

LIST OF SUGGESTED ACTIONS

TO IMPROVING ACCESS TO NUTRITIOUS FOODS IN EYYOU ISTCHEE

Note: Please note that this list has been prepared to provide ideas of actions which can be undertaken to improve access to nutritious food in Eeyou Istchee. Of course, other actions may also be relevant.

Areas of Intervention/Organizations	Level of Intervention	Comments
CBHSSJB		
Ensure implementation and respect of Nutrition Policy: Serve healthy meals and snacks to patients and staff	CBHSSJB Policy	Ongoing
Implement healthy meeting & events guidelines: Serve healthy foods to staff & community members	Policy	Ongoing See CBHSSJB guidelines
Implement Traditional Food Program (in CHB food services establishments)	Program Law (MAPAQ)	Ongoing
Develop Traditional Food butchery service for CHB food services & other public establishments (e.g. elders' homes, daycares)	Program	
Offer hygiene & foods safety training	Program	Ongoing
Develop & support implementation of Health Promotion programs (Stores, Restaurants, etc.)	Programs	Ongoing
Offer a variety of nutrition & health promotion programs (e.g. cooking workshops for families and youth, collective kitchen, gardening workshops, etc.)	Programs	Ongoing
Promote healthy eating in media	Programs	Ongoing
Support development of Health Policies, Guidelines (e.g. School Health Policy, Healthy meeting guidelines,...)	Programs	Ongoing
Fund local educational initiatives related to nutrition and healthy lifestyles (e.g. cooking workshops, community gardening, etc.)	HEAL program	Ongoing
Daycares		
Ensure implementation and respect of Nutrition Policy: Serve healthy lunch & snacks to children	Daycare Policy	Ongoing
Prohibit low nutritious foods in daycares	Policy /By-law	
Implement Daycare Nutrition Education Program	CBHSSJB Program	Existing Program Need to be implemented
CSB & Schools		
Develop & implement a school health policy/ No junk food policy	CSB Policy	
Prohibit low nutritious foods in schools and kids & youth events (sport, cultural, etc.)	Policy By-law	
Provide healthy breakfast, lunch or snack programs (if needed)	Programs	Some programs exist but not everywhere
Implement nutrition education program, Drop the Pop, gardening program, etc.	CBHSSJB & CSB Programs	Some programs exist, some need to be developed/implemented
Teach food preparation in Cree culture classes	CSB Program	Ensure program respect school health policy
Include health education in school curriculum	CSB Program	
Offer healthy after-school cooking program	CSB Program	Some programs exist Need to ensure program is universal & respect school health policy

Implement healthy meeting & events guidelines: Serve healthy foods to staff & community members	Policy	See CBHSSJB guidelines
CNG, Regional Youth Council & CHRD		
Implement healthy meeting & events guidelines: Serve healthy foods to staff & community members	Policy	See CBHSSJB guidelines
Restrict low nutritious foods from being served in public buildings, or purchased with public funds	Policy By-law	
Prohibit low nutritious foods in kids & youth events (sport, cultural, etc.)	Policy	
Develop and oversee adoption of Framework for Action to improve access to nutritious food in Eeyou Istchee	Policy	
Develop a Regional Food Network (for businesses & organizations) - Negotiate food prices & transportation fees - Inspect and enforce local regulation on healthy food - Ensure regular maintenance of equipment	Program	Management team to be created
Negotiate fair transportation rates for nutritious foods	Initiative/Program	
Support construction/renovation grocery stores (expertise, financial support & economical incentives)	Policy Program	CNG, Bands & Dev Corp
Ensure presence of at least one adequate grocery store per community	Policy	
Support the development and implementation of by-laws to improve access to nutritious foods in food retail businesses	By-law	
Offer training in management of healthy food businesses (e.g. management practices, waste reduction, laws & by-laws, food safety & hygiene, nutrition, development of social economy)	CHRD Programs	
Band Offices/Public Buildings/Recreation Centers		
Implement healthy meeting & events guidelines: Serve healthy foods to staff & community members	Policy	
Implement a no junk food & sweet beverages policy in Recreation Centers and other Public Buildings	Policy	
Restrict low nutritious foods from being served in public buildings, or purchased with public funds	Policy By-law	
Prohibit low nutritious foods in kids & youth events (sport, cultural, etc.)	Policy By-law	
Ensure water quality in community (tap water) Promote use of tap water	Program	
Increase public access to water: Install water fountains in public buildings Ensure maintenance & cleaning of water fountains	Policy Program	
Negotiate fair transportation rates for nutritious foods	Initiative Program	
Support construction/renovation grocery stores (expertise, financial support & economical incentives)	Policy Program	CNG, Bands & Dev Corp
Ensure presence of at least one adequate grocery store per community	Policy	
Develop and implement local by-laws to improve access to nutritious foods in food retail businesses	By-law	
Ensure all businesses/individuals selling foods have permits	Law (MAPAQ) By-law	
Create buffer zones restricting fast food around schools and recreation areas (*grandfather clause)	By-law	

