

HEALTHY FOOD POLICY FOR RETAIL	Administration ADM-010
<b>Issuing Authority</b>	<b>David Diamond, President and Chief Executive Officer</b> <b>Signed by David Diamond</b> <b>Dated: March 21, 2022</b>
<b>Office of Administrative Responsibility</b>	Vice President of Corporate Services and Vice President of Clinical Services
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## Overview

Eastern Health has a responsibility to promote and protect the health and well-being of its region. Eastern Health is committed to promoting its vision of “Healthy People, Healthy Communities” by creating an environment that supports healthy eating. Promoting the availability of healthy food within Eastern Health facilities will ensure that employees and members of the general public receive consistent messages and opportunities to support healthy eating.

## POLICY

In order to create a healthy environment for Eastern Health, it is important that healthy food is offered in all vending machines, cafeterias, canteens, gift shops/auxiliary, and food service contracts to contribute to overall health and well-being.

Eastern Health aims to maintain a healthy environment by complying to the following principles:

- This policy will reinforce nutrition education received by clients, patients and residents from healthcare professionals. On a daily basis healthcare

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professionals, across disciplines, educate and support patients and clients to make healthy choices to improve and maintain their health.

- All retail food services supported by Eastern Health will offer food consistent with Canada's Food Guide.

The basis of Eastern Health's Healthy Food Policy for Retail is making the healthy choice the easy choice. Healthy eating involves individuals making informed food choices.

## Scope

This policy applies to all retail settings where food and/or beverages are sold in Eastern Health and/or available to employees, physicians, volunteers, students, visitors and agents of Eastern Health, including but not limited to:

- Vending machines
- Cafeterias & canteens
- Gift Shops/Auxiliaries
- Food Service Contracts

This policy does not apply to food and beverages provided to patients, residents and/or clients of Eastern Health, as other internal processes are in place for this purpose.

## Purpose

The purpose of this policy is to create a supportive environment, for our staff, patients, students, volunteers and the public to make healthy food and beverage choices. This policy creates an environment that will enable people to increase control over and improve their health by increasing the availability of healthy food and beverages. This will help create an environment that makes the healthy choice the easy choice.

The Healthy Food Policy for Retail provides a framework to improve the availability and promotion of food and beverages consistent with Canada's Food Guide (CFG). CFG promotes a pattern of eating that meets nutrient needs, promotes health, reduces the risk of nutrition-related chronic disease and supports improvements to the food environment. CFG also outlines the food and beverages that are high in sodium, saturated fat and sugar that undermine healthy eating and recommends limiting consumption.

## Policy Details

This policy applies to food and beverages provided (sold and/or offered) in all

vending machines, cafeterias, canteens, gift shops/auxiliary, and food service contracts in Eastern Health facilities.

In the first three years of the implementation of this policy the categories of food and beverages high in sodium, saturated fat and sugar that will be phased out of all Eastern Health facilities include:

- 1) **Deep/partially fried foods-** Foods that are prepared using a cooking method (deep frying) in which food is submerged in hot fat. Partially fried refers to foods that are fried prior to being frozen or packaged. Often food items such as, but not limited to, french fries, doughnuts, and breaded nuggets are partially fried.
- 2) **Sugary and artificially sweetened drinks-** Beverages that have excess free sugars, sugar substitutes, sodium and/or saturated fat.
- 3) **Highly processed/refined snack foods-** Processed or prepared foods that contribute to excess sodium, free sugars, or saturated fat when consumed on a regular basis. This includes, but is not limited to, candy, chocolate bars and chocolate coated items, and chips.

### **Roles and Responsibilities**

#### **Members of Executive Team**

- a) Promote employee and population health by ensuring there is a mechanism in place to implement, monitor and evaluate this policy.
- b) Ensure that all food service providers (including all contracts) adhere with Eastern Health's Healthy Food Policy.

#### **Department of Human Resources Program and Policy Development**

- a) Support the implementation and evaluation of the policy as a part of Eastern Health's healthy workplace framework.

#### **Health Promotion Division, Population and Public Health Department**

- a) Regional Nutritionists provide advice and guidance within the scope of this policy.

#### **Food Service Providers**

- a) Ensure that nutritious food according to the Healthy Food Policy for Retail are available and promoted within Eastern Health.
- b) Market and promote healthy choices within the cafeteria.
- c) Place healthy choices in easily accessible locations.

**Eastern Health managers/clinical chiefs/volunteers coordinators or equivalents.**

- a) Promote the selection of healthy foods within their program/department and be familiar with this policy.
- b) Participate in training/education offered around the Healthy Food Policy.
- c) Ensure that individuals identified in the scope of this policy are aware of and have access to it.
- d) Address issues from employees, students, patients, families and visitors.

