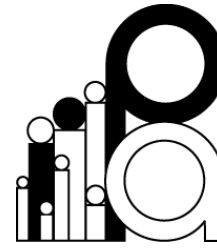


The background of the slide features two stylized pumpkins. Each pumpkin is composed of several overlapping, thick, light-gray curved lines that form its shape. From the top of each pumpkin, several thin, light-gray lines swirl upwards and outwards, resembling stems or decorative flourishes. The overall aesthetic is clean and modern, with a focus on organic shapes.

# **Developing Organizational Food Policy**

**Guidelines to assist your organization increase awareness and commitment to health and local food sustainability**

## Partner Organizations:



## Funding for this project was provided by:



## ACKNOWLEDGEMENTS

The ***“Moving Food Policy Forward in Surrey and White Rock”*** Project would not have been possible were it not for the commitment and efforts of the following individuals and organizations.

Lori Bowie	Surrey Parks, Recreation and Culture
Kathy Cassels	Directorate of Agencies for School Health
Ruth Chitty	Peace Arch Community Services Food Bank
Stephen Dooley	Kwantlen University College
Mike Glass	Canadian Cancer Society
Janine Hadfield	Kwantlen University College
Salima Jethani	United Way of the Lower Mainland
Yvonne Jones	Food for Kidz
Brenda Kent	Canadian Cancer Society
Candace Davidson	Surrey Food Bank
Barbara Seed	Fraser Health
Pamela Kheong	Fraser Health
Doreen Sinclair	Kla-How-Eya
Sadia Sullah	Surrey Delta Immigrant Services Society
Joyce Wong	Fraser Health
Natasha Raey	Co-Chair of the Food Action Coalition
Deirdre Goudriaan	Co-Chair of the Food Action Coalition
Kelly Perrott	Project Contractor

***The Food Action Coalition also gratefully acknowledges the funding support provided by the United Way of the Lower Mainland and the Fraser Health Community Food Action Grants.***



## Participating Organizations:

*Thank you very much to the following organizations for their dedicated involvement in Phase III of Moving Food Policy Forward in Surrey and White Rock.*

Boys and Girls Club

Fraser Health Corporate Office

Morrison Catering

School District 36

Surrey Food Bank

Peace Arch Community Services

Breakfast For Learning

BC Healthy Communities

Directorate Agency for School Health BC

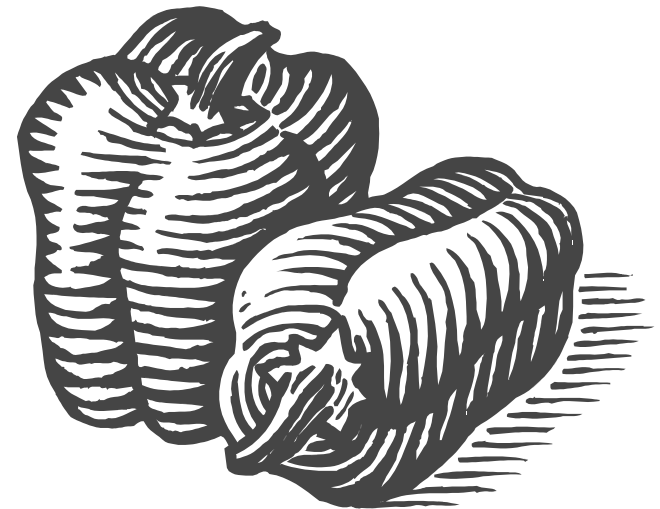
Manulife Financial

Vibrant Surrey

White-Wood Distribution

UBC Faculty of Land and Food Systems

St. Mark's Anglican Church



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## What is Food Policy?

**Food Policy is “a decision made by an organization that affects how food is produced, served, protected and disposed. Food policy is a vehicle to help move us toward community food security.”**

***Food Policy has the potential to address 3 key issues...***

### Issue 1: Healthy Eating

The creation and implementation of organizational food policies can help increase the access to healthier foods by staff and clients

#### **What is the problem?**

- Dietary factors are associated with 4 of the 10 leading causes of death (Cancer, stroke, type II diabetes, heart disease)
- Childhood obesity is climbing at an alarming rate
- Barriers in the environment (i.e. the cost of healthy foods)

#### **How will increasing access to healthy foods benefit our community?**

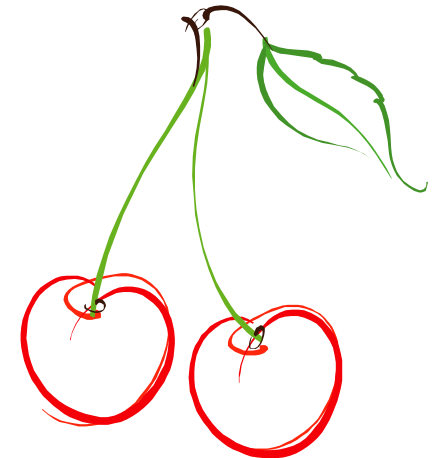
- Healthy eating contributes to increased productivity, increased employee morale and daily well-being
- Good nutrition improves academic performance
- Healthy eating decreases the risk of chronic diseases and obesity

#### **Actions you can take:**

- Serve only healthy foods at meetings, fundraisers and events
- Make contracts with vendors that provide healthy food to your staff and clients

#### **Resources in the Toolkit that address healthy eating:**

- See Pg. 5 For a full list



Learn more about healthy eating...  
[www.actnowbc.ca](http://www.actnowbc.ca)

## Issue 2: Buying Local

Food policies could promote more local, more sustainable farming and production practices, all of which support the environment and local economy

### What is the problem?

- The quality and amount of land available for growing food is declining.
- Local farmers have trouble competing with the cost of imported foods & large national stores
- Food production is increasingly dependent on imported finite resources (i.e. gasoline) and high levels of inputs that are harmful to the environment (i.e. pesticides)

### How will buying local benefit our community?

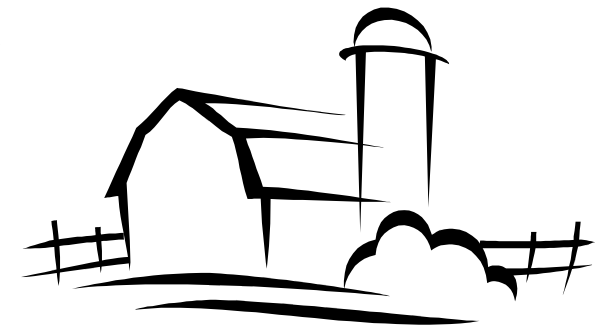
- Supports the local economy & ensures jobs and food supplies for current and future residents
- Prevents against the loss of vital local food supplies in the event of a major catastrophe
- Pollutants like gasoline and some pesticides are diminished
- Local food is more flavorful and is higher in nutrients

### Actions you can take:

- Make a conscious effort to buy local products
- Support your local Farmers Markets
- Learn more about the South Fraser Harvest Box program: a cost-effective bulk buying program that supports our local farmers

### Resources in the Toolkit that address buying local:

- Buying Local - Pages 18-20



Get to know your local farmers...  
[www.bcfarmfresh.com](http://www.bcfarmfresh.com)

## Issue 3: Hunger

Food Policies could increase access to quality food by hungry populations



### What is the problem?

- Income plays a major role in access to food - increased income allows for access to healthier food options
- Poverty and inequality have devastating short and long-term effects on mental and physical health
- There are many community members that are unaware of the issues surrounding food security

### What is being done?

- Food programs such as the Surrey Food Bank and PACS White Rock & South Surrey Food Bank can play a short-term role in alleviating hunger

### Actions you can take:

- Donate money to the food bank so they can purchase healthy foods for their clients or donate healthy food
- Support community food programs through volunteering and Fundraising
- Get involved in developing a community garden

### Resources in the Toolkit that address Hunger:

- Community Gardens – Pg 28
- Community Kitchens – Pg 30

Find more information on local food banks at

[www.surreyfoodbank.org](http://www.surreyfoodbank.org)

[www.pacsbc.com](http://www.pacsbc.com)

\*Note – **Food Security** exists when all people, at all times, have access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.



