

Welcome to the first installment of our *Healthy Foods in Champlain Hospitals* partner newsletter. This quarterly communiqué is intended to keep you, our health and community partners, informed of our progress, and to inspire our collective efforts in reshaping the food environments in our hospital retail settings.

The Healthy Foods Program “In a Nutshell”

- **Fifteen (15)** hospital CEOs have signed onto the program
- Scope of work is hospital **retail food settings** (cafeterias, vending, volunteer & franchise operations)
- Nutrition standards have been developed and are being implemented in a **phased approach** (Bronze, Silver, Gold benchmarks)
- Sites are focused on achieving **Bronze** by **December 2015**
- Oversight is provided by a regional **Leadership Task Force** of senior hospital administrators
- A **Dietetic Working Group** (inclusive of a Regional Dietitian) provide on-the-ground technical support

Hospitals in Action!

- **One hospital** has achieved Bronze! Read more about **Arnprior** on page 2
- **4 hospitals** have completely phased out deep fried foods & snacks from their cafeterias
- **4 hospitals** have reduced the size of sugar-sweetened beverages sold in cafeterias
- **Most hospitals** have reduced their “less healthy” desserts, snacks & baked goods in their cafeterias by 50%
- **All participating hospitals** are offering increased vegetables, fruits, and whole grains in their cafeterias

What does “Bronze” mean?

Hospitals are focused on the following key changes:

- Increasing whole grains, fruits and vegetables
- Removing deep fried foods
- Reducing sodium in soups
- Reducing the variety of highly refined/processed baked goods, desserts & snacks
- Reducing the serving size of high-calorie drinks
- Providing calorie & sodium information for entrees & soups

Participating Hospitals

Almonte General Hospital
Arnprior & District Memorial Hospital
Carleton Place & District Memorial Hospital
Children's Hospital of Eastern Ontario
Cornwall Community Hospital
Deep River and District Hospital
Hawkesbury and District General Hospital
Hôpital Montfort
Pembroke Regional Hospital
Queensway Carleton Hospital
Renfrew Victoria Hospital
St. Francis Memorial Hospital
The Ottawa Hospital
University of Ottawa Heart Institute
Winchester District Memorial Hospital

Resource Corner

White Coat, Black Art (CBC: November 28, 2014):

[Hospitals are supposed to promote healthy living but do they send a mixed message when it comes to human vice?](#)

The healthy food discussion starts at 19:45 with Dr. Rob Stevenson (formerly with Capital Health Nova Scotia, currently in New Brunswick)

Congratulations Arnprior Regional Hospital – the first site to reach Bronze!

Christina Carnegie may be fairly new to food services in Arnprior (she is celebrating her two-year anniversary in March), but she has led her team to early success in the Healthy Foods initiative! As Manager of Food Services, Christina oversees the provision of food for all employees, patients, and residents at Arnprior Regional Health.

Christina says that what she enjoys most about her position is the diversity of her day-to-day activities as she navigates the unique needs of the various settings she oversees. Christina eagerly embarked on the path to Bronze when her hospital joined the Healthy Foods program last year. As the first hospital to achieve Bronze, we asked Christina a few questions about reaching this milestone.

Why was it important to you that Arnprior participate in the program?

CC: I believe it is important as a hospital to demonstrate that healthy food is convenient to access and beneficial in reducing the risk of chronic disease. We are also supporting the health and well-being of our employees.

What were some of your challenges in achieving Bronze?

CC: The biggest challenge was sourcing low-sodium soups that people would be happy to purchase.

To overcome this, Christina sourced a number of new products, and then held a taste test with staff to ensure they were providing soups that people would enjoy.

What changes are you most proud of?

CC: The collaboration and cooperation of the food service staff, hospital auxiliary, and vending services (Ventrex). It would not have been successful without buy-in from everyone. Our cafeteria staff was very helpful in promoting the initiative while maintaining a positive attitude. We continue to have excellent support from the Leadership Task Force and the Dietetic Working Group who provide guidance in some of the decision-making processes.

Christina said she is also proud to offer better choices. She knows that providing calorie and sodium information at point-of-purchase, as well as product ingredient lists, makes it easier for customers to make more informed choices.

What advice would you give to other hospitals?

CC: The first thing I did was survey all staff to find out what kinds of food items they enjoyed. There were a significant number of people who wanted more fresh salads ...[so] we introduced a salad bar and fresh pre-packaged salads. It is important to listen to staff and provide them with the most viable options.

She also felt it was important to involve as many people as possible.

CC: Especially food service staff. We also developed an ad-hoc menu planning committee as another way to trial new products and get feedback.

Other tips she suggests include introducing and promoting new healthy choices prior to removing less healthy items. The best way to do this?

CC: Our food reps inquired with the manufacturers for samples, which was a great way to try new products without costing us anything. Too much repetition creates boredom, so it is nice to entice [customers] with new items and keep things interesting.

Last but not least Christina says,

CC: Pace yourself, so as to not overwhelm or discourage staff!

Christina and her team in Arnprior remain committed to the initiative and have already made inroads on the next benchmark – Silver.

**WHAT'S
on your
fork?**