

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.

HEALTHY FOODS GOES PUBLIC

On October 14th, the *Healthy Foods* program was formally announced to our community. A [news release](#) with embedded video clips was produced by the Champlain LHIN, in partnership with CCPN and Jane Adams, and disseminated across >200 media outlets.

There was strong uptake across local, provincial, and national news outlets, including a front page article in the Ottawa Citizen! Here are just a few examples of our media coverage:

- Ottawa Citizen ([print & online](#))
- CTV Ottawa News at 6:00pm ([TV & online](#))
- Yahoo News article featuring an interview with Sabine Mersmann from Pembroke Regional Hospital ([online](#))
- Article in Le Droit ([online](#))
- Article in the Cornwall Standard Freeholder ([print & online](#))
- CBC Radio Canada interview with Lynne Giroux, RD at EOHU ([radio & online](#))

A big thank you to all those who helped make this communications launch a success! We had a number of spokespeople from across the region help tell our story.

Hospitals are encouraged to continue the conversation about the importance of healthy food environments in and outside of their hospital.



OTTAWA PUBLIC HEALTH COMMENDS OUR WORK

Ottawa Public Health has been a long-time partner of the *Healthy Foods* program.

This month they took the opportunity to acknowledge the many dedicated people it takes to make this program successful. Check out their blog post [here](#).



WOULD YOU LIKE AN APPLE WITH THAT?

The *Healthy Foods* program is seeking to improve the hospital retail food environment, including franchises. A sub-committee has been meeting regularly to determine how best to bring offerings in-line with our vision.

While we recognize that changes within franchises will take longer to implement, there are a number of changes you can expect to see soon:

- Fruit will be available at Tim Horton's locations and can be substituted in combos at no extra charge
- The largest size of all hot and cold high-calorie beverages (i.e. Frappuccinos, Iced Caps, Caramel Macchiatos) will no longer be available
- Soups with over 800mg of sodium and 10g of fat (per 250mL) will be replaced with lower sodium/fat options
- Calorie and sodium information will be available at point-of-purchase for entrees and soups - helping customers to make an informed choice

HOSPITALS IN ACTION!

Progress highlights from our Fall 2015 audit (conducted across 23 sites):

- **8 sites** have achieved Bronze
- **11 sites** have achieved Bronze in their gift shops (i.e. removed fried snacks and reduced other chocolate/candy/chips by 50%)
- **16 sites** do not operate a deep fryer
- **11 sites** provide nutritional information at point of purchase in their cafeterias for entrees & soups
- **11 sites** have reduced the size of high-calorie beverages in their vending machines
- **Most hospitals** have increased their offering of fruits, vegetables, whole grains, nuts and seeds

WONDERING WHAT TO DO WITH THAT DEEP FRYER?

Staff at the Queensway Carleton Hospital took an innovative approach, turning their deep fryer into planters – filled with herbs that are used in recipes for both the café and in caterings. Food Services Manager Caralan Dams says the planting of the herbs was symbolic of the changes the hospital is making towards fresh, flavourful foods.



Pictured from L to R: Joanne Maheu, Administrative Dietitian; Steve Veaudry, Supervisor, Food Services; Caralan Dams, Manager, Food Services
Queensway Carleton Hospital

PARTICIPATING HOSPITALS

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

CELEBRATING BRONZE AROUND THE REGION



Renfrew Victoria Hospital, July 2015

[Click here](#) to view news article in the Renfrew Mercury (pg 16)



Winchester District Memorial Hospital, July 2015

[Click here](#) to view news article in the Cornwall Seaway News



**Carleton Place District Memorial Hospital,
October 2015**



Kemptville District Hospital, November 2015

[Click here](#) to view the news article in Inside Ottawa Valley

IN THE NEWS

[AGH achieves 'Healthy Foods in Champlain Hospitals Program' bronze status](#) (The Millstone)

[The Cleveland Clinic dumps McDonald's: important symbol of change or PR lip service?](#) (Health News Review)

[A Seismic Shift in How People Eat](#) (The New York Times)

[What's the Best Diet? Healthy Eating 101](#) (Dr. Mike Evans)

[IARC Press Release on Processed & Red Meat](#) (World Health Organization)