# Defining Organizational Food Policy

## Organizational Food Policy

- Food policies in organizations guide how organizations and businesses make decision about food purchasing and consumption

## Food Policy Defines

- What needs to be done?
- Who will do it?
- How it will be done?



## What are the benefits of implementing organizational food policy?

According to national and international studies, proper nutrition at work, school and in everyday life...

- Increases mental alertness
- Decreases fatigue
- Increases productivity
- Increases morale
- Prevents accidents
- Reduces health care costs

## How can an organization ensure that their employees, patrons and/or clients are properly nourished?

- Through the implementation of **Food Policy Guidelines**, organizations can ensure that their employees are provided with healthy choices at meetings and events and are given educational opportunities to learn about the importance of proper nutrition.
- In addition to addressing employee nutritional health, food policy also addresses how organizations can positively contribute to their local economy and surrounding communities.

## How can you take control of your organization's nutritional health and well-being?

With the use of the resources in this toolkit, you can begin making organizational changes around food purchasing and consumption, which in turn will have a positive impact on your employees, the local economy, and surrounding communities!



# Building Healthier Workplaces

## Who is this toolkit for?

- Policy makers, managers, staff and volunteers interested in increasing the nutritional health and well being of their workplace, community and/or local economy

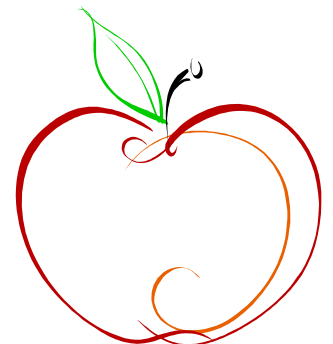
## What is the purpose of the Toolkit?

- To increase organizational awareness and knowledge on the impact food policy has on the work place, local organizations and communities
- To provide practical tools to aid your organization in formulating organizational food policy guidelines
- To help your organization increase productivity, nutritional health and well being of employees/clients/patrons

## How do I use the toolkit?

1. Identify the people in the organization that are passionate about advocating healthy choices in the workplace
2. Hold a planning session to discuss which food policies the organization would like to focus on
  - Use the “food policy checklist” on page 12 to help narrow your focus
3. Once the organization has decided on which food policies to focus on, come up with actions to achieve the goals
4. Use the corresponding tools from the Toolkit to help guide your policy making
5. Evaluate progress frequently
6. Contact the Food Action Coalition for further information and assistance: [swrfoodpolicy@yahoo.ca](mailto:swrfoodpolicy@yahoo.ca)

*“Food nourishes the body and gives us energy to get through each day. Healthy eating is fundamental to good health and is a key element in healthy human development”  
(Health Canada, 2008)*



# **RESOURCES FOR *MOVING FOOD POLICY FORWARD* IN YOUR ORGANIZATION**



## Food Policy Checklist for Your Organization

The implementation of food policy in organizations can help to foster a healthier environment for you, your co-workers, and your clients. Start with the easy-to-use tools in this toolkit, and your organization will be on the path to reaping the benefits of health.

Please take a moment to fill out the checklist below, then think about the following:

1. Which Food Policies does your organization already have in place?
2. Which policies might you may consider implementing?
3. Beginning with the one you think may be easiest to implement will help to ensure early successes.

In my organization, we have food policies and/or guidelines related to:

In Place	Considering Implementing	Policy	Toolkit Page
<input type="checkbox"/>	<input type="checkbox"/>	Healthier Vending Machines	13
<input type="checkbox"/>	<input type="checkbox"/>	Offering Healthy Foods at Meetings	14
<input type="checkbox"/>	<input type="checkbox"/>	Healthy Meeting Checklist	15
<input type="checkbox"/>	<input type="checkbox"/>	Food Safety	17
<input type="checkbox"/>	<input type="checkbox"/>	Buying and Serving Local	18
<input type="checkbox"/>	<input type="checkbox"/>	Healthy Fundraising	21
<input type="checkbox"/>	<input type="checkbox"/>	Breastfeeding	23
<input type="checkbox"/>	<input type="checkbox"/>	Nutrition Education	25

\*To learn more about a specific food policy, please refer to the corresponding page\*



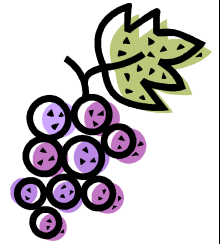
### Quick Tip

Make a difference in your organization by  
**MAKING**  
 the **HEALTHY** choice the **EASY** choice!

## Healthier Vending Machines

*Vending machines are often stocked with unhealthy items. One way to promote health is to add some healthier choices to the vending machines.*

*Research shows that pricing the healthy choices at lower costs will go a long way to helping people make healthier food choices.*



### Healthy Vending Checklist:

- Avoid exclusive contracts with soft-drink companies. This will allow for flexibility in food choices and brands.
- Before signing any contract, ask about the product options. Soft drink companies can often provide 100% juices
- Be aware of incentives such as banners and advertising on vending machines that promote the consumption of low-nutrient snacks or beverages. Choose a vendor that agrees to use healthy images (e.g. athletes, 100% juice).
- Install a milk vending machine with a variety of flavors including plain.
- Use price incentives to attract consumers to healthier choices.
- Contact local vending companies such as those listed below. They can help you provide healthier choices and portion sizes.
- Check out the BC School Food and Beverage Guidelines at [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

Vendor	Healthy Products	Contact
SAPUTO/ Dairyland	Milk 2Go	(604) 420-6611
A1 Vending	Granola Bars, Nuts, Dried Fruit, Protein Bars, Milk 2Go	(604) 777-2328
Aramark Refreshment	Granola bars, nuts and fruits, tuna snacks, Nutrigrain bars, fruit juice, water, Sunrype bars, low carb bars, soups and entrees	(604) 540-0555
Fraser Valley Vending	Milk2Go, water, fruit/ vegetable juices, pretzels, baked chips, granola bars, cereals	(604) 795-5334
Lewis Vending	30 – 40% Healthy Products in each machine. Granola bars, Sunchips, baked chips, Milk2Go, Fruit Juice and water	(604) 421-7666
Pinetree Vending	Nature Valley Granola Bars, Powerbars, fruit and nut mix, sun chips, sandwiches, pastas, Milk2Go	(604) 415-3488

## Offering Healthy Food at Meetings



Meetings vary in length. Not all meetings will require the provision of food.