#### **Healthy Food Policy Advisory Committee**

- a) Oversee implementation and evaluation of the Healthy Food Policy for Retail.
- b) Develop and implement a communication plan.

### **Supporting Documents** *(References, Industry Best Practice, Legislation, etc.)*

- [Healthy Food Policy for Retail Glossary](#)
- [Health Accord Interim Document](#)
- [The Way Forward](#)
- [Canada's Food Guide](#)
- [Capital Health Healthy Eating Strategy](#)
- Central Health's "Workplace Healthy Eating" policy
- Healthy Foods in Champlain Hospitals Program
- [World Health Organization "Sugar Intake for Adults and Children" Guidelines](#)
- ["Taxation and Sugar-sweetened Beverages"- Position of Dietitians of Canada](#)
- [Diabetes Canada's position on sugars](#)
- [National Collaborating Centre for Environmental Health Food Environments: An Introduction for Public Health Practice](#)

### **Key Words**

Canada's Food Guide, healthy, eating, healthy food, healthy beverages, supportive environment, retail, cafeteria, gift shop, vending, sugary drinks, artificially sweetened drinks, sweetened beverages, food environments, deep/partially fried food, free sugars, sugar substitutes, highly processed snack foods, chips, candy, chocolate bars

## Definitions & Acronyms

<p><b>1. Food Environments</b></p>	<p>Are created by the human-built and social environment. They are the physical, social, economic, cultural, and political factors that impact the types of food available, the accessibility and adequacy of food within a community or region and the nutrition information that people are exposed to, including food marketing. All these aspects of the food environment can influence food choices.</p>
<p><b>2. Deep/partially fried food:</b></p>	<p>These foods are prepared using a cooking method (deep frying) in which food is submerged in hot fat. Partially fried refers to foods that are fried prior to being frozen or packaged. Often food items such as, but not limited to, French fries, doughnuts, and breaded nuggets are partially fried.</p>
<p><b>3. Sugary and artificially sweetened drinks</b></p>	<p>Beverages that have excess <a href="#">free sugars</a>, sugar substitutes, sodium and/or saturated fat. Sugary drinks include, but are not limited to:</p> <ol style="list-style-type: none"> <li>a. Soft drinks (regular or diet)</li> <li>b. Sport drinks</li> <li>c. Energy drinks</li> <li>d. Fruit-flavoured drinks (e.g. fruit punch, fruit cocktails)</li> <li>e. 100% fruit juice</li> <li>f. Flavoured waters with added sugars and/or sugar substitutes</li> <li>g. Vitamin water</li> <li>h. Sweetened hot/cold beverages (e.g. specialty coffees and teas, hot chocolate, chocolate milk, kombucha etc.)</li> <li>i. Specialty coffee and teas (e.g. iced teas, cappuccinos, iced cappuccinos, mochas, etc.)</li> <li>j. Sweetened plant-based beverages (e.g. flavored soy, almond, rice milk, etc.)</li> </ol>
<p><b>4. Free sugars</b></p>	<p>Added sugars and sugars naturally present in honey, syrups, fruit juices, and fruit juice concentrates</p>

<p><b>5. Sugar Substitutes:</b></p>	<p>Include artificial sweeteners, sugar alcohols and natural non-sugar sweeteners. Some examples of these sweeteners include, but are not limited to, aspartame, acesulfame potassium, neotame, sucralose, cyclamate, thaumatin, sugar alcohols (sorbitol, isomalt, lactitol, xylitol, mannitol), steviol glycosides (stevia), polydextrose, and hydrogenated starch hydrolysates.</p>
<p><b>6. Highly processed/refined snack foods</b></p>	<p>Processed or prepared foods that contribute to excess sodium, free sugars, or saturated fat when consumed on a regular basis. This includes, but is not limited to, candy, chocolate bars and chocolate coated items, and chips.</p>
<p><b>7. Chips</b></p>	<p>Highly processed regular or baked food such as, but not limited to, chips, cheesies, puffs, twists, crisps, and straws</p>
<p><b>8. Candy</b></p>	<p>Candy includes sweets such as, but not limited to, candies, candy bars, hard candy, fruit leathers and gummies.</p>
<p><b>9. Chocolate bars and chocolate covered items</b></p>	<p>Any chocolate bar and chocolate covered item such as, but not limited to, nuts, dried fruit, candy, and dipped granola bars.</p>
<p><b>10. CFG</b></p>	<p>Canada's Food Guide</p>