



Healthy Eating Policy
(January 18, 2016)

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Short Title

Healthy Eating Policy

Policy Objective

The purpose of this policy is to create supportive environments for healthy eating practices within the Town of Pictou to promote optimal health.

This policy has five main objectives:

- 1) Support a cultural shift towards healthy foods and beverages.
- 2) Increase access to, consumption of, and promotion of healthy food and beverages.
- 3) Decrease access to, consumption of, and promotion of unhealthy foods and beverages.
- 4) Create an environment that promotes overall health, with a focus on healthy eating.
- 5) Supports provided to other affiliated organizations and partners efforts towards healthy eating policy development and implementation (e.g. community groups, athletic organizations, etc.).

Policy Presentation

General

This policy applies to the food and beverages served and/or sold at the following:

- All municipal owned facilities and places;
- All municipal programs, meetings, special events, and professional development training;
- All municipal workplace wellness programs; and
- All canteens, contracts and vending machines located on municipal properties;

This policy does not apply to foods and beverages brought into the workplace, meetings, events, or programs for their own consumption by staff or participants; educational material will be readily available encouraging healthy eating practices.

Guiding Principles:

- 1) At least 60% of food and beverages are healthy.
- 2) Healthy Eating Principles including portion sizes will be based on *Eating Well with Canada's Food Guide*.
- 3) Local foods will be purchased whenever possible.

Special Functions

Food is a major part of our culture and is front and centre when we come together to celebrate. While healthy foods and beverages should be promoted, it is recognized that there needs to be flexibility in what is offered during these times of celebration. Special functions within the Town of Pictou are defined as events that occur infrequently throughout the year (e.g. Canada Day and Natal Day celebrations, Volunteer Appreciation event) and are not used to generate funds but rather to celebrate a special day or event.

Guiding Principles:

- 1) Foods and beverages that meet the maximum and moderate nutrient criteria will be provided and emphasized at special events.
- 2) External groups renting/using facilities are encouraged to follow this guideline.

Promotion, Marketing and Advertising and Sponsorship

Marketing has a strong influence on the foods and beverages that we purchase and consume. Evidence is growing regarding the negative impacts that marketing and advertising of unhealthy food and beverages has on children. While children are not the only users of municipal settings, consideration for the impact on this population segment should be a priority due to the potential greater negative influence. Unhealthy food and beverage promotion through sponsorship and advertisement has been found to be prevalent at sporting events. While sponsorship may be important and necessary, funding support for recreation and sport activities and some forms of sponsorship may be in direct conflict with the objectives of promoting the benefits of healthy eating.

Guiding Principles:

- 1) Partnerships between the municipality and businesses must always be designed to meet the health and education needs of the participants, rather than serve commercial motives.

Nutrition Education

Nutrition education refers to formal and informal messages given by staff and volunteers, to those participating in activities in municipal settings. Nutrition education should be aligned with the food and beverages that meet the maximum and moderate nutrient criteria in Canada's Food Guide.

If nutrition education and programs (for staff, volunteers, coaches, children, youth, adults and seniors) are offered through sessions, newsletters, learning events, summer day camps, etc. they will be based on Health Canada's key nutrition/healthy eating messages and directional statements for that population, found in Eating Well with Canada's Food Guide.

Food Safety and Allergies

Program participants must receive food that is safe to eat. Safe food helps prevent the development and spread of infectious diseases, such as gastroenteritis. Food allergies and sensitivities are always important to consider; they can cause serious harm and even fatalities.

Guiding Principles:

- 1) All municipal settings that serve or sell food must apply the requirements outlined in Nova Scotia Department of Agriculture's Position Paper "Home Preparation of Potentially Hazardous Foods by Not-for-Profit Organizations".
- 2) All municipal Recreation and Parks programs will endeavor to be "Nut Free." Food products known to contain nuts or possible traces of nuts will not be served or brought to the program by staff or participants. Parents/guardians of participants will be notified of the Nut Free Strategy prior to the beginning of the program.