Use the following table as a guide for planning food and beverages for meetings:

Timing of meeting	What to offer?
Less than 2 hours	<ul style="list-style-type: none"> <li>▪ Water in jugs on meeting room tables</li> </ul>
2-4 hours (but not over a meal period)	<ul style="list-style-type: none"> <li>▪ Beverages (see check list for ideas)</li> <li>▪ Food Choices from 2 of the 4 food groups in Canada's Food Guide</li> </ul>
2-4 hours or more, and over a meal period	<ul style="list-style-type: none"> <li>▪ Beverages (see check list for ideas)</li> <li>▪ Food Choices from 3-4 of the 4 food groups in Canada's Food Guide</li> <li>▪ Desserts (optional)</li> </ul>

**Whether your organization is hiring a caterer, or serving the food yourselves, healthy options can be incorporated by:**

- ❑ Offering only beverages at mid-morning or afternoon breaks
- ❑ Choosing plates or bowls of vegetables and/or fruit
- ❑ Choosing to include vegetables in salads, sandwiches, wraps, pastas, or soups
- ❑ Choosing to add grilled or roasted vegetables or fruit to sandwiches
- ❑ Choosing fresh foods rather than processed or canned
- ❑ Choosing foods that are locally grown or produced (pg 18)
- ❑ Choosing condiments and dressings on the side
- ❑ Limiting portion sizes- use Canada's Food Guide as a reference
- ❑ Choosing to serve smaller portions (e.g. sandwiches and bagels can be cut in halves or thirds)
- ❑ Choosing smaller muffins, bagels, cookies, and cut cakes into smaller pieces
- ❑ Choosing caffeine free beverages such as milk, herbal teas, water, and 100% vegetable and/ or fruit juices
- ❑ Choosing low fat dip for vegetables
- ❑ Choosing baked foods made without trans fats

For more information go to <http://www.actnowbc.ca/>

**\*\*Use crockery whenever possible rather than paper or Styrofoam\*\***



## Healthy Meeting Checklist

*“If we're not willing to settle for junk living, we certainly shouldn't settle for junk food.”*

*Sally Edwards*



### Have you asked/ensured that some of the following choices are available?

- vegetables and/or fruit
- whole grain products
- protein (meat, poultry, fish, eggs, nuts, legumes)
- lower fat milk products (made with skim or partially skimmed milk)

### Have you considered healthy choices that are:

- locally or provincially grown or produced (see page 18 for buying local tips)\*

### Have you chosen to offer some the following options?

#### Beverages

- pitchers of water on meeting room tables
- 100% fruit and/or vegetable juices
- lower fat milk (skim or 1% M.F.), non-dairy options (soy milk, rice milk)\*
- coffee and tea with low fat milk or milk alternates
- decaffeinated coffee and herbal teas

#### Morning/Breakfast Options

- small wholegrain bagels or muffins (or larger ones cut into halves or quarters)
- protein options: nut butters/yogurt/eggs (poached or boiled) \*
- fresh fruit (whole or cut up)
- trans fat free spreads (margarine, peanut butter\*, jams and jellies)

#### Afternoon/Lunch/Dinner Options

- grilled, baked or poached meats, fish and/or poultry
- high fibre beans/legumes (i.e. lentils, garbanzo, kidney), vegetables, and/or fruit choices
- whole grain breads/wraps/rolls
- lower fat dips and dressings offered on the side

#### Dessert Options

- fresh fruit (whole or cut up)
- fruit salad with lower fat/frozen yogurt

**\*You will also need to consider options for participants with allergies to nuts, eggs and/or dairy**

**When ordering or preparing food for a meeting use the following chart as a nutritional guide!**

<b>Choose...</b>	<b>Instead of...</b>
<b>For Hot Beverages:</b>	
Coffee, tea served with milk, skim milk powder, sugar or sugar substitutes	Coffee and tea served with only creamers, coffee whiteners, and flavored creams
<b>For Breakfasts/Morning Breaks:</b>	
Fresh fruits, dried fruits, unsweetened juices	Sweetened canned fruits and juices
Lower fat yogurt (2% M.F. or lower)	Regular yogurt
Small whole grain bagels, fruit bread, fruit based bars, granola bars or breakfast bars	Donuts, pastries, regular or large sized bagels or muffins
Unsweetened whole grain cereal	Sweetened low fibre cereals
Boiled or poached eggs, lean ham	Fried eggs, bacon or sausage
Non-hydrogenated margarine or lower fat cream cheese, natural nut butters	Hydrogenated oils, regular cream cheese, butter
<b>For Lunches or Dinners:</b>	
Salads with dressing on the side	Salads with dressings added (Caesar, coleslaw, potato and pasta)
Raw vegetables with small amount of low fat dip	Large amounts of high fat creamy, cheesy or other flavored dips, chips and dip, fried vegetables
Sandwich/wrap fillings made with small amounts of lower fat salad dressing or mayonnaise	Salads made with regular mayonnaise and excess filling
Soups made with legumes, vegetable puree or skim milk	Soups made with cream or half and half
Sandwiches or whole grain breads , mini whole wheat pitas topped with vegetables, sushi, lean meats, fish, tofu	High fat and fried meats, bacon, poultry with skin, cold cuts, oil packed fish
Steamed vegetables, brown rice, whole grain pastas	Baked potato with added fats (butter, sour cream, bacon bits), white rice, regular pasta

Adapted from the “Meet Well” guidelines <http://www.actnowbc.ca/>

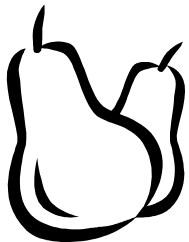


## Food Safety

*“If I sing when I cook, the food is going to be happy”*  
Pasquale Carpino

**When serving refreshments at meetings, events, or other work related functions, it’s important that food be nutritious and safe. Follow these helpful tips to ensure prevention of food borne illnesses.**

- Use a food supplier that holds a current FoodSafe certificate.
- Ensure the supplier provides serving utensils for each of the dishes. This will reduce the likelihood of people dipping in with their own cutlery.
- Ensure food is delivered close to meal or snack time; it should be served within 30 minutes of delivery. It should also be at serving temperature when it’s delivered.
- Keep hot food at 60 °C or warmer. For a buffet, use chafing dishes, slow cookers and warming trays.
- Keep cold food at 4 °C or colder. Use nesting dishes in bowls of ice or small serving containers that are frequently replaced.
- Perishable food should not be left for more than two hours at room temperature. If it is, throw it out.
- Ensure food in office refrigerators and cupboards is labeled with the date and eaten/ thrown out in a timely manner
- Have staff members attend a FoodSafe course <http://www.foodsafe.ca/>
- Consider donating unused food and beverages only if they’re stored properly and maintained at the proper temperature. Food cannot be donated if it has been on the service (or buffet) table. Contact a food bank or shelter to make arrangements for donations (pg 31).

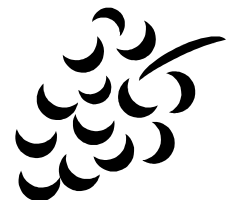


(For local food banks check out <http://www.pacsbc.com/> or <http://www.surreyfoodbank.org/>)

**For more information on Food Safety, check out:**

**Act Now BC at <http://www.actnowbc.ca>**

**10 Easy Steps to Make Food Safe at <http://www.bchealthguide.org/healthfiles/hfile59.stm>**



## Buying and Serving Local

***“Reliance on seasonal, local food builds food security by ensuring continued local food production. It also supports local economic development by re-circulating dollars; saves local farmland and provides fresher, tastier foods.” ([www.sne.org](http://www.sne.org))***

**By purchasing local foods, you will have an opportunity to talk to the farmer, retailer or wholesaler about how the food you enjoy is produced.**

To support the local food system when purchasing food for your organization’s meetings, events or functions, try and purchase foods that are:

- High in nutritional content, quality and value;
- Grown or processed close to or within the Lower Mainland; (see pages 19& 20 for seasonal fruit/vegetables in the lower mainland)
- Produced in an environmentally sound manner, with minimal or no use of chemicals and with minimal packaging;
- Ethically sourced (e.g. have not been made with child labour or abusive labour practices);
- Produced without the use of antibiotics;
- Fresh as opposed to processed;
- If used, are recovered or composted to minimize waste



