

WHERE WE ARE AT

Hospitals across the Champlain region are setting an example by reducing unhealthy food and beverage choices and increasing healthy ones – in the cafeteria, vending machines, gift shops and franchise outlets. As part of the initiative, hospitals strive to meet bronze, silver and gold benchmarks developed by a regional dietetic team.

It is not expected that hospitals will get to that gold-end state tomorrow. That is not realistic. Instead, we have created this phased implementation to allow the time for our hospitals to make these significant changes. Timelines are established by the leadership group, based on the practices and progress of the hospitals.

MEETING OUR TARGETS

Here are a few examples of the changes taking place at the bronze, silver and gold levels:



- Providing calorie and sodium information for soups and entrees
- Increasing availability of whole grains, vegetables and fruit
- Removing deep fryers/deep fried foods
- Reducing the variety of chocolate, chips, coated granola bars, candy, and pretzels
- Reducing sodium in soups
- Decreasing portion sizes of high-calorie beverages



- Expanding provision of calorie & sodium information at point-of-purchase
- Reducing sodium in soups and entrees
- Reducing processed meats and high-fat cheeses
- Introducing calorie, fat, sodium & sugar targets for snacks, baked goods, desserts
- Expanding phase-out of high-calorie beverages



- Further reducing sodium in soups and entrees
- Removing chocolate, chips, coated granola bars, candy, pretzels
- Removing processed meats
- Beverages will centre around water, milk & milk alternatives, vegetable juice, 100% fruit juice, coffee and tea

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