- 3) Parents/guardians or participants of all municipal Parks and Recreation programs will be required to fill out a registration form listing all allergies or food sensitivities prior to the beginning of the program.

Breastfeeding

WHO, Health Canada and the Canadian Pediatric Society promotes breastfeeding as the way to feed infants and young children for optimal growth and development. Nova Scotia Human Rights Act gives women the right to breast feed in all public areas. By creating supportive spaces in communities, including recreation and sport settings, barriers are being removed that may influence a women's decision to begin and/or continue to breastfeed their child(ren).

Guiding Principles:

- 1) A welcoming atmosphere will be provided to breastfeeding mothers to breastfeed anywhere, anytime in the setting as desired.
- 2) If/when requested, facilities, organizations, etc. will work with breastfeeding mothers to provide comfortable private space for mothers to breast feed her child(ren).
- 3) As employers, the workplace will support employees who return to work after maternity leave to continue to breastfeed their child by providing space and allowing breaks to breastfeed and/or pump breast milk.

Accountability and Monitoring

- 1) Policy will be reviewed within five (5) years of date of passage.
- 2) Training on implementation and monitoring of the policy will be made available.

Schedules

Eating Well with Canada's Food Guide

Home Preparation of Potentially Hazardous Food by Not-for-Profit Organizations

Clerk's Annotations

Clerk's Annotation for Official Policy Book

Date of Notice to Council Members
of Intent to Consider [7 days minimum]: December 7, 2016

Date of Passage of Current Policy: January 18, 2016

I certify that this Policy was adopted by Council as indicated above.

Scott Conrod
C.A.O. / Town Clerk

Date

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- ▶ **Eat at least one dark green and one orange vegetable each day.**
 - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- ▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**
 - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- ▶ **Have vegetables and fruit more often than juice.**

- ▶ **Make at least half of your grain products whole grain each day.**
 - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, oatmeal or whole wheat pasta.
- ▶ **Choose grain products that are lower in fat, sugar or salt.**
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

- ▶ **Drink skim, 1%, or 2% milk each day.**
 - Have 500 mL (2 cups) of milk every day for adequate vitamin D.
 - Drink fortified soy beverages if you do not drink milk.
- ▶ **Select lower fat milk alternatives.**
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
- ▶ **Eat at least two Food Guide Servings of fish each week.***
 - Choose fish such as char, herring, mackerel, salmon, sardines and trout.
- ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



Enjoy a variety of foods from the four food groups.



Satisfy your thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.

Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.

Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 Vegetables and Fruit Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 Meat and Alternatives Food Guide Serving
250 mL (1 cup) brown rice	=	2 Grain Products Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your Oils and Fats intake for the day
250 mL (1 cup) 1% milk	=	1 Milk and Alternatives Food Guide Serving
1 apple	=	1 Vegetables and Fruit Food Guide Serving

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

It is recommended that adults accumulate at least 2 ½ hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit *Canada's Food Guide* on-line at: www.healthcanada.gc.ca/foodguide