### **How to purchase local foods:**

- If you are working with a food service company, or a food distributor, discuss your concerns and request local, sustainably produced food that reflects checklist above
- Buy direct from the farm. For a listing of available local foods produced in the Surrey area, check out the Farm Fresh Guide at: [www.bcfarmfresh.com](http://www.bcfarmfresh.com) and your local Farmers Markets at [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)
- If your organization is small you may be able to make use of local farm markets and the Harvest Box (see page 31 for contact information)

***When serving local foods at your meetings or conferences, be sure to let meeting attendees know about your efforts. A paragraph in your program about the steps you took to serve local foods will be of interest to those at the meeting. Information on printed menus about where the food was grown or produced will lead to interesting and educational conversations.***

## Local in season Fruits and Vegetables in the lower mainland

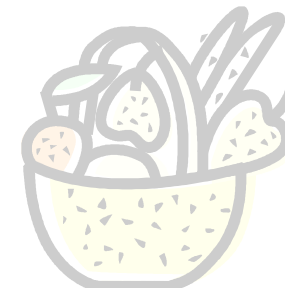
### Local in season fruits:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Apples	■	■	■	■				■	■	■	■	■
Blackberries							■	■				
Blueberries							■	■	■			
Cherries							■	■				
Currants							■					
Gooseberries						■	■					
Hazelnuts	■	■	■	■	■	■	■	■	■	■	■	■
Pears								■	■	■	■	■
Plums								■	■			
Prunes								■	■	■		
Raspberries							■	■				
Saskatoons						■	■					
Strawberries						■	■	■	■			

### Sample of local farms & farmers' markets

- Surrey Farms  
5180 - 152nd Street  
Surrey  
604.574.1390 Fax: 604.574.1558  
[surreyfarmsh@hotmail.com](mailto:surreyfarmsh@hotmail.com)  
[www.surreyfarmsh.com](http://www.surreyfarmsh.com)
  
- Mary's Garden  
15649 - 40th Avenue  
Surrey  
604.576.9297 Fax: 604.576.9278  
[marysgarden@shaw.ca](mailto:marysgarden@shaw.ca)  
[www.marysgarden.ca](http://www.marysgarden.ca)
  
- Cloverdale Farm Market  
4623 - 168 Street  
Surrey  
604.574.9905 Fax: 604.574.9949  
[farmer@cloverdalemarket.com](mailto:farmer@cloverdalemarket.com)
  
- Hazelmere Organic Farm  
1859 - 184 Street  
Surrey  
604.538.3018 Fax: 604.538.3040  
email: [hazelmereorganics@telus.net](mailto:hazelmereorganics@telus.net)

For more information visit <http://www.bcfarmfresh.com/>



**Local in season vegetables:**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Beans						█	█	█				
Beets	█	█	█				█	█	█	█	█	█
Broccoli						█	█	█			█	
Brussels sprouts									█	█	█	█
Cabbage – green	█	█	█				█	█	█	█	█	█
Carrots						█	█	█	█	█	█	█
Cauliflower						█	█	█	█	█	█	
Celery						█	█	█	█	█		
Chinese Veg.					█	█	█	█	█	█	█	
Corn						█	█	█	█	█	█	
Cucumbers							█	█	█			
Leeks	█	█	█				█	█	█	█	█	█
Lettuce	█	█	█	█	█	█	█	█	█	█	█	█
Onions					█	█	█	█	█			
Parsnips	█	█					█	█	█	█	█	█
Peppers							█	█	█	█		
Potatoes	█	█	█	█	█	█	█	█	█	█	█	█
Radishes				█	█	█	█	█	█	█		
Rhubarb				█	█	█	█					
Rutabagas	█	█				█	█	█	█	█	█	█
Spinach				█	█	█	█	█	█			
Turnips – white	█	█			█	█	█	█	█	█	█	█
Zucchini						█	█	█	█	█		

**Restaurants & grocery stores that support local farmers:**

**Restaurants:**

- Green Papaya Restaurant  
White Rock  
604-536-9811
- Pearl on the Rock  
White Rock  
604-542-1064
- The Boathouse Restaurant  
White Rock  
604-525-5640
- Celtic Times Restaurant  
Surrey  
604-501-1999

**Grocery Stores:**

- Save on Foods
- Choices Market  
Delta  
604-952-2266
- The Organic Grocer  
Surrey  
604-501-0116



For more information visit:  
[www.getlocalbc.org](http://www.getlocalbc.org) & [www.eatbc.com](http://www.eatbc.com)

## Healthy Fundraising

*“Fundraising with healthy food and beverage choices or non-food items is supportive of the nutrition messages taught in the classroom, home and broader community”*

(Food and Nutrition Policy for Nova Scotia Schools, 2005)

### Why is Healthy Fundraising important?

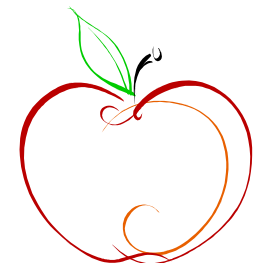
Healthy fundraising will not only help in the creation of healthy environments, but it will also demonstrate your commitment to the health of the community.

### Ideas to Offer Nutritious Fundraising Choices:

- ❑ Offer samples of nutritious items
- ❑ Adapt traditional favorites to make them more nutritious (e.g. serve hamburgers on a whole-wheat bun with a side of veggie sticks and dip)
- ❑ Price nutritious foods attractively (use pricing incentives, make healthy foods less expensive than less healthy foods)
- ❑ Promote healthy foods with attractive ads and pictures. Let people know that your school/ organization supports healthy eating
- ❑ When displaying food, put the nutritious foods in front and less nutritious items on the back
- ❑ Ensure that the healthy choices you offer are appealing. Partner with local farms to offer healthy tasty items that are in season such as apples
- ❑ Have students in your schools plan and implement their own version of a healthy fundraiser as a school project (adaptable for pre-school and child minding)
- ❑ Partner with local organizations to bring costs down (i.e selling plants or flower baskets. Get items donated and raffle them off)

### Tips for success:

- ❑ People will eat healthy food if it is the only choice
- ❑ Get a fundraising team together to share the workload
- ❑ Marketing the event is very important – get creative
- ❑ Before entering into partnerships, discuss guidelines for sponsors (i.e. sponsors should advocate health)



### **Try fundraising with non-food items:**

- ❑ Cookbook sales: Some companies transcribe, print, and bind cookbooks. Include stories, captions, or pictures to personalize the cookbooks
- ❑ Other item sales: Reusable lunch bags, calendars, used books, cooking lessons
- ❑ Singing telegrams or balloon-gram
- ❑ Raffle gift baskets with different themes: gardening, children/toys, spa, or kitchen.
- ❑ In Nelson, a school raised funds with family photos. A photographer came to the school in October and finished photos were ready for gift giving at Christmas. Each family paid a \$10 sitting fee, which was donated, to the school.

