

CBHSSJB Nutrition Policy

October 2013

Why a Nutrition Policy?

• Eating is an important part of the concept of Miyuupimaatisiiun

Why a Nutrition Policy?

The CBHSSJB:

- Mission is to provide health services
- Encourages other entities to commit and contribute to a healthy community environment
- Must lead by example by ensuring that we have a healthy food environment within our own organization

Why a Nutrition Policy?

- To bring a shared vision and understanding of what is a healthy food environment within the CBHSSJB
- To support decision making
 - Ex: what to serve? How to prepare? What type of kitchen equipment to purchase? etc.
- To optimize the food environment in our organization, while respecting the cultural preferences

The document presented today...

• Is the result of the work of many people

- Great collaboration between all the CHB nutritionists
- Many members of the personnel were consulted (directors, heads, and managers, public health colleagues, MSDC and hospital cooks, etc.)
- Thanks to all for their participation, without which it wouldn't have been possible

Nutrition Policy adopted...

• by the CBHSSJB Board of Directors on December 11th, 2012

Goal of the Nutrition Policy

• 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

Where does the policy apply?

- Hospital, MSDC, 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

What does the policy includes?

- Meals
- o Snacks
- Vending machines
- Catering

To whom does it apply?

All clientele served by the CBHSSJBPatients, staff, visitors, activity participants,...

The 6 Foundations (main objectives)

- 1)Offer a variety of meals and snacks of high nutritional quality
- 2)Reduce impact on the environment
- 3)Provide foodservice settings that support healthy eating
- 4) Promote healthy eating habits
- 5)Provide training to staff and managers
- 6)Ensure the overall quality of food and drinks offered

In details... objective by objective



«Meeyuumeechum»

- 1. Provide meals and snacks based on the Food Guide*, with an emphasis on cultural food preferences
 - Ex: Use traditional recipes and cooking methods
- 2. Provide meals and snacks that respect the principles of quantity and variety from the Food Guide*, according to age and gender
 Ex: Plan meals based on the Plate Method
- 3. Promote the use of healthy fat (mono and polyunsaturated fats)
 - Ex: Use vegetable oils in recipes

* Eating Well with Canada's Food Guide - First Nations, Inuit and Métis

- 4. Provide foods that are low in saturated fat and limit trans fat to a minimum
 - Ex: Avoid fried foods
- 5. Provide foods that are high in dietary fibre
 - Ex: Offer a variety of whole grain products (bread, pasta,...)
- 6. Provide food and drinks that are low in sodium(salt)
 - Ex: Choose lower sodium varieties of products (crackers, vegetable juice, soup and sauce, ...)

- 7. Encourage water and milk consumption
 - Ex: Ensure availability of water fountains or pitchers at all times
- 8. Limit food and drinks with added sugars
 - Ex: Favour homemade recipes with little added sugar
- 9. Offer meals adapted to individual needs
 - Ex: diabetes, high blood pressure, high cholesterol, malnutrition, food allergies,...

Traditional food project

• Traditional food is important for objective 1

- In the process of renewing the MAPAQ agreement for service of traditional food at the Chisasibi Hospital
 - Caribou, small furbearing animals, terrestrial and aquatic birds
- In the near future, we hope to:
 - Expand agreement to other CHB foodservices
- In the meantime:
 - Fish, berries and labrador tea can be served
 - Don't need agreement

Obj. 2: Reduce impact on the environment



Obj. 2: Reduce impact on the environment

1. Reduce the production of waste

- Ex: Plan menus ahead and use standardized recipes
- 2. Minimize environmental impact from food purchase to food service
 - Ex: Purchase local products

Obj. 3: Provide foodservice settings that support healthy eating



Obj. 3: Provide foodservice settings that support healthy eating

- 1. Ensure dining areas promote healthy eating in a pleasant atmosphere
 - Ex: Dining area layout provides easy access to nutritious foods
- 2. Ensure foodservice establishments are equipped to prepare and serve nutritious food
 - Ex: Equipment is available to prepare a variety of nutritious foods and maintain them at adequate temperature

Obj. 4: Promote healthy eating habits



Obj. 4: Promote healthy eating habits

- 1. Promote healthy eating habits that respect cultural food preferences
 - Ex: Serve local fish and berries
- 2. Raise awareness about the importance of the Nutrition Policy
 - Ex: Inform all CBHSSJB personnel of the existence of the Nutrition Policy and its procedures

Obj. 5: Provide training to staff & managers



Obj. 5: Provide training to staff & managers

- 1. Ensure initial and ongoing training of staff and managers
 - Ex: Safe handling of foods, healthy eating, food allergies and individual needs of clientele, procedures of the Nutrition Policy,...

