



Town of Digby

Administration Policy #2014-03

Healthy Eating Policy

Preamble:

A healthy food environment is one where healthy foods and beverages are “the norm”. A healthy food environment is supportive of and encourages the consumption of healthy foods and beverages by making them available, appealing and affordable.

Purpose:

To create an environment that fosters healthy eating for all citizens by supporting access to and consumption of healthy foods and beverages.

Supports a sustainable change that has a long term impact on the health of future generations by reducing the risk of developing diet related conditions including Type II diabetes, cancer, heart disease and obesity.

Supports evidence across Canada involving the importance of creating supportive, healthy eating environments.

Supports healthy eating policy development and implementation within other settings across Nova Scotia including public schools and regulated childcare centers among others.

Moves toward an environment that provides individuals with healthy food and beverage options.

Support present and future healthy eating strategies and initiatives within Nova Scotia.

Supports a culture shift in which healthy eating is considered the norm.

Vision:

Municipally operated facilities and services in the Town of Digby will create a healthy food environment for all citizens.

Policy Statement:

To promote the health and wellbeing of citizens, it is the policy of the Town of Digby to provide municipal settings which increase access to and consumption of foods and beverages consistent with healthy eating by making the healthy choice, the easy choice.

Goals:

To enhance healthy eating in municipal setting by:

- Increasing the availability and access to healthy, safe foods and beverages while decreasing access to unhealthy foods and beverages.
- Providing healthy food and beverage choices that are affordable, available, appealing and convenient.
- Ensuring healthy foods and beverages are placed in visible locations.
- Creating an understanding of what constitutes healthy eating.

- Encouraging a culture shift whereby the healthy choice is the easy choice.
- Increasing the number of leaders in the councils and departments to encourage and support the policy.

Scope:

This policy shall apply to foods and beverages served and sold within **Municipally operated** facilities, services, settings, programs, meetings and events including but not limited to:

- Vending services
- Canteens
- Concession stands
- Parks and trails
- Catering
- Community halls
- Banquets
- Meetings/Workshops/training/education sessions
- Special Events
- Tournaments
- Sporting events
- Fundraisers
- Programs

POLICY COMPONENTS

1. **FOODS AND BEVERAGES SERVED AND SOLD**

Providing healthy foods and beverages within Municipal settings will support a cultural shift whereby the healthy choice is the “norm” within a variety of settings where we live, work and play.

All foods and beverage served and sold will:

- Be consistent with the defined nutrient criteria (*maximum, moderate, minimum*) detailed in **Appendix A (page 6)**
- Fit within the stated percentages of *maximum, moderate, and minimum* as defined within the **NUTRIENT CRITERIA-RECOMMENDED IMPLEMENTATION SCHEDULE.**

This policy **does not apply** to:

- Tea or coffee
- Foods/beverage brought into municipally operated facilities/services from home or outside by an individual for their own consumption.

.1 Adapted from the Province of Nova Scotia (2014), Nova Scotia Department of Health and Wellness. HERSS Guidelines Executive Summary January 2014- DRAFT

2. **NUTRIENT CRITERIA-RECOMMENDED IMPLEMENTATION SCHEDULE**

Year 1& 2

- Focus on increasing offerings of foods and beverages within the ***maximum*** and ***moderate*** categories and decreasing foods and beverages within the ***minimum*** category.

Year 3

- **At least 50%** of food and beverages will include foods and beverages within the *maximum* category.
- **No more than 10%** of the foods and beverages will be from the *minimum* category.
- **The remainder** of the foods and beverages will be from the *moderate* category.

3. **BREASTFEEDING**

Breast milk is the perfect food for human babies and is the only food babies need until 6 months of age. The Province of Nova Scotia supports breastfeeding through its Provincial Breastfeeding Policy and the Nova Scotia Human Rights Commission affirms a woman's right to breastfeed in public.

- By providing a welcoming and supportive atmosphere for breastfeeding, Municipalities may help reduce barriers influencing a woman's decision to breastfeed.

4. **PORTION SIZES**

Large, "super-sized" portions often provide more calories, fat, sugar and salt therefore the portion sizes of all foods and beverages will be appropriate to support healthy eating behaviors.

- All foods and beverages will be served and sold in the appropriate portion sizes as identified within *Canada's Food Guide to Healthy Eating*.

5. **PROMOTIONAL PRICING**

The pricing of foods/beverage influences the types of products individuals select and purchase. Healthy foods and beverages should be priced slightly lower than unhealthy foods and beverages.

- Healthy foods and beverages within the *maximum* and *moderate* categories will be priced lower than comparable products in the *minimum* category.

