



OPERATIONAL GUIDELINE

REGIONAL

Applicable to all WRHA governed sites and facilities (including hospitals and personal care homes), and all funded hospitals and personal care homes. All other funded entities are excluded unless set out within a particular Service Purchase Agreement.

Guideline Name:	Page
Healthy Eating Environments	1 of 3
Approval Signature:	
Approved by WRHA Executive Council December, 2017	
Date:	
February, 2018	

1.0 PURPOSE:

- 1.1 To establish Healthy Eating Environments through a phased in approach¹ in all WRHA Facilities (both Commercial Food Services and Retail Services) in order to:
 - 1.1.1 Promote Healthy Eating for WRHA staff, physicians, volunteers, students, and visitors by making Healthy Food choices available for purchase.
 - 1.1.2 Demonstrate leadership through example in supporting Healthy Eating Environments in all WRHA Facilities.

Note: Food prepared primarily for patients² and residents³ is out of scope of this guideline. Tuck shops in personal care homes are exempted from this guideline.

2.0 DEFINITIONS:

- 2.1 Commercial Food Services means cafeterias, coffee shops, vending and catering.
- 2.2 Healthy Eating means a way of eating that emphasizes Healthy Food.
- 2.3 Healthy Eating Environment means the infrastructure and decision-making context that promotes making Healthy Eating choices. Infrastructure refers to all WRHA owned or operated facilities, spaces or equipment involved in food preparation, distribution and consumption for commercial purposes. Decision-making context refers to the procedures, values, norms and leadership that influence or direct food-related activities in the WRHA.
- 2.4 Healthy Food means food and beverages listed in Eating Well with Canada's Food Guide, which emphasizes vegetables, fruits, whole grains, legumes, nuts, seeds, milk and alternatives, lean meats, fish, and poultry, in the recommended serving sizes. These foods are prepared and served in a way (i.e., grilling, baking, broiling, poaching, steaming) that supports national and international recommendations for sugar, sodium and fats (e.g. WHO Sugars Intake for Adults and Children Guideline, Sodium Reduction Strategy for Canada, Trans Fat Task Force recommendations).
- 2.5 Retail Services means pharmacies, convenience stores and gift shops.
- 2.6 WRHA Facility means any WRHA governed site or facility, and all funded hospitals and personal care homes.

¹ Three phases for the policy are envisioned (see Appendix). Phase 1 will occur over the first five to ten years of policy implementation.

² Standards governing patient/resident food provision can be found in the Adult Diet Criteria for Menu Database <http://www.wrha.mb.ca/extranet/nutrition/files/Manuals-WRHAAAdultDietCriteriaforMenuDatabase.pdf>

³ In cases where the remaining food that was prepared for residents is made available for sale to staff and visitors (i.e. PCHs).

3.0 **PROCEDURE:**

WRHA Facilities shall:

- 3.1 Work towards achieving all of the criteria in the *WRHA Healthy Eating Environments Nutrition Standards & Procedures- Phase 1* within five years of approval of this guideline. This target applies to each Commercial Food Service and Retail Service at a WRHA Facility, subject to any pre-existing contractual agreements and/or financial obligations that may limit progress.
- 3.2 Inform and work collaboratively with contractors and external retailers operating Commercial Food Services and Retail Services at their site (i.e. volunteer outlets, foundations and trusts, and third party affiliates) to comply with this guideline.
- 3.3 Balance fiscal accountability with the benefits of providing a Healthy Eating Environment through a phased in approach, recognizing that there may be financial obligations through required ancillary revenue and/or pre-existing contractual agreements.
- 3.4 Submit annual reports as per the *WRHA Healthy Eating Environments Implementation Guide- Phase 1*. Each WRHA Facility is to determine a person accountable for reporting.
- 3.5 Collaborate with WRHA Logistics in developing a Request for Tender that is consistent with this policy when a new Commercial Food Service and/or Retail Service contract is being sought.

4.0 **REFERENCES:**

- 4.1 [WRHA Healthy Eating Environments Nutrition Standards & Procedures- Phase 1](#)
- 4.2 [WRHA Healthy Eating Environments Implementation Guide- Phase 1](#)
- 4.3 [Eating Well with Canada's Food Guide](#) (Health Canada)
- 4.4 [Sodium Reduction Strategy for Canada](#) (Health Canada)
- 4.5 [Trans Fat Task Force](#) (Health Canada)
- 4.6 [Sugars Intake for Adults and Children Guideline](#) (World Health Organization)

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5.0 **APPENDIX:**

VISION: WRHA is a leader in supporting healthy eating environments, working towards the endpoints in Phase 3 within 20-25 years from the beginning of Phase 1.

IMPLEMENTATION PHASES

Phase 1: *Must progress towards WRHA Healthy Eating Environments Nutrition Standards & Procedures- Phase 1*

Initiation Target: 2018 (5 years to complete)

- Increasing availability and promoting vegetables & fruits
- Increasing whole grain offerings (to 50%)
- Increasing baked goods that meet the nutrition standards (to 25%)
- Decreasing offerings of processed meats
- Reducing sodium in soups and entrees
- Reducing portions of deep fried foods
- Decreasing the portion sizes of pop (to 355 mL can) and sweetened beverages; removing energy drinks
- Increasing packaged products that meet the nutrition standards (to 50%)

Phase 2: *Must progress towards WRHA Healthy Eating Environments Nutrition Standards & Procedures- Phase 2 (to be developed)*

Initiation Target: 2023 (5 years⁴ after the start of Phase 1; 5 years to complete)

- Continue increasing availability and promoting vegetables & fruits
- Further increasing whole grain offerings (to 75%)
- Further increasing baked goods that meet the nutrition standards (to 50%)
- Further reducing sodium in soups and entrees
- Phasing out processed meats
- Phasing out deep fried foods
- Decreasing the availability of pop and sweetened beverages
- Further increasing packaged products that meet the nutrition standards (to 75%)

Phase 3: *Must progress towards WRHA Healthy Eating Environments Nutrition Standards & Procedures- Phase 3 (to be developed)*

Initiation Target: 2028 (10 years⁵ after the start of Phase 1; 10 years to complete)

- Menu items with vegetables & fruits are the main offerings
- Offering whole grains only (100%)
- All baked goods meet the nutrition standards (100%)
- Sodium in soups, entrees and other foods meet the nutrition standards
- No processed meats
- No deep fried foods
- No pop or sweetened beverages
- All packaged products meet the nutrition standards (100%)

⁴ Phase 2 start date may be delayed at some sites by any pre-existing (negotiated prior to policy implementation) third party contractual agreements and/or financial obligations that may limit progress, but should occur *no later than 10 years* after the start of Phase 1.

⁵ Phase 3 start date may be delayed at some sites by any pre-existing (negotiated prior to policy implementation) third party contractual agreements and/or financial obligations that may limit progress, but should occur *no later than 15 years* after the start of Phase 1.