Obj. 6: Ensure the overall quality of food and drinks offered





Obj. 6: Ensure the overall quality of food and drinks offered

- 1. Consider the nutritional quality of food and drinks when ordering
 - Ex: Establish purchasing standards that include nutritional criteria
- 2. Monitor overall quality of foods from storage to meal service
 - Ex: Establish procedures to ensure food safety measures are followed and quality of food is assessed

Food safety and hygiene

- Important to ensure quality and safety of food served
- Staff and managers must be trained (law)
- o Tools
 - Equipment temperature log
 - Food safety and hygiene checklist

Implementation

Shared roles and responsibilities

• Regional & local committees need to be formed to

- Develop an implementation plan
- Oversee the implementation of the Policy
- Evaluate the implementation process
- All staff and managers of the CBHSSJB are responsible for its application and enforcement

Implementation of the policy Local level

Board of directors requested the creation of local implementation committees

- Suggested composition
 - Managers, cook, nutritionist, CHR
- Roles
 - Develop and oversee local implementation plan
 - Evaluate implementation process

Implementation of the policy <u>Regional</u> level

Regional committee & working group

Suggested composition

• PPRO foodservices or PH nutritionist, 1 representative of Pimuehteheu, 1 representative of Miyupimaatisiiun, 1 member of Traditional food committee

• Roles

- Offer local training : Initial and ongoing (2 to 3 times a year)
- Offer phone support
- Develop tools (Ex: Equipment temperature log, Food safety and hygiene checklist, Recipes cards)
- Share Nutrition Policy & tools on webpage: <u>www.creehealth.org</u>
- Evaluate implementation process and report annually

How to apply the policy?

• Procedures are detailed in Annex A

- Not an exhaustive list
- Serve as guidelines (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

• Tools

- Nutrition Policy checklist for managers
- Food safety and hygiene checklist

Evaluation

Ongoing evaluation of the implementation **process**

- Data collection through
 - Onsite training sessions (PH team members) (2-3x/year)
 - Local managers/committee members (monthly?)
- Evaluation tools
 - Nutrition Policy checklist for managers
 - Comments of the clientele
 - Training evaluation form
- Annual progress report
- Adjustment of implementation plan according to evaluation

MEEGWECH ③



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Tools

Tool 1: Managers' checklist

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Community:	CBHSSJB Foodserv	ice establis	shments	:		-
	Hospitel		up Hom			
	C MSDC		eption 0			
Objective 1: Offer a variety of meals and snacks of high n			AMBYE		Some-	Never
Each meal served include foods from the 4 food groups						
(Vegetables & Fruits, Grain Products, Milk & Alternatives, Mean & Altern Meals served are tasty	85/44)				—	
Meals served are attractive						
Menus are planned according to clientele needs/age/pre						
Options are proposed to accommodate personal prefere	nces					
Serving sizes are adapted to clientele						
Meals are based on the Plate Method						
A variety of foods from each food groups is offered						
Recipes containing sesame, nuts, peanuts, peanut butter	and nut or sesame o	il are				
clearly identified						
Vegetable oil is used						
Non-hydrogenated margarine is used/served						
Lard and/or shortening are used"						
Fried foods are served						
Processed meets are served"						
(Sologna, bacan, carried beef, hat dags, peoperant, sousages, etc.)						
Processed foods, commercial meals or snacks are served						
(Fried chicken, French friez, chips, pizzo, etc.)						
Commercial pastries or mixes are served"						
(Danuta Danish, commercial muffina, cookies, cokes, etc.)						
Whole grain products are offered						
(Whale grain pasta, vice, breads, cereals, etc.)						
Part of the white flour is substituted by whole wheat flou	r in recipes					
Water or milk is provided at each meal/snack						
Sweet drinks are served*						
(Fruit/favor drinks, fruit punch or cocktol), soft drinks, ice teo, sports dri						
Salted crackers, vegetable juice, soup or sauce bases, soy	sauce are served"					
Fresh or frozen vegetables are served more often than ca	inned					
Desserts or snacks containing fruits or dairy are served						
Meals are adapted to individual needs						
(Disbetes, blood pressure, choixdero), renal disease, food allergies, che	ung and availabing labit	ting, etc.)				
Objective 2: Reduce impact on the environment			Alvays	Most	Some- times	Never
Menu is planned ahead						
Menu is adjusted to seesonal availability						
(Localfah and berries in summer, applies from Quebec in the fail, etc.)						
Recipes are standardized						
Standardized recipes are used						
Meals are prepared according to needs, to avoid leftover	sor weste					
Foods with less packaging are purchased when available						
Food packages are recycled						
Food scraps/waste are composted						
Foods is purchased locally when available						
(Strauberries or com from Quebec Instead of US)						
Tap water is used/served instead of bottled water						
Meals are served in reusable dishes						



