

NWT Power Up! for Health

Section/Number: Healthy Eating – 10	Approval Date: (DD/MM/YY)
Subject: Staff & Council Event Healthy Eating Policy	Amendment Dates:
<p><u>Policy</u></p> <p>People are interested in choosing healthier foods, being physically active, staying tobacco-free, caring for our environment and supporting local products. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A work environment, supportive of healthy choices, helps to create and maintain healthy people and healthy communities.</p> <p>Therefore, “Healthy Eating” options will be available at all staff & council meetings, training, lunches and workplace events.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. This workplace will focus on the main messages from the *Canada's Food Guide* and *Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis*. These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.
2. This Workplace will offer Healthy Eating Options that include:
 - Vegetables and Fruit more often
 - Offer a variety of whole grain products
 - Offer skim, 1% or 2% milk
 - Offer lower fat milk alternatives (yogurt/cheese)
 - Provide smaller portion sizes
 - Offer plain water in pitchers or water coolers
 - Buy or use local products when they are available (i.e.: traditional foods, etc.)
 - Include Physical Activity opportunities
 - Choose tobacco-free facilities
 - Ensure food safety
 - Choose greener options when possible
 - Encourage healthy options in vending services
3. The workplace environment influences the health of its employees. It is important for the employer to look at the larger picture and see the way the workplace itself influences the eating patterns of the employees. Not only what is being offered on the menu at all workplace meetings and events but also in the workplace environment. The vending machine should offer Healthy Eating options.
4. The workplace supports healthy eating and provides the employees with refrigerator, microwave, toaster so all meals can be stored and prepared appropriately.

Attachments:

- Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.
- Canada's Food Guide
- Menu Sample Model for Staff & Council Events or Lunch Meetings
- Sample: Snacks to Keep at Work Menu
- Sample: Healthy Eating Chart for Meetings, Vending Machines, Long Hours
- Traditional Foods Fact Sheet

References

<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>

<https://www.ccohs.ca/oshanswers/psychosocial/healthyeating.html>

Healthy Communities Toolkit - Vending Machine policy