Restrict marketing of low nutritious food where children gather	By-law	Sports Centers, Schools...
Distribute health foods and drinks in food assistance programs (e.g. community freezer, food banks, food vouchers or collective kitchens for families in need, meals on wheels)	Policy Programs	
Build greenhouses to supply fresh produces	Program	
Ensure presence of a traditional camp near the community (i.e. teaching of hunting & fishing, traditional food preparation, service of traditional foods during community meals)	Program	
Organize community hunting and fishing activities	Program	
Development Corporations (Local & Regional)		
Support construction/renovation grocery stores (expertise, financial support & economical incentives)	Policy Program	CNG, Bands & Dev Corp
Support development of social economy (e.g. berry & plants picking coop)	Program	
Support development of businesses that gather, produce, distribute, and sell local foods (e.g. berry & plants picking, blueberry farm, transformation of local food products)	Program	
Support development of businesses that sell healthy foods (e.g. Healthy food stores or restaurants)	Program	
Negotiate fair transportation rates for nutritious foods	Initiative Program	
Stores		
Implement Store Health Promotion program	Program	
Ensure regular maintenance of equipments	Program	
Participate in voluntary engagement program for businesses (e.g. Melior)	Program	
Obligation to provide basic nutritious foods (Minimum supply list)	Local By-law /Store Policy	
Offer basic nutritious foods items at the same price than Montreal	Local By-law/Store Policy	
Obligation for all businesses/individuals to have a permit from the Band to sell food in the community	Local By-law	Revocable permit in case of non compliance
Obligation to have a permit to sell food	Law (MAPAQ)	
Prohibit incentives from the food industry and suppliers (e.g. free refrigeration equipment, volume discount, rental of shelf space, etc.)	Local By-law	
Prohibit sale of energy drinks (for all, or at least for under 18)	Local By-law/Store Policy	
<u>Store layout:</u>		
Modify layout to emphasize healthy food choices	Store initiatives	
Improve visibility of healthy foods & reduce visibility of junk foods	Local By-law	
Limit space allocated to junk foods (e.g. sweet beverages & soft drinks, chips, candies)	Local By-law	
Prohibit junk food near cash registry (e.g. Sweet beverages & soft drinks, chips...)	Local By-law	
Prohibit fried foods in ready-to-eat counters	Local By-law	
Prohibit strategic placement of junk food at children's eye level (e.g. candies and chocolate bars near cash registry, sugary cereals)	Local By-law	
<u>Pricing:</u>		

