



<p>Team Name: Nutrition and Food Services</p> <p>Team Lead: Manager – Nutrition and Food Services</p> <p>Approved by: Regional Lead – Corporate Services &amp; Chief Financial Officer</p>	<p>Reference Number: ORG.1912.PL.007</p> <p>Program Area: Nutrition and Food Services</p> <p>Policy Section: Support Services</p>
<p>Issue Date: September 15, 2022</p> <p>Review Date:</p> <p>Revision Date:</p>	<p>Subject: Food Choices for Client Menu, Cafeteria, Vending and Catering</p>

*Use of pre-printed documents: Users are to refer to the electronic version of this document located on the Southern Health-Santé Sud Health Provider Site to ensure the most current document is consulted.*

**POLICY SUBJECT:**

Food Choices for Client Menu, Cafeteria, Vending and Catering

**PURPOSE:**

To provide a supportive environment that enables clients to access foods that support their physical, mental, emotional, social health and well-being through provision of a variety of food and beverages choices by nutrition and food services.

**BOARD POLICY REFERENCE:**

Executive Limitation (EL-02) Treatment of Clients  
 Executive Limitation (EL-03) Treatment of Staff

**POLICY:**

Southern Health–Santé Sud strives to be responsive to the needs of clients, patients, residents, employees, volunteers, and the general public through the delivery of quality health services and health promotion, within available resources at a reasonable cost.

Southern Health–Santé Sud will demonstrate leadership and provide a supportive environment that encourages individuals to enjoy a variety of nutrient -dense foods based on Canada’s Food Guide as well as low nutrient dense, pleasurable food choices based on Hierarchy of Food Needs and Intuitive Eating principles and evidence.

To promote a healthy relationship to food, Nutrition and Food Services (NFS) will provide a balanced, all-inclusive service including foods and beverages that benefit physical, mental, emotional and social health, provide joy and comfort, and nourish people to feel full and

satisfied. A variety of nutrient dense and low nutrient dense food and beverage choices will be available on the client menu and in cafeterias, vending, and catering services that are reflective of the cultural diversity within the region.

What we choose to eat is influenced by many factors, including what food and beverage is available and accessible in our communities. The Hierarchy of Food Needs illustrates that food and beverage availability and accessibility are essential before engaging in other food choice influences. When these basic food needs are met, additional influences impact our food and beverage choices. Listening to hunger and fullness cues, discovering pleasure and satisfaction and choosing foods that support well-being, are the higher levels of the Hierarchy of Food Needs that support our physical, emotional, mental and social health.

### **DEFINITIONS:**

**Food Environment** – the food and beverage choices that are accessible to people while they are in places they live, work, eat, learn and play. The product placement, pricing, marketing and advertising of food and beverages all have a direct impact on food choices made in the environment.

**Dietary Fibre** - part of plant foods we cannot digest. Fibre can only be found in foods of plant origin: grains cereals, fruit, vegetables, legumes (beans, peas, and lentils), nuts and seeds. Meat, fish, milk and milk products do not contain dietary fibre. There are different kinds of fibre, each having different health benefits. The two main types of fibre are insoluble and soluble. All plants contain both types of fibre, some foods have more or one than the other.

**Insoluble Fibre** - best known for its effect on keeping bowels regular and preventing constipation. It is mostly found in wheat bran, whole grain breads and cereals, flax seed, some vegetables and skins of fruits.

**Soluble Fibre** - a type of fibre that helps to reduce blood cholesterol, and slow down the rate that glucose enters the blood. It is mostly found in oat bran, oatmeal, barley, psyllium, legumes, and some fruits and vegetables.

**Low Nutrient Dense Food Choices** - types of food that are higher in sugar, fat and sodium that provide added enjoyment and are often served at celebrations.

**Nutrient Dense Food Choices** - types of foods that are promoted in Canada's Food Guide.

Vegetables & Fruit – choose a variety, including a rainbow of colors each week

Grain Products – choose a variety, including options with more than 2gm of fibre.