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Nutritional and quality orients/specifications are included to the ordering list	Objective 5: Ensure the overall quality of food and drinks of	fered		Ahaaya			Navar
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Quality of food served is controlled deliy (insertion and exerved is controlled deliy) (insertion and exerved is controlled deliy) Procedures are in place to ensue food safety (Advine Nyawe exercise) (insertion advine adv	Nutritional and quality critera/specifications are included to	othe ordering list					
Integer's signature: Manager's signature: Dete:	Quality of food is inspected upon reception						
	Quality of food served is controlled dely						
Procedures are in place to ensure food safety (Agens: Aygina sharks) Clientels satisfied in its measured regularity (Agens: Clienter and sharks and sharks) Average number of meals served per day: Total number of meals served per month: Comments (improvements or issues) This month we will work on improving Manager's signature: Dete:		tone meab and measure					
Clientele satisfectionis measured regulerly (Agena Climar Angenan Automation automatic) Average number of meas served per dey: Total number of meals served per month: Comments (improvements or issues) This month we will work on improving Manager's signature: Dete:							
Average number of meals served per day: Total number of meals served per month: Comments (improvements or issues) This month we will work on improving This month we will work on improving Dete:							
Comments (improvements or issues) This month we will work on improving Meneger's signature: Dete:							
This month we will work on improving Meneger's signature: Dete:	Average number of meals served per day:	Total number of mer	els sen	ed per n	nonth:		
This month we will work on improving Meneger's signature: Dete:	Comments (improvements or issues)						_
Meneger's signature: Dete:							
Meneger's signature: Dete:							
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Meneger's signature: Dete:	This month we will work on improving						_
	and the second						
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	Manager and a second second						
	wanager a agnature:			Det	E .		

Nutrition Policy checklist for managers

"These types of food should be avoided in food establishments of the CB4SSUB

A

At the end of each month, please fax this form to: (418) 923-2564

Tool 2: Equipment temperature log

MONTH/YEAR				PMENT TEN	PERATURE	LOG		
1 17 17 2 18 19 3 19 1 4 20 1 5 21 1 6 22 1 7 23 1 9 25 1 10 26 1 11 27 1 13 9 9	VONTH/YEAR			Walk	-in Fridge ehold Freezer	Cour Othe	nter top Fridge er (Specify)	
2 18 18 3 19 19 4 20 10 5 21 10 6 22 10 7 23 10 9 25 10 11 27 10 12 28 10	Date	9:00 AM	1:00 PM	3:00 PM	Date	9:00 AM	1:00 PM	3:00 PN
3 19 19 4 20 19 5 20 10 5 21 10 6 22 10 9 25 10 10 26 11 11 27 10 12 28 10	1				17			
4 20 5 21 6 22 7 23 8 24 9 25 10 26 11 27 12 28 13 29	2				18			
5 21 6 22 7 23 6 24 9 25 10 26 11 27 12 28 13 29	3				19			
6 22 7 23 5 24 9 25 10 26 11 27 12 28 13 29	4				20			
7 23 8 24 9 25 10 26 11 27 12 28 13 29	5				21			
8 24 9 25 10 26 11 27 12 28 13 29	6				22			
9 25 10 26 11 27 12 28 13 29	7				23			
10 26 11 27 12 28 13 29	8				24			
11 27 12 28 13 29	9				25			
12 28 28 13 29 29 14 14 14 14 14 14 14 14 14 14 14 14 14	10				26			
13 29	11				27			
	12				28			
14 30	13				29			
	14				30			
	16							

NOTE:

Safe Fridge temperatures are between 0°C to 4°C (32°F to 39.2°F). Safe Freezer temperatures are -18°C or colder (-4°F or colder).

ATTENTION: If the equipment temperature is not in the proper range then your Manager and the Material Resources Department MUST be called IMMEDIATELY.

Tools 3: Number of meals served



NUMBER OF MEALS SERVED

Community:

Readsovice establishment: 🗆 Hespital 🗆 MSOC 🔅 Group Heme 🗔 Reception Contre

MONTH/YEAR:

	Number of meals served						
Dey	Clientele	Employees	Visitors (Capitalia)	Meals on wheels (Capitalia)	Total par day		
1							
2							
3							
4							
5							
•							
7							
8							
9							
10							
11							
12							
15							
14							
15							
16							
17							
18							
19							
20							
21							
22							
22							
24							
25							
26							
27							
25							
29							
50							
51							

Total number of meals seved in a month: _____

Tool 4: Menu templates



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Menu

Week: 1 2 3 4

Season: Fall Summer Winter

	MONDAY	WEDNESDAY	FRIDAY
BRIAKFAST			
SNACK			
LUNCH			
SNACK			
SUPPER			
PREPARATION FOR NEXT DAY			

Tool 5: Recipe template

Recipe title:	Numb	er of servings:	State and at the sector entry is in the back see • 55 St 2 - Sa -
Quantity	Ingredient	Preparation	