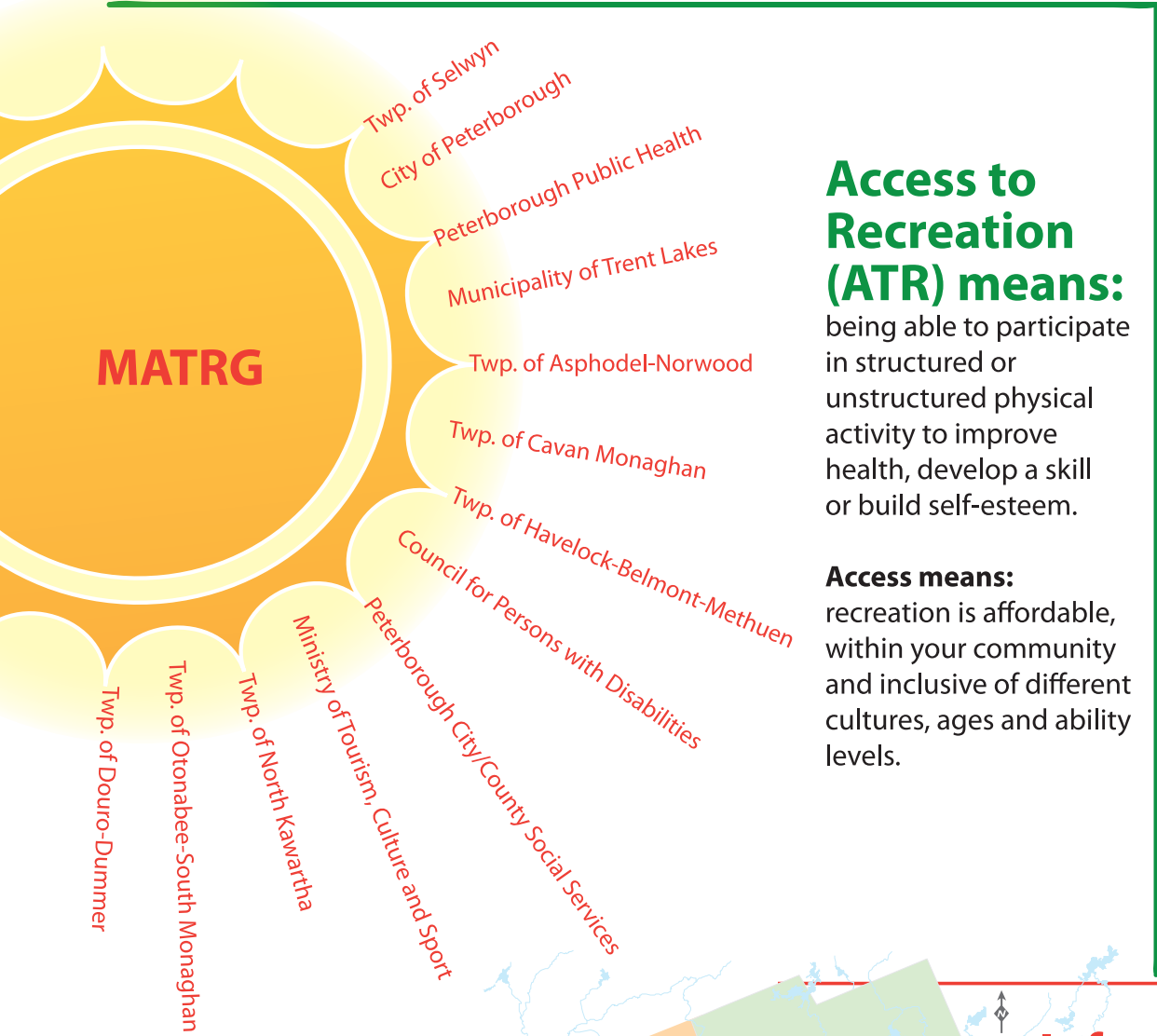


# Municipal Access To Recreation Group (MATRG) 2017 in Review

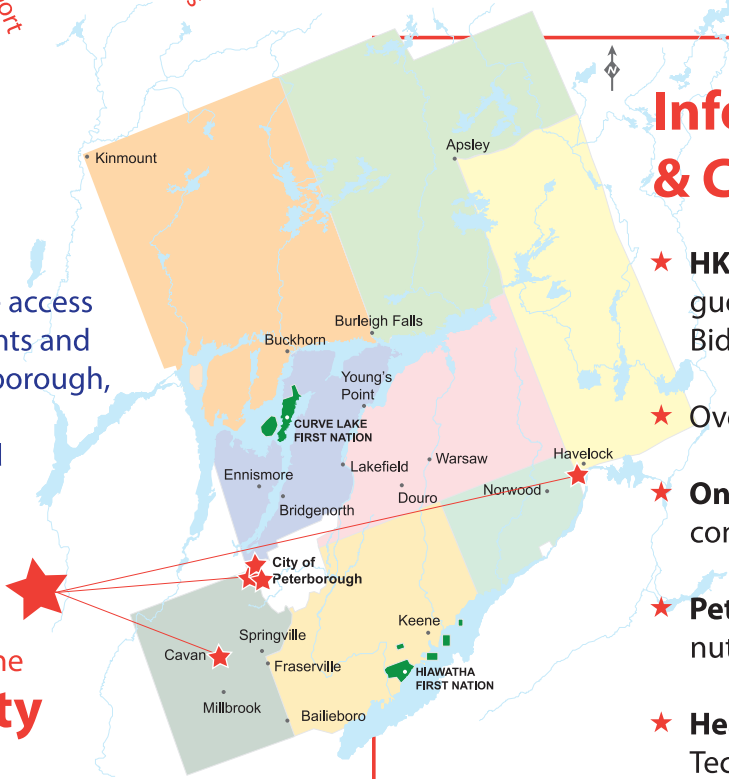


**Access to Recreation (ATR) means:**  
being able to participate in structured or unstructured physical activity to improve health, develop a skill or build self-esteem.

**Access means:**  
recreation is affordable, within your community and inclusive of different cultures, ages and ability levels.

**MATRG** works collaboratively to create opportunities that improve access to recreation for the residents and visitors of the City of Peterborough, County of Peterborough, Curve Lake First Nation and Hiawatha First Nation.

**5 Meetings**  
were hosted throughout the  
**City and County**



## Information Sharing & Collaborative Work

- ★ **HKCC Water Station Project Education Session:** With special guest - Parks and Recreation Manager, The Township of Lucan Biddulph
- ★ Overview of **Peterborough Community Care**
- ★ **Ontario Invasive Plants Council:** Strategies to eliminate or control invasive plants
- ★ **Peterborough Public Health:** Making an impact through nutrition in community/recreation settings
- ★ **Healthy Complete Outdoor Playspaces:** Participated in the Technical Advisory Committee for the Playspaces Report



## Major Accomplishments...

### HEALTHY KIDS COMMUNITY CHALLENGE

**Theme 2:**  
**Water Does Wonders!**



- \$50,000** for municipalities to install
- 21** Water refill stations across
- 9** municipalities
- 4500+** water bottles distributed to kids through programs, camp, school, childcare centres and community events
