

# Nutrition Services Calgary Zone Staff Celebrate the Season with a Healthy Luncheon Success Story

Over 100 NS dietitians, secretaries and management staff came together for a festive gathering on December 13 at the monthly Calgary Zone Operations Meeting. During lunch, special nutrition-inspired versions of “Twas the Night Before Christmas” were presented by the managers and secretaries, bringing smiles to all. Seizing the chance to role model healthy eating, the luncheon featured whole wheat sandwiches cut into quarters, colourful vegetable platters with dip on the side, bite-sized cheese cubes and crackers, water to drink, and fruit platters and holiday treats in reasonable portion sizes for dessert. Small plates were also used to help staff eat healthy in the workplace.



This is an example of how NFS is supporting the AHS Healthy Eating Environment strategy. The aim is to make the organization a role model in making healthy food choices and leading by example to

make it easier for our staff, physicians, volunteers and visitors to eat for health. Studies show that food and drink choices are affected by where you are when making choices. In other words, the environment affects what and how much you choose to eat or drink.

“Creating a healthy eating environment takes all of us working together to make a difference,” says Susan McKay, Vice President, Nutrition and Food Services. “Everyone is being encouraged to make changes. Changes, whether big or small, will help to make the shift to a healthy eating environment.”

For more information, resources and tools about the Healthy Eating Environment in AHS strategy visit the AHS website [www.albertahealthservices.ca/nutrition/Page6351.aspx](http://www.albertahealthservices.ca/nutrition/Page6351.aspx) or email [healthyeatingenvironment@ahs.ca](mailto:healthyeatingenvironment@ahs.ca).