



# Healthy food provided at provincial food insecurity forum

## Success Story

Forty five leaders across Alberta met at a one-day *Food Insecurity in Healthcare Systems: Bringing Research and Practice Together* event at the University of Calgary to discuss how to better understand, identify, and respond to food insecurity in Alberta's healthcare system. Among the group were leaders from Alberta Health and Wellness, researchers from the Universities of Alberta, Calgary and Lethbridge, and decision makers from Alberta Health Services including Nutrition and Food Services, Chronic Disease Management and Health Promotion and Disease and Injury Prevention.

Healthy catering included foods and drinks that followed [Eat Smart Meet Smart](#) guidelines for meetings, events and conferences. Suzanne Galesloot, Registered Dietitian in AHS Nutrition Services, was involved with choosing the items from the University's food services' catering menu. "We found that Eat Smart Meet Smart was fairly easy to follow." Galesloot used the order sheets and checklists and was able to see that the initial choices had more grain products and balanced the menu with other items. Fruit was added to the snack break along with mini bagels, water, tea and coffee to meet the guidelines. Adding the extra snack items also meant that not as much food was needed at the meals, helping to stay within the event budget. Galesloot also worked with the caterer to ensure portion sizes were appropriate, which also helped to decrease food waste. "It helps to have a great menu to start with and the caterer helped us with figuring out how much a serving size is on their menu".

Examples of foods included mini bagels and wraps cut in half, an assortment of salads with dressings served on the side and fresh fruit platters available all morning. The Eat Smart Meet Smart certificate was printed and displayed on the table at the event and an announcement was made in the welcoming comments to event participants.

For more information, see [Eat Smart Meet Smart \(www.health.alberta.ca/health-info/EatSmartMeetSmart.html\)](http://www.health.alberta.ca/health-info/EatSmartMeetSmart.html).