- 9 Municipal Councils** received presentations to make a commitment to promote water as the healthiest beverage for children
- 51** locations added to [bluewptbo.ca](http://bluewptbo.ca), a map of locations to fill water bottles for FREE



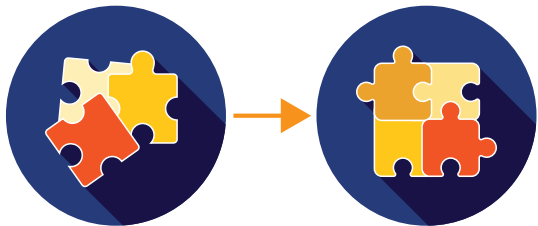
**Theme 3:**  
**Choose to Boost Veggies & Fruit**



- 4** municipalities engaged in offering healthier options at recreation centres
- 2** sites implemented healthy menu changes with fresh fruit and smoothies
- 25** minor sports teams participated in the "The Healthy Halftime Snack Challenge", encouraging **200+** families to provide healthy sideline snacks during games. 100% of parents surveyed agreed healthy halftime snacks should be offered and
- 92%** of parents surveyed felt confident that they would encourage healthy halftime snacks for their children's team next year.



- MATRG attended a **Strategic Planning Day** to:
- 1 - ensure it stays relevant and effective
  - 2 - sharpen its focus and
  - 3 - identify important community initiatives to collaborate on.



## Plans for 2018

- ✓ **Healthy Kids Community Challenge**
  - Funding public skating in municipalities
  - Healthy eating in recreational settings social media campaign
- ✓ **Collaborate with Community Care Peterborough to apply for the 2019 Ontario Sport and Recreation Community Fund**
  - Active Aging Peterborough County - supporting older adult recreation programming
- ✓ **Work together to advance the outcomes of the strategic planning day**
  - Determine priority initiatives and a work plan to achieve goals
- ✓ **Continue to enhance access to recreation through joint projects, joint planning and capacity building**