

The *Healthy Foods in Champlain Hospitals* partner 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.

### CONGRATULATIONS WINCHESTER!

Winchester District Memorial Hospital is the second hospital to reach Bronze status. Congratulations to the WDMH team on this milestone!

### 19<sup>th</sup> HOSPITAL SIGNS ONTO PROGRAM!

Our program is officially regional. All 19 Champlain hospital CEOs are now signed onto the *Healthy Foods* program – a clear commitment from our hospital sector to lead the way in transforming retail food environments.

### HOW ARE WE DOING?

All hospitals are working diligently towards meeting Bronze benchmarks by December 2015. Here are a few progress highlights:

- Queensway Carleton Hospital has achieved Bronze in their cafeteria & gift shop
- 12 sites no longer operate a deep fryer
- 5 sites have achieved Bronze in their gift shops (i.e. have removed fried snacks and reduced other chocolate/candy/chips by 50%)
- 9 sites have reduced sodium (& fat) in their soup offerings
- 7 sites have reduced sugar-sweetened beverages to <355 mL in their vending machines

### PARTICIPATING HOSPITALS

*Almonte General Hospital*  
*Arnprior Regional Health*  
*Bruyère Continuing Care*  
*Carleton Place & District Memorial Hospital*  
*Children's Hospital of Eastern Ontario*  
*Cornwall Community Hospital*  
*Deep River and District Hospital*  
*Glengarry Memorial Hospital*  
*Hawkesbury and District General Hospital*  
*Hôpital Montfort*  
*Kemptville District Hospital*  
*Pembroke Regional Hospital*  
*Queensway Carleton Hospital*  
*Renfrew Victoria Hospital*  
*Royal Ottawa Mental Health Centre*  
*St. Francis Memorial Hospital*  
*The Ottawa Hospital*  
*University of Ottawa Heart Institute*  
*Winchester District Memorial Hospital*

### IN THE MEDIA...

***Arnprior hospital praised for commitment to healthy eating***

<http://www.insideottawavalley.com/news-story/5513855-arnprior-hospital-praised-for-commitment-to-healthy-eating/>

***Pembroke Regional Hospital signs on to healthy food program***

<http://www.pressreader.com/canada/the-daily-observer/20150514/281921656622305/TextView>

***San Francisco General announces removal of sugar-sweetened beverages***

<http://wn.ktvu.com/story/29310553/san-francisco-general-announces-removal-of-sugar-sweetened-beverages>

The *Healthy Foods in Champlain Hospitals* initiative is about creating supportive, healthy retail food environments in local hospitals. Together, we want to ensure that the healthy choice is the easy choice for staff, physicians, volunteers, patients and families. [www.ccpnetwork.ca](http://www.ccpnetwork.ca)



## AROUND THE REGION...IN PHOTOS!



UOHI Chef Thomas Riding, Alumni President Jean Bilodeau, and Chief of Prevention & Rehab Dr. Andrew Pipe cut the ribbon on new kitchen equipment for Tickers Café at a Recognition Event (April 16, 2015 – Ottawa)



WDMH food service staff say “farewell” to the deep fryer with an official retirement party (April 30, 2015 – Winchester)



Jeanette Despatie, CCH CEO, with Carolyn Brennan, QCH CFO and Laurie Dojeiji, CCPN, following a *Healthy Foods in Hospitals* presentation at the Hospital Auxiliaries Association of Ontario – Eastern Chapter Spring Conference (April 15, 2015 – Cornwall)



Andra Taylor, CCPN, presenting *Healthy Foods in Hospitals* in-service to food service staff at RVH (May 5, 2015 – Renfrew)