Milk and Alternatives – choose a variety, including calcium providing 15-25% of daily intake

Meat and Alternatives – choose a variety, including plant based protein options

**Saturated Fats** - usually solid at room temperature and are found mainly in animal-based foods, such as meat and dairy products, as well as in tropical oils, such as coconut and palm oil.

**Trans Fats** - derived from a chemical process known as “hydrogenation”, which is the process of converting liquid oils to a semi-solid form.

**Sodium** - a mineral that helps regulate your body’s fluid balance. Sodium is an essential mineral and cannot be completely removed from your diet. 2007 Canadian recommendations for sodium intake – for adults up to 50 years 1500 mgs, 50-70 years 1300 mgs, and over 70 years 1200 mgs.

**Percent of Daily Value (%DV)** - puts the nutrients on a scale of 0% - 100%. This scale tells you if there is a little or a lot of that nutrient in one serving of the packaged food.

#### **IMPORTANT POINTS TO CONSIDER:**

- For each person, food and beverage choices are unique and personal, based on a variety of factors as identified in the [Hierarchy of Food Needs - Journal of Nutrition Education and Behavior \(jneb.org\)](#) 2007.
- When the opportunity to consume a variety of nutrient dense and low nutrient dense food and beverage choices are available and accessible, it supports and fosters people to move towards the top of the hierarchy of food needs and supports them in using intuitive eating principles, and to have a healthier relationship to food.
- “When the joy goes out of eating, nutrition suffers” Ellyn Satter.

#### **PROCEDURE:**

- Food or beverages provided for clients, patients, residents, employees, volunteers and the general public will include nutrient dense and low nutrient dense food and beverage choices that include but are not limited to the Hierarchy of Food Needs, Intuitive Eating Principles, [Canada's Food Guide](#), and should follow the Catering Services and Prices Policy ORG.1912.PL.006.
- The following services will include a variety of nutrient dense and low nutrient dense food and beverage options, as described in supporting documents, ORG.1912.PL.007.SD.01 – Food Choices Examples, ORG.1912.PL.007.SD.02 – Food Choices for Vending and Fundraising, and, – ORG.1912.PL.007.SD.03 – Food Choices for Balanced Meals:
  - Regionally operated cafeterias
  - Vending Machines
  - Tuck shops / gift shops
  - Canteens
  - Auxiliary Snack Carts
  - Approved food-related fundraising initiatives coordinated or supported by Southern Health–Santé Sud
  - Out-sourced Caterers/Cooks
  - Barbeques

- Nutrient dense and low nutrient dense food and beverage options will be offered. Nutrient dense food options will comprise of the majority of the food and beverage options available.
- Functions provided or supported by Southern Health–Santé Sud will offer food and beverage options that support physical, emotional, mental and social health and well-being. Examples of functions supported by the RHA include, but are not limited to:
  - Meetings
  - Southern Health–Santé Sud facilitated clinics / group sessions
  - Workshops / conferences
  - Recognition Events
  - Retirement Parties
  - Christmas Parties
  - Staff Barbecues
  - Fundraising Activities
  - Community Activities (i.e. Health Fairs)
  - Resident Activities such as Bingo, Birthday parties, outings.
- The responsibility for implementing this policy rests with individual sites. The Regional Nutrition and Food Services Team will be available to support and assist in the implementation of this policy.

**SUPPORTING DOCUMENTS:**

[ORG.1912.PL.007.SD.01 Food Choices Examples](#)

[ORG.1912.PL.007.SD.02 Food Choices for Vending and Fundraising](#)

[ORG.1912.PL.007.SD.03 Food Choices for Balanced Meals](#)

**REFERENCES:**

[Ellyn Satter Institute](#) 2022

Southern Health-Santé Sud Diet Compendium 2019

[Hierarchy of Food Needs - Journal of Nutrition Education and Behavior \(jneb.org\)](#) 2007

[10 Principles of Intuitive Eating - Intuitive Eating 2019](#)

[Canada's Food Guide](#) publication Health Canada 2019