### **Community fundraising ideas:**

- ❑ Auctions
- ❑ Dances
- ❑ Theme Dinners
- ❑ Family Fair and games night
- ❑ Bowl-a-thon, walk-a-thon, etc.
- ❑ Adopt-a-school program - A patron such as a local business supports a school initiative at the workplace by collecting money for a pledge, e.g. cashiers at a chain of pharmacies sell balloon logos for Children's Hospital.
- ❑ Sell coupon books for discounts at local retailers.
- ❑ Begin a recycling program

### **Healthy Fundraising Links:**

- ❑ [www.fraserhealth.ca](http://www.fraserhealth.ca) (search school nutrition & go to tools and strategies)
- ❑ [http://www.dashbc.org/upload/Healthy Fundraising for Schools.pdf](http://www.dashbc.org/upload/Healthy_Fundraising_for_Schools.pdf)
- ❑ <http://www.healthy-fundraising.org/>



## Promoting Breastfeeding at your Organization

*“Your right to breastfeed anywhere, anytime is protected by the Canadian Charter of Rights and Freedoms.”*

*(Infact Canada, 2006)*

### Why is it important to advocate breastfeeding?

- ❑ Evidence supports the many long-term benefits of breastfeeding (see pg 24)
- ❑ Infants who are not breastfed and artificially fed with breast milk substitutes experience increased risks of a wide range of both infectious and chronic illnesses
- ❑ Breastfeeding promotes health for the infant and the mother
- ❑ Breastfeeding is less expensive than formulas

### Why do we need to promote breastfeeding at our organization?

- ❑ Breastfeeding support programs in hospitals, health centers, schools, communities and organizations have proven to be among the most cost effective of all health initiatives
- ❑ Women face many obstacles to breastfeed in public places
- ❑ Some women fear offending others, and many do not have enough information or support to breastfeed properly. Many women are also afraid to breastfeed at work.
- ❑ When women are denied their right to breastfeed, the baby and mother suffers, but so does her employer, since the mother may have to leave or reduce her employment to breastfeed at home.



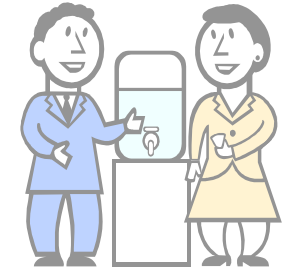
### What is the problem?

***It is estimated that over 1.5 million children die annually and many millions are malnourished because they were not breastfed.***

*(Infact Canada, 2008)*

**Ideas to help protect the rights of all women to breastfeed in public and in your organization:**

- ❑ Have a written breastfeeding policy that is routinely communicated to all staff.
- ❑ This policy should indicate that your organization must provide support to breastfeeding women and include:
  - the need for a supportive environment
  - breastfeeding on demand
  - clean and comfortable feeding/pumping areas
  - cold storage for the pumped milk
  - flexible return to work arrangements and flexible breaks
- ❑ Inform all pregnant women about the benefits and management of breastfeeding. Resources are available at: [www.infactcanada.com](http://www.infactcanada.com).
- ❑ Educate your community and colleagues about the importance of breastfeeding. Sensitize them to using language to facilitate breastfeeding
- ❑ Lobby your local MP and law makers to create more breastfeeding friendly public places.
- ❑ Assist new mothers to get in touch with local mother-to-mother support groups, breastfeeding clinics at their local health units
- ❑ Post the following chart in high traffic areas at your workplace



<b>Benefits of Breastfeeding for babies</b>	<b>Benefits of breastfeeding for mothers</b>
❑ Reduced risk of asthma	❑ Promotes bonding between mother and baby
❑ Reduce risk of cardiovascular disease	❑ Decreases the risk of breast cancer
❑ Reduced risk of obesity	❑ Helps prevent post-partum hemorrhage
❑ Reduced risk of diabetes	❑ Helps decrease insulin requirements for diabetic mothers
❑ Reduced risk of sudden infant death	❑ Decreases risk of developing ovarian and endometrial cancer
❑ Improved cognitive ability	❑ Decreases chances of osteoporosis

**The above information is adapted from [www.infactcanada.com](http://www.infactcanada.com) (check out the fact sheets)**

And from Fraser Health Authority's Public Health Nutrition Program: <http://www.fraserhealth.ca/HealthInfo/PublicHealth/FoodAndNutrition/Default.htm>





## Nutrition Education

***“Nutrition knowledge is one piece of the puzzle toward healthier food habits”***

**(Public Health Nutritionist, Fraser Health)**

**Recent research indicates that nutritional knowledge may play a small but pivotal role in the adoption of healthier food habits.**

**Check the following links for information, brochures and ideas to enhance the nutritional knowledge and well being of those at your organization:**

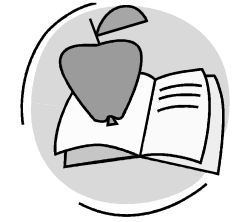
- 1) [www.actnowbc.ca](http://www.actnowbc.ca) [the BC Ministry of Health’s website is full of handouts on healthy eating and many other healthy living tips including healthy living tips for kids, youth, adults and seniors.]
- 2) <http://www.fraserhealth.ca/>(search nutrition topics)
- 3) [http://www.bcdf.org/nutrition\\_education/overview.htm](http://www.bcdf.org/nutrition_education/overview.htm) [The BC Dairy Foundation provides teacher workshops, nutrition teaching materials, seminars for health professionals, and downloadable activities for elementary and secondary schools]
- 4) [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide). [Health Canada’s site dedicated to food and nutrition. This is also where you can download the Canada Food Guide.]
- 5) [http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/index.asp](http://www.dietitians.ca/public/content/eat_well_live_well/english/index.asp). [The Dietitians of Canada site is full of useful information and fact sheets on healthy eating at home, at work and much more!]
- 6) <http://www.ccfm.ca> [The Canadian Council of Food and Nutrition site offers nutrition policy information, action plans, and links to events.]



**Adapted from:**

Worsley A. Nutrition knowledge and food consumption: Can nutrition knowledge change food behavior? Asia Pacific J Clin Nutr (2002) 11(Suppl), S579-S585.

## Ideas to incorporate nutritional education into the daily routine of your organization:



- ❑ Add short nutritional tips into memos, newsletters and email signatures
- ❑ Have an office challenge focused around healthy eating
- ❑ Provide incentives for healthy lifestyle changes (i.e. paying for gym passes)
- ❑ Hand out the Canada Food Guide with office newsletters (See #4 on page 25)
- ❑ Dedicate a section of the office newsletter to Healthy Living and choose different topics to focus on each month (ie. Dairy, vitamins, whole grains etc)
- ❑ Bring in a registered Dietitian to provide a nutrition workshop on healthy eating
  - Ask the people in your organization for a list of topics they would like to learn more about. For a list of available Dietitians, call the Dial-a-Dietitian Nutrition Information Line: (604)732-9191 (**note there is a cost for this service**).
- ❑ Advocate healthy eating on the go by posting the following quick and easy tips in office memos, newsletter, notice boards etc.

## Healthy Eating on the Go:

- ❑ Keep a selection of washed and prepared fruits and vegetables and dried fruits on hand so you can grab and go!
- ❑ Keep dried fruit and/or nuts in your desk at work to ward off hunger.
- ❑ Most sandwich bars and submarine shops offer a variety of vegetables to add to your the sandwich or eat on the side. Ask for less meat, cheese and creamy sauces (such as butter, mayonnaise etc.)
- ❑ Choose vegetable or fruit based appetizers
- ❑ Say no to 'super sizing' meals at fast food restaurants
- ❑ When eating at fast food restaurants try an entrée salad instead of a burger.
- ❑ If you order pizza, order one with extra vegetables or build your own with healthy toppings

The above information was adapted from <http://www.actnowbc.ca/>

# COMMUNITY FOOD POLICY RESOURCES



# Community Gardens

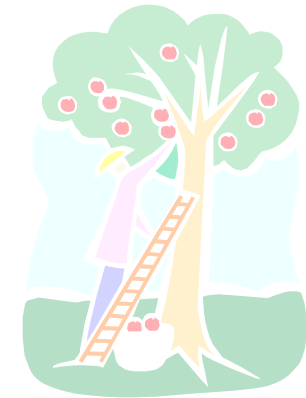
*“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.” Elizabeth Berry*

