

# Healthy Food Policy for Retail



The Healthy Food Policy for Retail focuses on offering food and beverages consistent with [Canada's Food Guide](#) and applies to all cafeterias, canteens, vending machines and gift shops/auxiliaries in Eastern Urban and Eastern Rural zone health-care facilities. The policy is implemented in a phased approach. Please see the below timelines for more information regarding this phased approach for food and beverages available in retail settings.

## Timelines

	Phase 1: June 1, 2023	Phase 2: June 1, 2024	Phase 3: June 1, 2025
<b>Deep/partially fried foods</b>	Deep/partially fried food reduced to a maximum of <b>three (3)</b> days a week	Deep/partially fried food reduced to a maximum of <b>one (1)</b> day a week	Deep/partially fried food no longer offered
<b>Sugary and artificially sweetened drinks</b>	Sports and energy drinks removed	Vitamin water and soft drinks (regular or diet) removed	Beverages <u>available</u> include: <ul style="list-style-type: none"> <li>• water</li> <li>• white milk (1 &amp; 2%)</li> <li>• unsweetened tea and coffee</li> <li>• plain or naturally sweetened carbonated water</li> </ul>
<b>Highly processed/refined snack foods</b>	Candy removed	Chips removed	Chocolate bars and chocolate covered items removed

**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 french fries, doughnuts and breaded nuggets are partially fried.

**Sugary and artificially sweetened drinks:** Beverages that have excess free sugars, sugar substitutes, sodium and/or saturated fat. For example: Regular and diet soft drinks, energy drinks, sports drinks, vitamin water, fruit juice, cocktails and punches.

**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 chips, candy, chocolate bars and chocolate coated items.

*Please refer to the Healthy Food Policy for Retail Definitions & Acronyms section for additional information and definitions.*