

TITLE  <b>HEALTHY EATING ENVIRONMENTS</b>	POLICY # <b>CHW-02</b>
	SUBCLASSIFICATION <b>N/A</b>
PARENT BOARD PRINCIPLE / POLICY SUITE <b>Community Health and Wellness</b>	ESTABLISHED <b>March 21, 2011</b>
APPROVING AUTHORITY <b>Alberta Health Services Executive Committee</b>	APPROVED REVISION <b>N/A</b>
POLICY SPONSOR <b>Clinical Support Services (Nutrition and Food Services)</b>	NEXT REVIEW <b>March 21, 2014</b>

If you have any questions or comments regarding the information in this policy, please contact the Corporate Policy Department at [corporatepolicy@albertahealthservices.ca](mailto:corporatepolicy@albertahealthservices.ca).

### PURPOSE

- To establish a Healthy Eating Environment in Alberta Health Services' ("AHS") Facilities.
- To promote Healthy Eating to help AHS staff, physicians, patients/clients, and visitors reach their health potential.

### POLICY STATEMENT

The AHS Board is committed to the development of a Healthy Eating Environment in AHS Facilities to support health, wellness, chronic disease prevention and management, and AHS' mission and strategic direction. A Healthy Eating Environment shall be achieved through, but not be limited to, implementing the following strategies:

- Improve and promote access to Healthy Food options that are in alignment with national and provincial nutrition recommendations for sugar, fat, and salt, including the Sodium Reduction Strategy for Canada, the Trans Fats Task Force recommendations, and the AHS Trans Fats policy (#CHW-01).
- Provide education and raise awareness of the benefits of Healthy Eating.
- Encourage fiscal accountability and responsibility related to the delivery of Healthy Food options at AHS-owned and operated Patient and Retail Food Services.
- Evaluate Healthy Eating Environment strategies for ongoing improvement and learning for the development of evidence and best practice.
- Inform and work collaboratively with key stakeholders, including the community, for the implementation of Healthy Eating Environment strategies.
- Ensure the needs of diverse populations utilizing AHS Facilities are considered.

AHS shall work with vending, volunteer outlets, gift shops, external retailers operating in AHS Facilities, foundations and trusts, and third-party affiliates to promote a Healthy Eating Environment and to comply with this policy and affiliated strategies. AHS-funded activities, such as catering, fundraising, celebrations, and/or food rewards and incentives, shall, as far as possible, follow the associated Healthy Eating Environment strategies.



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## APPLICABILITY

Members of the AHS Board, AHS employees, members of the medical, dental, podiatry and midwifery staffs, students, volunteers, vendors, suppliers, contractors, and other persons acting on behalf of AHS shall comply with this policy.

## POLICY ELEMENTS

### 1. Responsibilities

- 1.1 AHS' Nutrition and Food Services Department shall lead the development, implementation, management, communication, monitoring, and evaluation of associated strategies to establish a Healthy Eating Environment in AHS Facilities.
- 1.2 AHS' senior leadership shall promote, endorse, and facilitate a Healthy Eating Environment throughout AHS.

### 2. Food Safety

AHS shall continue to comply with the *Public Health Act* (Alberta), the *Food Regulation* (Alberta), the *Food and Drugs Act* (Canada), and other applicable legislation and industry standards in respect to food preparation and handling.

## DEFINITIONS

**AHS Facility** means any AHS-owned or operated site.

**Healthy Eating** means a way of eating that emphasizes Healthy Food choices, variety, and portion sizes consistent with Canada's Food Guide.

**Healthy Eating Environment** means the infrastructure and decision-making context that promotes making Healthy Eating choices. Infrastructure refers to all AHS owned or operated facilities, spaces or equipment involved in food preparation, distribution or consumption. Decision-making context refers to the procedures, values, norms and leadership that influence or direct food-related activities in AHS.

**Healthy Food** means food and beverages listed in the Eating Well with Canada's Food Guide, which emphasizes vegetables, fruits, whole grains, legumes, nuts, seeds, dairy, meats, fish, and poultry. These foods are prepared and served in a way that supports national and provincial recommendations for sugar, sodium and fats.

## REFERENCES

- AHS Policies and Procedures
  - Trans Fats (#CHW-01)
- Eating Well with Canada's Food Guide (Health Canada)
- Sodium Reduction Strategy for Canada (Health Canada)
- Trans Fats Task Force (Health Canada)

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- Alberta Nutrition Guidelines for Children and Youth
- Alberta Adult Nutrition Guidelines
- AHS Healthy Eating Guidelines
- *Public Health Act (Alberta)*
- *Food Regulation (Alberta)*
- *Food and Drugs Act (Canada)*

**REVISIONS**

None