## What are Community Gardens?

- ❑ Publicly owned plots of land use by the public for gardening. They can be free to use or require a small fee
- ❑ Community gardens promote self-sufficiency and provide social interaction, as well as leadership and mentoring skills
- ❑ Community gardening can advance community development, nurture families and contribute to urban beautification
- ❑ Community gardens benefit everyone by creating safe and healthy recreational activity within our parks system, and on other city-owned lands
- ❑ Community gardens give you a chance to grow your own fruits and vegetables – even if you live in a condo or apartment

## Participation in community gardens helps to:

- Build skills
- Creates positive community development
- Foster volunteer activity (and possibly employment)
- Restore natural areas



## Local Community Gardens:

### Dunsmuir Gardens

Crescent Beach near White Rock, 10minute walk from Camp Alexandra on 3 acres of park land in Surrey

100 plots (25ft x 25ft)

\$25/yr (half plot \$15/yr)

Go to gardens in February to find contact

## **Guildford Garden**

- At 10256-154 Street Surrey, BC
- 10 plots (16ft x 10ft each plot)
- Contact 604-583-1017

## **North Surrey Organic Community Garden**

- 102A Ave and 141st in Cedar Grove Park
- Contact the City of Surrey Parks Recreation and Culture Department for information
- (Please see the Community Food and Nutrition Resources) <http://www.surrey.ca/>

## **Nathan Creek Organic Farm**

- Community Supported Agriculture Farm(CSA)
- For more information on this exciting opportunity please visit: <http://www.gingermedia.ca/nathancreek/index.html>
- Contact CSA farmer, Stephen Gallagher at [stephen@nathancreek.ca](mailto:stephen@nathancreek.ca) to answer any questions

## **South Fraser Harvest Box**

- Harvest Box is a program for individuals and families who want to purchase fresh/local produce at affordable prices
- For **\$8** a month, you can get top quality, farm fresh produce that would normally cost two to three times more in a local supermarket.
- It currently operates in Delta, Langley, Surrey and White Rock
  - For more information regarding Harvest Box, please contact: 778-228-6614 or email [harvestbox@mail.com](mailto:harvestbox@mail.com)



## Community Kitchens

*“Food is our common ground, a universal experience”*

*James Beard*

A community kitchen is a group of individuals who meet regularly to cook healthy, nutritious meals. Everyone is expected to participate in the menu selection shopping, preparation, and cooking; the only requirement is an interest in food.

### Benefits of Community Kitchens:

- Food costs less because it can be bought in bulk
- Opportunity for people to meet and get together
- Learning budgeting, nutrition, and cooking skills
- Promote self-sufficiency
- In 2004, the Calgary Community Kitchen brought 1.5 million dollars of cost-saving back into the community. They prepared 90,934 meals that fed 58,589 children and 38,628 adults.

### Starting a Community Kitchen Checklist:

- |  |   |
|--|---|
| <input type="checkbox"/> How often will you meet to cook                                 | <input type="checkbox"/> What types of food will you make?  |
| <input type="checkbox"/> What days and times is the kitchen available                    | <input type="checkbox"/> How many recipes will you make at each session?                                      |
| <input type="checkbox"/> Is childcare needed? How will it be arranged?                   | <input type="checkbox"/> Are there any food allergies or issues that need to be taken into account?           |
| <input type="checkbox"/> Does everyone have transportation to get home with cooked food/ | <input type="checkbox"/> Does anyone in the group have their FoodSafe Level One certificate? (Refer to pg.17) |
| <input type="checkbox"/> Where will finances come from?                                  | <input type="checkbox"/> Who will act as the leader of the group? How will this responsibility rotate?        |
| <input type="checkbox"/> Who will do the shopping?                                       |   |

### Local Community Kitchens:

For a listing of local community kitchens, check out:

[www.communitykitchens.ca](http://www.communitykitchens.ca)



## COMMUNITY FOOD AND NUTRITION RESOURCES



<b>SURREY</b>		
<b>Organization</b>	<b>Services and Programs</b>	<b>Contact Information</b>
Crescent beach Community Services	Hot Lunch and Transportation	(604) 535-0015
Holly Hjorth Community Program	Community Kitchen	(604) 589-3892
Kla-How-Eya	Community Kitchen, Elders Tea and Lunch	(604) 584-2008
Newton Seniors Center	On site lunch and snacks	(604) 501-5010
Bridge to Faith Ministries	Free on site dinner on Wednesdays	(604) 582-1904
Options Guildford Family Place	Bulk buying, meals, nutrition information, specialty foods	(604) 583-3844
Surrey Food Bank and Food Bank Depots	Food Hampers, agency support, gleaning	(604) 581-5443 <a href="http://www.surreyfoodbank.org">www.surreyfoodbank.org</a>
Surrey North Delta Meals on Wheels	Meals and specialty foods delivery	(604) 588-6325
SFCSS Whalley Family Place	Meals for families	(604) 580-2344
Surrey Women's Center	Nutrition Education and Community Kitchen	(604) 589-1868
Senior Support Services	Lunch, Dinner and Transportation	(604) 531-9400
Dunsmuir Gardens	Community Garden (100 plots – 25 ft x 25 ft)	Crescent Beach near White Rock
<b>SOUTH SURREY/ WHITE ROCK</b>		
White Rock Meals-on-Wheels	Hot Meal Delivery	(604) 541-6325
Crescent Beach Community Services	Lunch on Wednesday	(604) 535-0015
Kent Street Activity Center	Hot Meals, Entertainment, Transportation	(604) 541-2231
South Fraser Women's Services Society	Community Kitchen	(604) 536-9611
Peace Arch Community Services	Food Bank Items	(604) 531-8168
<b>GENERAL</b>		
DiverseCity Community Resources Society	Cooking Together Program	(604) 597-0205
South Fraser Harvest Box	Produce buying club	(778) 228-6614
South Fraser Women's Services Society	Community Kitchen (childcare provided)	(604) 536-9611
Healthiest Babies Possible	Nutrition Assessment, education, and counseling	(604) 583-1017
Dial-a-Dietitian	Advice and nutrition information provided by Dietitians over the phone.	(604) 732-9191
Surrey Parks Recreation and Culture	Information regarding community gardens	(604) 501-5050
Local Farm and Farmers Market Listings	Information on local farms, farmers markets and more	<a href="http://www.bcfarmfresh.com/">http://www.bcfarmfresh.com/</a>
White Rock Farmers Market	Open from June 4 <sup>th</sup> – October 8 <sup>th</sup> , Sun 9am – 1pm	<a href="http://www.bcfarmersmarket.org">www.bcfarmersmarket.org</a>

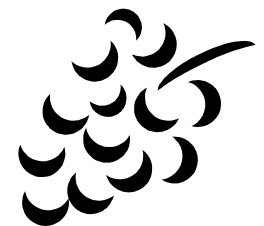
## Community Action: What We Can All do to Promote Food Security

*“A community is like a ship; everyone ought to be prepared to take the helm.”*  
Henrik Ibsen

### Action Strategy Checklist:

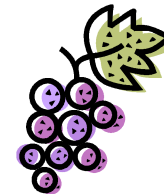
- Educate yourself about food issues: [www.fraserhealth.ca](http://www.fraserhealth.ca) (search “food security”) and [www.fooddemocracy.org](http://www.fooddemocracy.org)
- Join the “Food Action Coalition” Steering Committee. Each committee member brings a wealth of knowledge and experience to the team, and we are always looking for more members. Contact us at [swrfoodpolicy@yahoo.ca](mailto:swrfoodpolicy@yahoo.ca)
- Speak out – Reach out to people in your community about food policy and food security issues.
- Write a letter to your local politician about food security or food policy issues that are important to you. Vote for the party that supports food issues.
- Volunteer with the South Fraser Regional Harvest Box program (Please see page 31 for more information and contact information)
- Donate cash or quality, healthy food (that you would eat yourself) to the food bank and/or offer to volunteer
- Create a dialogue around the importance of local food sustainability and supporting your local farmers to ensure food for future generations with friends and family
- Talk to your organization about purchasing healthy foods for staff meetings, conferences, and public events (see pages 14-16)
- Explore the possibility of creating a community garden or kitchen with your co-workers or friends (pg. 28 - 30)
- Visit your local farmer’s market [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org) (information about the White Rock Farmers Market can be found here)
- Check out the local food scene in the Farm Fresh Guide: [www.bcfarmfresh.com](http://www.bcfarmfresh.com)

Contact: [swrfoodpolicy@yahoo.ca](mailto:swrfoodpolicy@yahoo.ca) for more information





## Background information on the Food Action Coalition:



### VISION

The long term vision of this project is that food policy be integrated into community decision making in Surrey and White Rock in order to enhance community food security. Food policy is the METHOD this group has chosen to work toward community food security.

