



# PARTNER NEWSLETTER

## BRONZE EDITION

### Issue 4: Spring 2016

This newsletter is a quarterly communiqué 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.

#### OUR PROGRESS: THEN TO NOW!

Since the first seven hospitals signed the *Healthy Foods* Declaration in April 2014, the program has grown exponentially. All hospitals have lots to celebrate as they have made tremendous strides in providing great tasting and healthier food options.

Here is just a sample of what we have been up to since then:

- |             |   |             |
|-------------|---|-------------|
| <b>2014</b> | → | <b>2016</b> |
|-------------|---|-------------|
- Grown from seven sites implementing to all 23 hospital campuses in the Champlain LHIN
  - Celebrated 21 sites achieving Bronze, many of which have already begun working towards Silver
  - Established an engaged group of senior leaders from all hospitals who come together quarterly to discuss and prioritize healthy food
  - Increased fresh fruit and vegetables, whole grains, and healthy snacks in all sites
    - Reduced operational deep fryers from 15 to 2
  - Increased sites posting calorie and sodium information for entrees from 4 to 22, helping consumers make informed decisions daily



### SPECIAL THANKS & A HEARTFELT CONGRATULATIONS TO ALL OF OUR PARTICIPATING HOSPITALS!





## HOSPITALS UNITE TO DISCUSS HEALTHY FOOD

In February 2016, 70+ representatives from around the region including food service managers and staff, dietitians from public health units and hospitals, food distributors, hospital communicators and volunteers came together to learn and share practical tools and strategies to overcome common challenges associated with bringing healthier food into the hospital retail setting.

A conference e-book was created ([available here](#)) to collect and share the rich discussions that took place throughout the day.



## SHARING OUR STORY; LEARNING FROM OTHERS

Throughout the process of designing and implementing our *Healthy Foods* program we have looked to other regions to inform our work, from [New York](#) to [Nova Scotia](#). Consequent to the success of hospitals in our region, others are looking to Champlain for inspiration!

We have been delighted to share our program experience with other public health units in Ontario, health authorities across provinces, and most recently at the [2016 Nutrition Resource Centre Forum](#) on healthy food environments in Toronto.

We look forward to continuing to work with, share, and learn from others across the country as the importance of healthy food environments continues to gain momentum and grow!

## IN THE NEWS

[IWK Health Centre Stops Selling Pop and Juice](#) (CBC)

[This visionary is Helping Hospitals Take Food Seriously](#) (Civil Eats)

[Pasta? White bread? Soda? Not at Reebok's Canton headquarters](#) (Boston Globe)

[Obesity in Canada: A Whole-of-Society Approach for a Healthier Canada](#)

(Report of the Standing Senate Committee on Social Affairs, Science and Technology)

[Ontario Takes Action to Help Families Make Healthier Choices](#) (Ontario Newsroom)