Implement pricing policy: reduce price of healthy foods & increase price of fast foods	Store Policies	
Implement law on maximum price of milk	Law (<i>Règlement sur les prix du lait de consommation</i> , RLRQ c M-35.1, r 2016)	Eeyou Istchee is currently excluded. Need to request inclusion.
Obligation to display prices on food items or on the shelf Obligation to respect store promotion (e.g. weekly specials)	Law (<i>Consumer Protection Act</i> , CQLR c P-40.1)	Existing Qc law Store managers need to be informed of their obligation
Prohibit specials on junk foods (in store or on flyer)	Local By-law / Store Policy	
Food safety & hygiene:		
Ensure staff have received mandatory training in Food Safety & Hygiene (Staff must be Certified Food Handlers)	Law (MAPAQ) Local By-law/ Store Policy	
Obligation to respect expiry dates and discard expired foods (e.g. remove foods from shelves, prohibit sale or discount of expired items)	Law (MAPAQ) Local By-law/ Store Policy	
Protection of the Environment :		
Prohibit food waste Give to food bank, collective kitchens, etc. (when available)	Local By-law/ Store Policy	
Prohibit use of plastic bags/ Promote use of reusable bags	Local By-law/ Store Policy	
Prohibit use or sale of styrofoam containers	Local By-law	
Obligation to have mandatory bottle/can deposit in stores	Law (Recycle-Qc)	
Transportation:		
Ensure adequate transportation to ensure freshness of foods upon their delivery (Maintain adequate temperature)	Program	
Negotiate transportation cost for healthy foods	Program	
Offer preferential transportation rates on essential food items (i.e. basic nutritious foods)	Policy Program	
Subsidize transportation of perishable nutritious foods in isolated communities (Whapmagoostui/Kuujarapik)	Federal Program (Nutrition North Canada)	
Suppliers:		
Ensure supply of nutritious foods	Policy	
Ensure freshness of foods provided	Policy	
Prohibit incentives from the food industry and suppliers (e.g. free refrigeration equipment, volume discount, rental of shelf space, etc.)	Local By-law	
Restaurants		
Implement Healthy restaurant guidelines (e.g. reduce portion sizes, offer healthier alternatives to French fries, offer healthy children's meals, etc.)	Policy/ Program	
Identify healthier options on the menu	Program	
Participate in a voluntary engagement program for businesses (e.g. Melior)	Program	

Obligation for all businesses/individuals to have a permit from the Band to sell food in the community	Local By-law	Need to be a revocable permit in case of non compliance
Obligation to have a permit to sell food	Law (MAPAQ)	
Ensure staff have received mandatory training in Food Safety & Hygiene (Staff must be Certified Food Handlers)	Law (MAPAQ) Local By-law	
Prohibit incentives from the food industry and suppliers (e.g. free refrigeration equipment, volume discount, rental of shelf space, etc.)	Local By-law	
Prohibit sale of energy drinks (for all, or at least for under 18)	Local By-law	
Prohibit use of plastic bags & styrofoam containers	Local By-law	
Obligation to have containers for bottle/can deposit	Law Local By-law	
CWEIA		
Implement healthy meeting & events guidelines: Serve healthy foods to staff & community members	Policy	See CHBSSJB guidelines
Encourage women involvement in development of collective kitchen, community kitchen, community food banks, community freezers, meals on wheels, etc.	Program	
Women entrepreneurship: Support development of social economy (e.g. berry & plants picking coop)	Program	
Women entrepreneurship: Support development of businesses that gather, produce, distribute, and sell local foods (e.g. berry & plants picking, blueberry farm, transformation of local food products)	Program	
Women entrepreneurship: Support development of businesses that sell healthy foods (e.g. Healthy food stores or restaurants)	Program	
CTA		
Implement healthy meeting & events guidelines: Serve healthy foods to CTA members & community members	Policy	See CHBSSJB guidelines
Promote consumption of traditional food	Program	
Promote safe food preparation practices and hunting practices	Program	
Offer training and expertise in safe food preparation practices and hunting practices	Program	
Organize community hunting and fishing activities	Program	
Encourage CTA members to contribute to CBHSSJB Traditional Food Program or other community programs (e.g. Food Bank, Community Freezer)	Programs	
COTA		
Implement healthy meeting & events guidelines: Serve healthy foods to members & participants	Policy	See CHBSSJB guidelines
Promote consumption of traditional food	Program	
Promote safe food preparation practices and hunting practices	Program	