

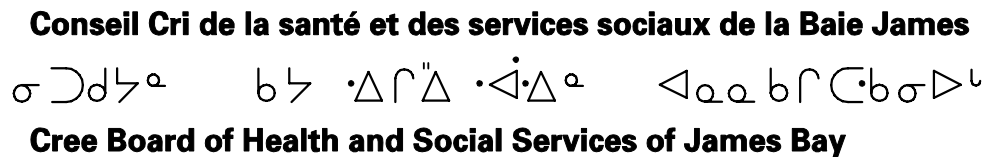
Conseil Cri de la santé et des services sociaux de la Baie James

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Cree Board of Health and Social Services of James Bay

Nutrition Policy

*To be used in establishments of the CBHSSSJB
and during activities it organizes or funds*



As a health organization, the Cree Board of Health and Social Services of James Bay (CBHSSJB) is committed to promoting healthy eating habits and becoming a model for other entities serving food. This Nutrition Policy will serve as a guideline for use across the organization.

The goal of this policy is to ensure that the CBHSSJB provides nutritious, safe, tasty, attractive and culturally appropriate food in its foodservice establishments and during activities it organizes or funds.

The policy applies to:

- Chisasibi Hospital
- Multi-Service Day Centres (MSDC)
- Community Miyupimaatisiun Centres (CMC)
- Group homes
- Reception centres
- Home and Community Care Program (HCCP)
- Public health and administrative offices
- Meetings, trainings and conferences organized or funded by the CBHSSJB

All food served, including those offered in activities organized or funded by the CBHSSJB, are governed by the Nutrition Policy:

- Meals
- Snacks
- Vending machines *and*
- Catering

All clientele served by the CBHSSJB, including patients, staff and visitors.

Foundations of the Nutrition Policy

Objective 1: Offer a variety of meals and snacks of high nutritional quality

1. Provide meals and snacks based on *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*, with an emphasis on cultural food preferences
2. Provide meals and snacks that respect the principles of quantity and variety from *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*, according to age and gender
3. Promote the use of healthy fat (mono and polyunsaturated fats)
4. Provide foods that are low in saturated fat and limit trans fat to a minimum
5. Provide foods that are high in dietary fibre
6. Provide food and drinks that are low in sodium (salt)
7. Encourage water and milk consumption
8. Limit food and drinks with added sugars
9. Offer meals adapted to individual needs

Objective 2: Reduce impact on the environment

1. Reduce the production of waste
2. Minimize environmental impact from food purchase to food service

Objective 3: Provide foodservice settings that support healthy eating

1. Ensure dining areas promote healthy eating in a pleasant atmosphere
2. Ensure foodservice establishments are equipped to prepare and serve nutritious food

Objective 4: Promote healthy eating habits

1. Promote healthy eating habits that respect cultural food preferences
2. Raise awareness about the importance of the Nutrition Policy

Objective 5: Provide training to staff and managers

1. Ensure initial and ongoing training of staff and managers

Objective 6: Ensure the overall quality of food and drinks offered

1. Consider the nutritional quality of food and drinks when ordering
 2. Monitor overall quality of foods from storage to meal service
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Means of application

The procedures of the Policy are detailed in Annex A. They serve as guidelines for foodservice establishments, and may be adapted on special occasions. However, individual dietary needs and nutrition care plans must always be respected even if they differ from the Nutrition Policy.

Role and responsibilities

A committee composed of staff, managers and nutritionists will be formed to develop an action plan and oversee the implementation of the Policy, and its evaluation. All staff and managers of the CBHSSJB will be responsible for its application and enforcement.

Evaluation

There will be ongoing evaluation of the implementation of the Nutrition Policy.

Effective date

The Nutrition Policy will come into effect upon its adoption by the Board of Directors.