Community food security works toward the following three outcomes:

- decreased hunger
- increased local food sustainability
- improved nutritional health.

### PHASE 1 (2005): Community Outreach and Education & Assessment of Food Policy within Organizations

*Moving Food Policy in Surrey and White Rock* was initiated to build the foundation needed to move Surrey and White Rock toward integrating food policy into community decision making. The main scope of this project was to execute an environmental scan for food policies that exist in various organizations in Surrey and White Rock.

Follow this link for Phase I results: [http://www.fraserhealth.ca/HealthTopics/HealthyLiving/NutritionInfo/Pages/Food\\_Security.aspx](http://www.fraserhealth.ca/HealthTopics/HealthyLiving/NutritionInfo/Pages/Food_Security.aspx)

### PHASE 2 (2006): Community Forum & Creation of Toolkit

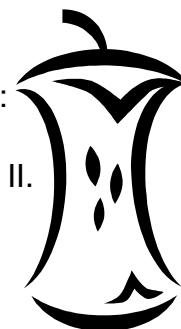
Phase 2 consisted of community outreach and education through the development of a food policy toolkit, and the hosting of a Community Forum on Food Policy. Approximately 80 participants attended the Forum, representing a wide range of community organizations. The Forum and the Toolkit were used to engage the population in food policy and stimulate dialogue about how food policy can be incorporated into organizations.

Follow this link for Phase II results: [http://www.dashbc.org/upload/Food\\_Policy\\_Toolkit.pdf](http://www.dashbc.org/upload/Food_Policy_Toolkit.pdf)

### PHASE 3 (2007-Present): Stakeholder Engagement and Sustainability

The overarching goal of phase 3 is stakeholder engagement and sustainability. The two main goals of this project include:

- 1) **Steering Committee Development** - to work towards strategic planning and expansion of the committee; and
- 2) **Organizational/ Community Outreach** - to continue with the organizational food policy focus initiated in Phases I and II.



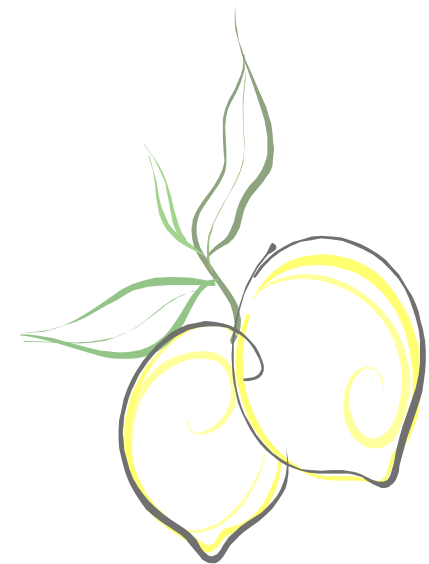
# SAMPLE FOOD POLICIES



# Sample Food Policies

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**BOARD OF SCHOOL TRUSTEES  
SCHOOL DISTRICT NO. 35 (LANGLEY)**

**POLICY MANUAL**

**Policy No.** 5001

**SUBJECT:** NUTRITION

**Date Revised** 2005 01 25

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The Board of School Trustees believes that a comprehensive nutrition policy will assist students in attaining their full educational potential and will contribute to the wellness of the community-at-large.

These outcomes will be accomplished through:

- A comprehensive nutrition education program which augments, supports, and is supported by, the Ministry of Education curriculum.
- A health-promoting environment in all schools.
- Food and meal programs that are nutritious and that offer healthy alternatives and choice.
- A co-operative effort between the school and its community that strengthens connections and services.

The Board expects schools, in consultation with parents, staff, and students, to ensure that students receive nutrition messages that are consistently reinforced throughout the school environment and are reflective of local community need.

## REGULATIONS – NUTRITION

5001R

### **PART A: EDUCATION**

- (a) All schools are expected to provide suitable nutrition education programs as outlined in Ministry of Education Kindergarten to Grade 12 curricula. Food and beverages are considered an extension of the classroom and should complement the nutrition education experiences of students.
- (b) Nutrition education will promote the development of healthy eating practices in a manner that provides a positive contribution to the emotional, social and educational development of students.
- (c) The district will provide opportunities for staff to obtain professional development in the area of nutrition education and food handling practices.

### **PART B: ENVIRONMENT**

- (a) School staff is responsible for identifying children at nutritional risk and ensuring that the situation is addressed.
- (b) Advertising of “Not Recommended” food or beverage items is not permitted on school grounds.
- (c) Schools are encouraged to choose fundraising activities and school events that promote student health and well-being.
- (d) When food is used for school fundraising activities or sponsored events at least 50% of the food must come from the “choose most” category; no more than 10% of the food must come from the “choose least” category of the Guidelines for Food and Beverage Sales in B.C. Schools. Items from the “not recommended” group will not be offered.
- (e) Non-food items are encouraged for rewards and incentive programs.
- (f) Food will not be withheld as a consequence or punishment.
- (g) Meals should be consumed in a pleasant, clean environment with sufficient time for eating (20 minutes).
- (h) All school eating areas shall have access to free, safe drinking water sources and facilities for washing hands.
- (i) Schools are encouraged to reduce waste, recycle and compost.
- (j) “Choose most” / “choose sometimes” foods and beverages will be easily accessible when food is offered in vending machines, at concessions or special events and by other food services.

- i) These choices will be in the top/centre slots of the vending machine and displayed on front shelves/space where they are easy to see and access.
- ii) When “choose least” choices are offered, portion sizes will be controlled to the smallest serving size available.
- iii) At least 50% of the food choices in vending machines, concessions, special events and other food services will be filled with items from the “choose most” group. No more than 10% of the food must come from the “choose least” category. Items from the “not recommended” group will not be offered.

## **REGULATIONS – NUTRITION**

**5001R**

- iv) “Choose most”/ “choose sometimes” foods and beverages will be competitively priced and, whenever possible, are less expensive than the “choose least” choices.

## **PART C: FOOD AND MEAL PROGRAMS**

- (a) All school food and meal programs are an extension of the classroom and should complement nutrition education experiences.
- (b) Meals served regularly (excluding cafeteria programs) must meet guidelines in the Ministry of Education Social Equity Handbook.
- (c) Foods (not meals) offered in schools must meet Guidelines for Food and Beverage Sales in B.C. Schools.
- (d) “Choose most”/ “choose sometimes” foods and beverages are competitively priced and, whenever possible, are less expensive than the “choose least” choices.
- (e) When food is prepared or handled on a school site it must be in accordance with B.C. Food Safe Regulations.