6. **PROMOTION, ADVERTISING, SPONSORSHIP**

Although partnerships often serve as important funding supports, marketing of unhealthy foods and beverage products has a strong influence on the food choices of children and adults.

- When possible, municipalities are encouraged to seek sponsorship from non-food companies.
- If food, and/or beverage companies provide sponsorship funds, Municipalities are encouraged to seek companies that primarily provide foods and beverages within *maximum* and *moderate* categories.
- Only foods and beverages within the *maximum* or *moderate* categories will be used for play, art, or craft materials for children and youth.
- Items provided as tokens of appreciation or for participation will not promote or advertise products from the *minimum* and/or the *do not serve* categories.

7. FUNDRAISING

Fundraising with non-food or healthy food and beverage items provides an opportunity for municipal settings to create healthy food environments.

- Fundraising events will primarily focus on non-foods items.
- If foods and beverages are sold for fundraising, municipalities are encouraged to include foods and beverages that fit within the *maximum* and *moderate* categories.

8. FOOD SAFETY

It is important to provide food that is safe and healthy to eat. Safe food helps to prevent the development and spread of illnesses.

- Further guidance regarding food safety practices can be obtained from the Nova Scotia Food Safety Regulations: <http://novascotia.ca/JUST/regulations/regs/hpafdsaf.htm>.

9. NOVA SCOTIA PRODUCE & PRODUCTS

Nova Scotia produces and harvests an abundance of produce and other foods.

- When possible, local, seasonal foods and beverages harvested and/or produced in Nova Scotia will be offered.

10. MUNICIPAL GRANTS

Municipalities have the ability to influence the food environments beyond the scope of this policy through the grants they offer to community organizations and programs.

- Individuals and/or group who apply for Municipal grant funding will be provided with a copy of the Municipal Healthy Eating Policy and encouraged to follow it.
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SUPPORTING A HEALTHY COMMUNITY –BEST PRACTICE

Municipal bodies will act as a role model for this best practice.

ENVIRONMENTAL SUSTAINABILITY

Foods and beverages served or sold within municipally operated facilities/services will find new ways to reduce waste and support recycling and composting options.

- Green and recyclable bins will be available within municipally operated facilities/services.
- Where possible, re-usable dishes will be used to reduce waste from foods/beverages. If re-useable dishes are not available, recyclable or biodegradable dishes will be utilized.
- When possible, bulk service will be offered (i.e. using a pitcher of milk verses individual milkers)
- Energy saving equipment including fridges and stoves which meet the EnerGuide standard will be used where possible.

Policy Implementation, Monitoring, and Evaluation

1. POLICY IMPLEMENTATION

- A toolkit providing additional information such as: menu suggestions; recipes; portion sizes; special events; fundraising suggestions; and food safety regulations to assist with policy implementation will be developed and given to Municipal staff.
- Public Health Services may be contacted to provide assistance with policy implementation as needed.
- Educational information sessions will be provided to Municipal staff.
- The municipality will form a healthy eating committee to provide support and champion implementation of the policy.
- A media campaign and celebration will be held to launch the policy.
- The policy will be included and communicated to all new staff within the bi-law manual.
- The policy will be included within the Personnel Manual for all new municipal staff.

2. MONITORING AND ACCOUNTABILITY

- All municipal staff and elected councilors are required to adhere to this policy.
- The Chief Administrative Officer or designate will monitor adherence to this policy.

3. EVALUATION

- The policy will be re-evaluated in September 2015.

APPENDIX A

Nutrient Criteria – Healthy Eating Policy

Maximum Nutrition Foods & Beverages

- **Should be chosen most often**
- Healthiest options
- Low in saturated and trans fat
- Contain little or no added fat, sugar, and/or sodium
- High in natural fiber
- No sugar substitutes (i.e. aspartame, sucralose)

Moderate Nutrition Foods & Beverages

- **Chosen less often than maximum foods and beverages**
- Contain added fat, sugar and/or sodium
- May be processed
- No sugar substitutes (i.e. aspartame, sucralose)

Minimum Nutrition Foods & Beverages

- **Chosen least often**
- High in fat, sugar, and/or sodium
- Contain sugar substitutes (i.e. aspartame, sucralose)
- Contain caffeine
- Highly processed

Foods Not to Be Served or Sold

- Energy drinks and shots – all brands
- Any foods that have been deep fat fried during food preparation

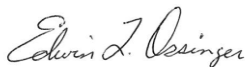
Clerk's Annotation For Official Policy Book

Date of Notice: June 16, 2014

Date of adoption: August 5, 2014

Policy effective date: August 5, 2014

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



Clerk

August 5, 2015

Date