation Grant program.

“I think this is a great example of collaboration between the County and a private vendor that will benefit the health of our children and families. Because of this collaboration it is a win-win for everyone”, stated Liska Lackey, MSN, FNP-BC and Orange County Board of Health Member.

The switch from a fryer to a convection oven will eliminate fried foods from the fitness facility altogether, and enable the snack bar to include healthier versions of popular items like French fries and chicken tenders. The replacement of the fryer is the latest in a string of changes the Sportsplex has made to improve the nutritional content of the food they serve.

“Membership and clientele have been asking for healthier food options and we are looking forward to providing that to them. We are a fitness facility and we feel it is important to offer healthy food options to not only our members but to everyone that comes to our facility,” said Mary Catherine McKee, Membership and Marketing Manager for the Orange County Sportsplex.

#### Background and Other Changes

In June of 2013, the Sportsplex snack bar was assessed by a registered dietician using standards from the [Alliance for a Healthier Generation](#). The resulting report outlined three phases of change to provide increased access to healthy food options. The Sportsplex moved quickly to adopt the recommendations, resulting in:

- Providing approximately 700 healthy lunches to children in their summer camp programs
- Removing fried items from the camp lunch options
- Replacing snack bars high in sugar, with bars that meet the Alliance for a Healthier Generation's standards
- Reducing the number of sugar and candy options

- Trying pizza options which are lower in sodium and have whole grain crust
- Adding nutrition education articles in their newsletter

Attachments:

Camp Lunch Menu Form

Photos (same as included in body of release)



Photo Caption: Preparing to serve camp lunches



Photo Caption: Sportsplex employee, Dylan Bunnell sets time cook on the new oven



Photo Caption: Sportsplex employee, Dylan Bunnell reviews camp lunch orders



Photo Caption: Sportsplex employee, Dylan Bunnell bakes French fries in the new oven

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