

WRHA Healthy Eating Environments Guideline (HEEG)

Next Steps (2019/2020)

Based on the overall WRHA HEEG Baseline Assessment results, we have the following general recommendations for sites to work towards in the next fiscal year (2019/2020) of implementation.

As well, the HEEG team will be working with regional vendors (e.g. vending, beverages) to make the work you do to move towards a healthier food environment easier.

1. Promote and provide a higher proportion of healthier packaged foods in vending machines and gift shops.

The HEEG team has been working with Quality Vending, WRHA's regional vending supplier, to implement the Smart Pick program at all WRHA sites serviced by Quality Vending. The Smart Pick program was developed by a registered dietitian contracted by the Canadian Automatic Merchandising Association, to create a national healthier vending program with consistent nutrient criteria. Quality Vending has been working to source a greater number and variety of healthier snack items that meet the Smart Pick nutrient criteria.

Quality Vending has agreed to stock WRHA vending machines with a minimum of 20% Smart Pick products at WRHA sites. As sales of Smart Pick items increase, Quality Vending has promised to increase the percentage of Smart Pick items in vending machines. In January and February 2019, the HEEG team had two students who promoted the Smart Pick program across the WRHA through communication materials, with the support of each site's Communications Department. The students also conducted sampling of Smart Pick products at select WRHA sites.

Recommendations for sites:

- Promote the Smart Pick healthier vending program at your site through signage or staff newsletters or emails.
- If there is less than 20% Smart Pick products in your vending machine, ask Quality Vending to meet that standard.
- If you use another vending supplier at your site, ask your supplier to implement the Smart Pick program and provide a minimum of 20% Smart Pick products.
- Gift shops, pharmacies and convenience stores are also encouraged to gradually increase the percentage of healthier snacks available in their retail outlets. A list of products that meet the Smart Pick and WRHA Nutrient Criteria for Packaged Foods will be available on the [HEEG webpage](#).

2. Decrease the portion sizes of deep fried foods available in cafeterias and offer healthy alternatives for deep fried side items.

Gradually decrease the portion size of deep fried foods offered. The goal is to offer standardized portions that contain 20 g of fat or less. The HSC 24 Hour Food Court and Seven Oaks Hospital Café have both met this standard. If you would like to contact HSC, they can be reached at:

HSC 24 Hour Food Court
Jim Lavoie, Food Service Manager
204-787-4873
Jlavoie3@hsc.mb.ca

The following sites do not offer deep fried foods: Churchill Health Centre, Concordia Hospital, Pan Am Clinic, Seven Oaks Wellness Institute.

Recommendations for sites:

- Consider using a standardized portioning tool to ensure the consistency of portions served.
- You might choose to keep the price of deep fried items the same, while gradually decreasing the portion size.
- Offer healthy alternatives for French fries and other deep fried side items (e.g. salad, raw or cooked vegetables, fruit cup or piece of fruit) ideally as a regular option, or at minimum upon request.

3. Promote and provide healthier beverage options in cafeterias, coffee shops, vending and gift shops.

Increase the number of healthier beverage options available at all retail food outlets at your site. Many new unsweetened and lower sugar beverages are becoming available on the market. Ask your supplier for more information so they know the demand exists.

- Examples of unsweetened beverages: Aquafina sparkling waters, Pure Leaf unsweetened iced teas, Bubly sparkling waters, Starbucks unsweetened iced coffees
- Examples of lower sugar beverages: Izze sparkling juice, ONE 100% coconut water
- Promote these healthier beverages to increase sales. A list of unsweetened and lower sugar beverages will be available on the [HEEG webpage](#).

Recommendations for sites:

- Place healthier beverages at eye level for easier visibility. Move sweetened beverages to less visible locations, such as the lower levels of the refrigerator.
- Offer water, milk or other unsweetened or lower sugar beverages as the default beverage in meal or snack combos. Soft drinks and other sweetened beverages could still be available as an

option in combos. However, they do not need to be listed on signage and can be available only upon request.

- Put up signage to promote water, milk and plain fortified soy beverage (if available) as healthy, refreshing options.
- Consider pricing water, plain milk and unsweetened beverages at a lower price point than sweetened beverages.
- Ask your vending supplier to change the signage on the front of beverage machines to promote water.

Grace Hospital's gift shop has achieved 100% of the criteria for healthier beverages and Deer Lodge Centre's coffee shop has achieved 92% of the criteria. If you would like to contact them, they can be reached at:

Grace Hospital
Tanya Gadd, Manager, Volunteer Resources &
Ancillary Operations
204-837-0368
tgadd@ggh.mb.ca

Deer Lodge Centre
Kevin Scott, Chief Operating Officer
204-831-2120
kscott@deerlodge.mb.ca