## **PART D: COMMUNITY**

- (a) Principals will review annually the implementation of the District’s Nutrition Policy.
- (b) Schools are encouraged to establish a Nutrition Committee that invites representatives from the school community.
- (c) Schools are encouraged to strengthen the connection with community groups and services and local farmers, for education and purchasing supplies.

## Sample Food Policy for a Health Authority

### Introduction:

A key contributor to good health is adequate and high quality nutrition. The linkage between chronic disease prevention and dietary factors has been well established. Few British Columbians eat enough vegetables, fruit, whole grains, and milk products and over half of British Columbian adults are overweight and obese.(J) As a major healthcare provider, the HA is responsible for making nutritious choice the easy choice for its patients, staff, and public.

### Vision:

As a large organization that buys, prepares, and serves food daily, the HA has the opportunity to become a leader in providing healthier food to its patients, staff, and public. Through the implementation of an overarching food policy, the HA could contribute to a food system that is more health conscious, ecologically sound, and socially responsible.

### Policy Affects Three Key Groups:

A Food Policy at the HA affects patients, staff, and the community at large.

### Rationale for a Food Policy at a Health Authority:

The adoption and implementation of a comprehensive Food Policy at the HA will improve the nutritional health of the population in the region. This policy would incorporate practices that are evidence-based and could include the following components:

- 1) **Modeling** – Improving the nutritional health of Staff and Public:  
Healthcare professionals are constantly advising their patients and clients on the importance of healthy eating. While all of the food given to patients and residents is monitored for its nutritional value, certain food items that are offered to the staff and public within the HA vicinities are high in calories and low in nutritional value.(J,L) That rises concern as most the HA employees spend about 7.5 hours a day at work, and it can be assumed they consume a bulk of their food on the HA grounds.(J,L) It is time the HA start to “walk the talk” by offering healthier food options on its premises.(A) Experience in other cities indicates that adults and children will buy and eat healthy foods and beverages when these options are tasty, easily accessible and priced right.(L) Healthy food contributes to increased productivity and less absenteeism.(J)  
By working with its food contractors, the HA could sell healthier items at its tuck shops, vending machines, cafeterias, restaurants, and food sale outlets. Preferential pricing could also be set for healthier items sold.(L) It is encouraging to see the

changes that are currently underway to improve the nutritional quality of the food offered at vending machines at the HA. Other marketing techniques include signage on healthier items and restricting advertising at the HA to healthier options.(L)

As for non-purchased foods, changes can be made with the type of food served at the HA sponsored meetings, conferences, and events for staff and the public.

## 2) **Improving Community Health:**

The HA could create its own farmers markets or extend current markets in locations that are easily accessible to staff members. Innovative initiatives like these can promote staff morale, community spirit in addition to greater access to fresh fruits and vegetables.(G,Z) Throughout the US, farmers markets and farm stands have operated successfully at multiple *Kaiser Permanent* medical facilities. (A)(G) Because these initiatives require partnerships between farmers, businesses, and the public sector, they also help stimulate the local economy and add to community adhesion.(G,A,H,Z)

Cost savings could result from turning parts of the HA property into usage as community gardens and composting depots. If the HA uses some of its land for growing and composting food, there would be a decreased need for expensive landscaping. Secondly, community gardens draw more people from the public to the HA facilities, thereby making the facilities a more integral part of the community.

## 3) **Sustainability:**

How our food is produced and transported affects our health. Food that has been transported a significant distance leaves behind high levels of gas that is damaging to the environment.(Z) Pesticide use can also have a negative impact on the environment and possibly on our health.(Z) the HA can promote environmental health by purchasing and procuring locally and sustainably grown food as much as possible.(Z)

The HA could encourage the use of recyclable meal utensils and cutlery. In addition, more environmentally sound food waste practices would reduce the waste stream.(Z) For example, edible surplus food could be donated to “Food Runners” and the HA could start composting food waste from the production side (not off trays).(Z)

## 4) **Social Issues**

Food affects social inequities as well. By purchasing fair-trade beverages, the HA could ensure more farmers are paid the wages they deserve.(Z) Moreover, if the HA makes healthier options more affordable, people from all social classes will be able to purchase healthy food on its premises. Equal access to healthy food is a key component of food security.(Z)

## 5) **ActNow! BC**

The province of BC has some ambitious goals in anticipation of the Olympics to be held in Vancouver in 2010. ActNow! BC is the province’s health promotion program designed to support individuals and communities to protect and improve their health by focusing on five achievable goals for BC’s population by 2010.(N) One of these goals targets Healthy Eating, and aims to increase by 20 per cent BC’s population who eat recommended daily servings of fruit and vegetables.(N) Since the HA affects such a big and diverse population, improvements in its food and nutrition services is definitely in tune with the targets of ActNow! BC.



## 6) **Breastfeeding**

There is ample evidence supporting the long-term benefits of breastfeeding. Breastfeeding mothers and infants need a supportive environment when accessing the HA facilities. Breastfeeding policy groups work towards the development of comprehensive breastfeeding guidelines for HAs and the development of a breastfeeding course for healthcare professionals at the HA. A key part of the Food Policy at the HA could be to support this Policy Group in the development and implementation of its breastfeeding activities at all the regions of the HA.

## 7) **Nutrition Education**

Another component of the food policy is nutrition education. Staff, patients, and the public may benefit more when they understand why these changes are taking place at the HA. Nutrition knowledge may not be sufficient, but recent research indicates that it may play a small but pivotal role in the adoption of healthier food habits.(1) In one study, nutrition knowledge was significantly associated with 'healthy eating' (e.g. fruit and vegetable intakes), with knowledgeable individuals being 25% more likely to consume adequate amounts of fruits and vegetables daily.(1) Another population study showed that adults whose intakes were closer to dietary recommendations had more cancer-prevention knowledge, even after social economic and nutritional confounders were taken into consideration.(1) Among the elderly, one study showed that high nutrition knowledge was strongly associated with the reading of nutrition information on food products.(1) Even for children, nutrition education can bring about change in dietary behaviour, a change that sometimes lasts for over 2 years.(1) These results support the value of including nutrition knowledge as a component of a food policy. (2) Informed individuals are more likely to make healthier choices when choosing food both on and off the HA premises.

## 8) **Food Safe**

### **Who should be Involved:**

A comprehensive Food Policy at the HA calls for action and partnership from nearly all parts of the organization. Staff members who could begin the process include:

- Administrative dietitians,
- Public health nutritionists,
- Food service managers,
- Administrative personnel who orders food (including those who order food for meetings), and
- Personnel at the director level.

Key partners could include:

- Occupational health officers and
- Major food suppliers of the HA

### **Guidelines**

The following act as guidelines for staff members at the HA who are proactive in implementing the food policy at the HA. The Food Policy could be implemented at any one of the following target areas:

**General Guidelines applying to catered events, vending machines, cafeterias, food carts, and inpatient food services:**

- Do an inventory of the origin of food currently purchased. (H)
- Document food policy-related measures already taken (H)
- Use recyclable/washable packaging. (Z)
- Post nutritional information on selected food. (L)
- Communicate our policy intent to food contractors/catering company/vendors/food suppliers on the following:
  - Request information on what they are already doing to support our policy and learn their perspectives on opportunities. (H)
  - Work with the Contract Company and staff to minimize waste. (Z)
  - Strive for contracts with products that are:
    - Locally produced (Z)
    - Fresh, not processed (Z)
    - Fair trade, (Z)
    - Not produced by unnecessary synthetic hormones, sub therapeutic antibiotics, and pesticides. (Z)

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