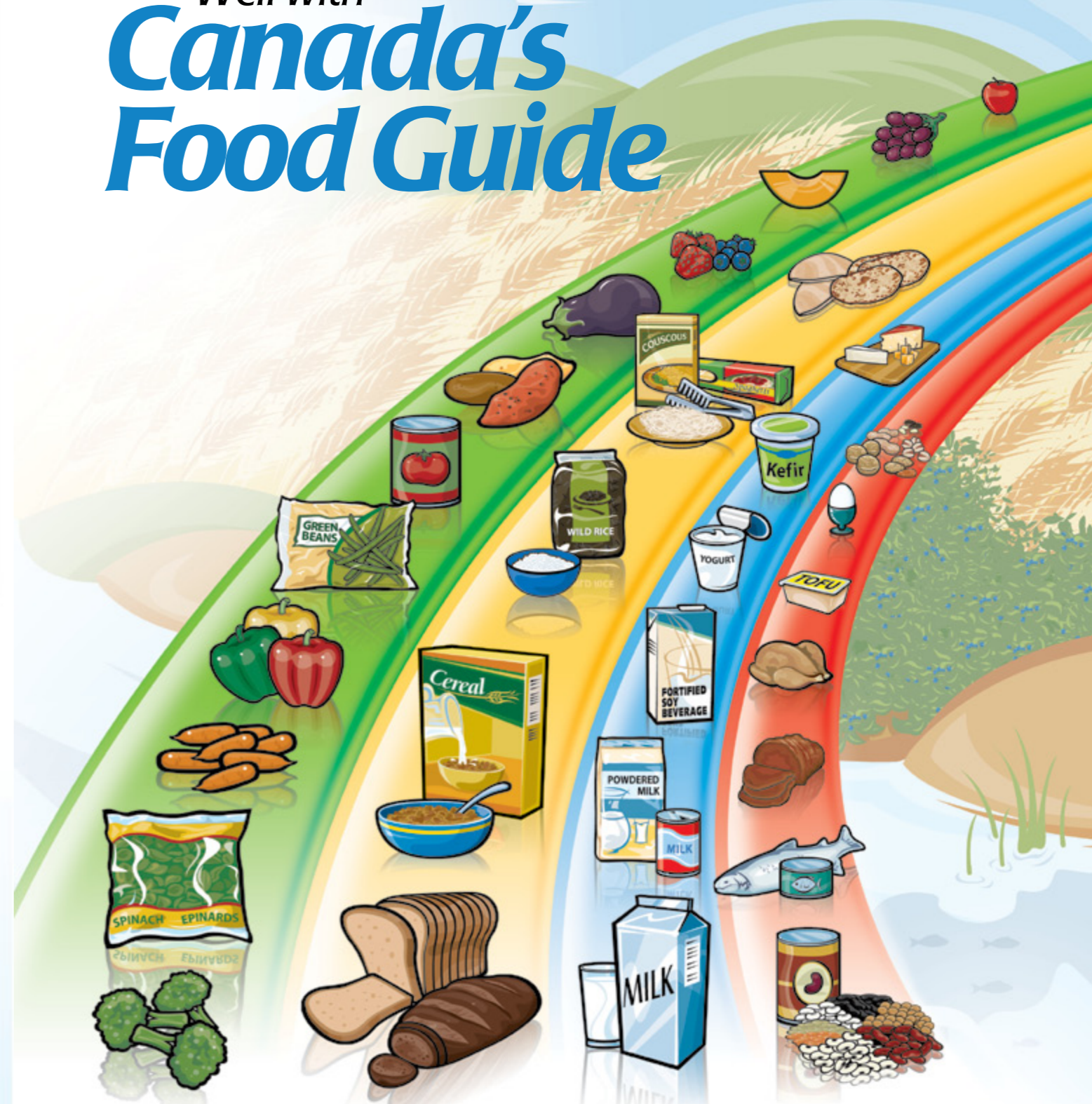
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Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

Eating Well with Canada's Food Guide



**Home Preparation of Potentially Hazardous Foods
By Not-for-Profit Organizations
*Position Paper***

Issue:

The distribution of residentially prepared potentially hazardous foods in venues holding current food establishment permits. These permitted facilities can include community halls, churches, or sports venues.

The preparation of foods from home poses risks that can contribute to loss of food safety control during preparation. These actions could include improper cooking temperatures, hot/cold foods not held at proper temperatures to prevent pathogenic microbial growth, foods not cooled properly, cross contamination, and improper transportation to the facility. With various people preparing foods and often combining them together, the possibility of a large portion of the food becoming contaminated could increase. The risk is higher of an outbreak in this situation than in a commercially-designed and provincially inspected facility.

