

## Kitchener Downtown Community Health Centre

### Type of Policy:

- |   |   |
|---|---|
| <input type="checkbox"/> Administration (A)               | <input checked="" type="checkbox"/> <b>Client Services General (CG)</b> |
| <input type="checkbox"/> Board of Directors (B)           | <input type="checkbox"/> Client Services Programs (CP)                  |
| <input type="checkbox"/> Financial (F)                    | <input type="checkbox"/> Primary Care (PC)                              |
| <input type="checkbox"/> Human Resources (H)              | <input type="checkbox"/> Acquired Brain Injury Program (ABI)            |
| <input type="checkbox"/> KDCHC Governing Principles (K)   | <input type="checkbox"/> Diabetes Education Program (DEP)               |
| <input type="checkbox"/> Occupational Health & Safety (S) |   |
| <input type="checkbox"/> Volunteers (V)                   |   |

**Policy No: CG1501**

**Title: Nutritious & Healthy Eating Guidelines for KDCHC Programs and Events**

### Policy

KDCHC supports the provision of nutritious food choices for its clients, volunteers, and community members at meetings, groups, workshops and events.

The objective of this policy is to ensure that nutritious food options are available and healthy eating guidelines are practiced at all functions where food and beverages are served to clients, volunteers and community members.

### Procedure

1. The following principles are to be taken into account in the planning and delivery of activities where food and beverages are served:
  - a. Healthy eating is based on Canada's Food Guide and the belief that all foods can be part of a healthy diet.
  - b. Include at least 3 of the 4 food groups for a main meal and 2 of the 4 food groups for each snack.
  - c. Ensure lower fat options are available
  - d. Nutritious beverage choices should be provided
2. Staff will inquire about special dietary requirements or restrictions in advance of all meetings, groups, workshops or events, so that appropriate arrangements can be made for all participants.

See appendices for additional information and practical planning suggestions.

**Approved By: Eric Goldberg, Executive Director**

**Date: June 10, 2015**

## Appendix 1

**Keep these practical suggestions in mind when planning the menu for a meeting, group, workshop or event:**

### **Beverages**

- Make sure water is available (jugs and/or bottled water) in addition to other beverages
- Provided fruit and or vegetable juices (100% pure juice) in addition to coffee and teas
- Offer 2%, 1%, skim and/or chocolate milk for drinking
- Provide milk in addition to cream for coffee and tea

### **Breakfast**

- Provide a variety of different foods and beverages
- Offer grain products such as whole grain breads (bagels, English muffins etc.), lower fat muffins, hot or cold whole grain cereal.
- Provided fruit as whole fruit, fruit tray, dried fruit, fruit salad and or 100% fruit juices
- Make available lower fat milk products like yogurt (2% M.F. or less), lower fat cheeses (20% M.F. or less) and or milk (2% M.F. or less)
- Offer meat alternatives such as boiled eggs, peanut butter, soy butter, or hummus for bread, muffins, bagels
- Make non-hydrogenated margarine, butter, low fat cream cheese, peanut butter etc available on the side

### **Sandwiches**

- Ask for sandwiches on an assortment of whole grain breads, rolls, pitas, wraps etc.
- Offer a variety of lower fat sandwich fillings such as tuna, salmon, lean roast beef, turkey, chicken, ham or lower fat cheese. Make sure to include vegetarian fillings, like grilled vegetables, or to offer “make your own” sandwiches with some vegetable choices
- For ready-made sandwiches, ask that a portion be made with little or no mayonnaise, butter or margarine.
- If serving “make your own” sandwiches, offer mayonnaise, butter, and non-hydrogenated margarine on the side. Include alternative condiments such as mustard as well.

### **Soups/Salads**

- Provide broth-based soups or soups made with milk instead of cream-based soups
- Consider legume based soups like lentil or black bean soups
- If offering salads, ensure at least one green salad is available
- Order green salads made with spinach, romaine lettuce or leaf lettuce rather than iceberg lettuce
- Have salad dressing served on the side and offer lower fat and regular options
- Consider including legumes and/or nuts and seeds in salads. For example, provide chickpeas or sunflower seeds on the side for green salads

- If offering potato or macaroni salad, coleslaw or marinated salads, ask for lower fat dressings
- When serving vegetables and dip, ask for dips made with yogurt or low fat sour cream (or make your own)

### **Main Dishes**

- Consider dishes made with grains such as rice, couscous, quinoa, barley, noodles or pasta
- Include at least one vegetarian selection for lunch or dinner. Try entrees made from beans, lentils dried peas or tofu
- Choose meat, fish poultry and vegetable dishes that are broiled, roasted, baked or steamed instead of fried

### **Desserts**

- Offer fresh fruit or a fruit salad
- Emphasize Ontario seasonal fruits
- Choose lower fat yogurts
- Provide whole grain and lower fat cookie options such as oatmeal, gingerbread, fruit filled cookies (fig, raspberry, apple, etc.)
- Offer lower fat quick breads (carrot, zucchini, banana, pumpkin), cakes (angel food) or muffins

### **Snacks**

- Provide whole grain crackers and lower fat cheese options for cheese and cracker trays
- Offer fruit such as whole fruit, a fruit tray, dried fruit, fruit salad and/or 100% fruit juices
- Provide lower fat granola bars, 100% fruit bars and/or cereal bars
- When serving vegetables and dip, ask for dips made with yogurt or low-fat sour cream
- Serve low fat yogurt (2% M.F. or less) in various flavours
- Provide nuts and seeds, dried fruit in small cups