

Sensational!



*Heart of the
Rideau Canal*

HEALTHY COMMUNITIES: Smiths Falls

SUMMARY REPORT 2015

PHYSICAL ACTIVITY

Vision: All community members have the necessary knowledge, interest, resources and opportunities to be physically active, including being active outdoors in nature.



Smiths Falls provides many places and opportunities to be active, through the municipality itself, in partnership, or privately. Smiths Falls provides the following: soccer field, football field, baseball diamond, swimming pool, arena, outdoor skating rink, public beach, community centre, running track, tennis courts, curling club, skateboard park, bike paths, walking trails, lawn bowling pitch, splash pad and wading pool.

Smiths Falls shows its concern for safety through the provision of lighting, signage, enhanced police coverage and smoke free facilities, playing fields and parks.

Programs are available for: soccer, football, baseball, swimming, hockey, skating, curling, walking, dance, art cards and fitness. This town uses a variety of means to notify residents of recreation programs and opportunities including: print, e-based, media and community events.

Smiths Falls' residents and visitors (all users) have opportunities to choose active means to reach schools, shops and employment. Linkage of trails, sidewalks and street crossings, segregated paths, bike racks and shared use paths/trails are in place.

This town is active in maintaining and promoting the use of trails, parks, and playgrounds.

Accessibility is a priority in Smiths Falls, demonstrated by their provision of facilities accessible to all, and their partnership with public and private sectors to provide opportunities for recreation.

HEALTHY EATING

Vision: All community members have food knowledge and skills, and access to local, safe, healthy, affordable and culturally appropriate food.

Residents and employees have access to healthy food options and municipal water at meetings and events. An agreement for corporate sponsorship/advertisement of food products at municipal facilities is in place.

- Local food systems are supported in Smiths Falls as follows:
- Development of the Leeds, Grenville and Lanark Food Charter
- Promotion of water conservation
- Official plan policies which support local foods and agri-tourism
- Partnership to develop regional processing initiatives/facilities
- Partnership to develop a regional food hub to aggregate, distribute and market locally produced foods
- Official plan includes access to local food
- Permission to mobile vendors in underserved communities
- Partnership to promote and brand locally produced food
- Support and promotion of composting initiatives
- Support of programs that provide resources for accessing healthy foods

The Town of Smiths Falls is active in the creation of a healthy community environment for residents and visitors.

By endorsing the Healthy Community Vision the municipality of Smiths Falls has publicly affirmed its commitment to continue its work to make the “healthy choice the easy choice” for residents. The Healthy Community Partnership applauds this work and commits to support the municipality going forward.



Prepared by: Healthy Communities Partnership: Lanark, Leeds & Grenville