

# Nutrition Policy



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.

## Goal

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.

## Scope

The policy applies to the Chisasibi Hospital, Multi-Service Day Centres (MSDC), Community Miyupimaatisiun Centres (CMC), Group homes, Reception centres, the Home & Community Care Program (HCCP), Public health & administrative offices and 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

## Target Group

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