Background:

- Currently, the distribution of potentially hazardous foods prepared at home from a permitted facility is in contravention of Section 30, ***NS Food Safety Regulations***.
- Section 3(1) (e), ***NS Food Safety Regulations***, exempts not-for-profit organizations from the Regulations when serving and preparing foods for functions and gatherings (policy dictates no more than 6 times per year).
- The above Section does not exempt distribution of potentially hazardous food by these not-for-profit groups if the gathering is held as part of, or at the site of a fair, festival, or exhibition.
- In some situations, organizations are preparing and serving home-based food products in conjunction with an event, such as foods served in a hospitality room at a sporting venue.

- The Administrator has the authority under Section 3(3), ***NS Food Safety Regulations*** to exempt an operator who holds a Food Establishment permit from any provision of these regulations.
- Not-for-profit organization refers to a community organization/association, service club, multicultural association, church, school, sports team or recreational club.
- Not-for-profit organization function means an occasional function which may or may not be open to the general public where food is provided for attendees by volunteer caterers. The function is run by the not-for-profit organization for the purpose of raising funds for the operation of the not-for-profit organization, or for another social or charitable purpose.

Resolution of Issue:

1. Allow for the distribution of potentially hazardous foods prepared at home at not-for-profit organization functions. Those attending the function must be advised, by signage, that the foods have not been prepared in a permitted food establishment.
2. Not-for-profit organizations holding functions open to the general public, must prepare potentially hazardous foods within a permitted food establishment, if the function is being held as part of a fair, festival or exhibition.
3. There are no restrictions to be placed on not-for-profit organizations to distribute food which is non-potentially hazardous.
4. More restrictive control of foods than what is outlined in this position paper (potentially or non-potentially hazardous) is within the right, and upon the discretion of the facility management or permit holder for the food establishment (i.e., arena, community hall, etc.).
5. Additional limitation of potentially hazardous foods beyond what is outlined in this position paper will be upon the discretion of the Food Protection Division, Food Safety and Enforcement Section. These restrictions will be based on the Division's assessment of events which may require more restrictive control to address food safety concerns.
6. Distribute ***"Planning for Volunteer Foodservice – A Guide to Safe Food Handling for Volunteers"*** to not-for-profit associations/ organizations preparing foods for their members/ groups, and inform them of NSDA's Volunteer Food Handler Training Course program.

Applicable Legislation:

NS Health Protection Act, Section 75(c) states:

“Food establishment means any premises, including a mobile, stationary, temporary or permanent facility or location and surroundings under control of the same person, in which food is processed, manufactured, prepared, labeled, served, sold, offered for sale or distributed free of charge, dispensed, displayed, stored or distributed, but does not include a dwelling except a dwelling used for commercial food preparation”

Section 81 of the Act states:

“No person shall establish or operate a food establishment except in accordance with this Part and the regulations.”

Section 82 of the Act states:

*“(1) No person shall operate a food establishment, unless exempted by the Administrator, without first having obtained a permit from the Administrator.
(2) An application for a permit in respect of a food establishment shall be made to the Administrator in accordance with the regulations.
(3) Subject to this Part and the regulations, the Administrator shall issue a permit in respect of a food establishment to an applicant upon payment of the prescribed fee.”*

Section 86 of the Act states:

“The Administrator may designate types or classes of food establishments for which permits are issued under Section 82.”

NS Food Safety Regulations, Section 2 (o) states:

“In these regulations . . .”potentially hazardous” means having the potential to support the growth of pathogenic microorganisms or the production of toxins”

Section 3(1) (e) states:

3(1) These regulations apply to all food establishments except for all of the following:

(e) a food establishment in which food is prepared and served by a religious or not-for-profit organization for functions or gatherings, but these regulations do apply if a function or gathering is held in conjunction with and at the site of a fair, exhibition, festival or other temporary food service event;

Section 30 of the Regulations state:

“An operator must ensure that all food in their food establishment is obtained from a source that is subject to inspection or is food that is exempted by these regulations.”