

HEALTHY EATING ACTION PLAN

Refer to the [Healthy Eating Position Statement](#) (hyperlink) for information about expected outcomes, guiding principles and definitions. Also refer to the [Healthy Eating Strategy Logic Model](#) (hyper link) for more details.

WHAT & WHEN	WHO
<p>HEALTHY FOOD CHOICE GUIDELINES Goals:</p> <ul style="list-style-type: none"> • Develop healthy food choice guidelines for restaurants, catering, vending & retail by February 2006 • Communicate guidelines district wide to EPVV by Sept 2006 • Implement use of guidelines by Sept 2006 • Review guidelines in Fall 2006 as per release of new Canada's Food Guide • Review guidelines every 12 months and revise as necessary <p>FOOD CHOICE AVAILABILITY & ACCESSIBILITY Goals:</p> <ul style="list-style-type: none"> • Conduct and compile results of revised healthy food choices audit in 2006, 2007 & 2008 and provide recommendations from audit to Guidelines Committee • Track and trend sales of healthy food choices in 2006, 2007 & 2008 • Identify local producers by January 2007 and integrate recommendations into "buy local" health promotion campaign 	<p>HES promotions committee</p> <p>FNS</p> <p>FNS and HES guidelines committee FNS and HES guidelines committee FNS and HES guidelines committee</p> <p>FNS and HES accessibility subcommittee</p> <p>FNS (QEII and district food services)</p> <p>HWD and FNS</p>

<ul style="list-style-type: none"> Identify vending locations district wide by March 2006 	FNS
<ul style="list-style-type: none"> Provide shift workers information regarding vending location by January 2007 	HWD
<p>PROMOTION</p>	
<p>Goals:</p>	
<ul style="list-style-type: none"> FNS will develop and implement Healthy Choice program district wide 	FNS and HES Promotions committee
<ul style="list-style-type: none"> Will launch Healthy Eating intranet webpage 	HWD
<ul style="list-style-type: none"> Will promote annual (March) district wide Nutrition Month campaign for EPVV 	HWD and FNS (dietetic interns)
<ul style="list-style-type: none"> Will launch "buy local" healthy produce campaign 	HWD & Education subcommittee
<p>EDUCATION</p>	
<p>Goals:</p>	
<ul style="list-style-type: none"> Will conduct focus groups for EPVV to identify nutrition education needs 	HWD
<ul style="list-style-type: none"> Will offer a minimum of 1 nutrition information session for 9 facilities/year based on identified needs 	HWD and consulting and/or grocery store P.Dt.
<ul style="list-style-type: none"> Will compile inventory of nutrition services/programs district (E.g. in store dietitians, nutrition education centres, private practice dietitians) 	FNS and HES guidelines committee

FNS - Food & Nutrition Services
HWD = Healthy Workplace Dept.

EPVV = employees, physicians, volunteers and visitors
HES = Healthy Eating Strategy