



City of St. John's Corporate and Operational Policy

Policy: 03-07-47 Nutrition Policy

Status:

Issued By: Human Resources

Revision No:

Revision Date:

Date of Original Council

Approval: 2010/07/26

Rescind Date:

Index: 03 Human Resources

Section: 07 Health and Safety

Title: 47 Nutrition Policy

Purpose

The City of St. John's is committed to providing all employees with healthy eating opportunities and providing employees with knowledge and information regarding healthy eating and beverage choices. The City of St. John's is committed to working with their food service operators/suppliers to ensure that the Nutrition Policy Statement is implemented with as little disruption to the services provided as possible. The City of St. John's is committed to promoting healthy eating patterns that encourages optimal health and the prevention of immediate and long-term health problems.

Policy Statement

Rationale

The City of St. John's plays a significant role in employee health by ensuring the work environment supports healthy eating. The relationship between healthy eating and long term wellness has been well documented. Work environments that support healthy eating have been shown to positively influence employee's food choices. Improving the quality of employees' dietary intake while at work is critical to one's overall wellness as meals and snacks consumed at work makes a major contribution of their total daily consumption of calories and nutrients. It has been proven that healthy eating is essential for maximum physical and mental performance. Healthy nutrition improves employee's punctuality, alertness, energy level and ability to deal with stress. Research has also clearly shown that many of the chronic diseases such as heart disease,

obesity and type 2 diabetes have their roots in poor nutritional choices. By providing explicit guidelines for all food sales and services on City property, the City's Nutrition policy ensures that good nutrition is promoted both in theory and in practice.

This policy will apply to all cafeterias, canteens and vending machines, meals purchased for employees as outlined in negotiated contracts, and food and refreshments purchased for meetings, celebrations and special events.

Scope

The City of St. John's Nutrition Policy is applicable to all property owned and operated by the City of St. John's. This policy encompasses all foods purchased for special events, employee meals, and City sponsored events.

Procedures

This policy supports the philosophy that all foods purchased by the City or served to employees should be nutritious as defined by Canada's Food Guide.

The City of St. John's will strive for continuous improvements in the quality of food served to employees and guests.

The City of St. John's Nutrition Policy ensures that the foods purchased by the City or sold or served on City property will be selected exclusively from the "Serve Most / Serve Moderately" categories located in Appendix A.

The City supports fundraising initiatives that are non-food product related or a healthy food choice.

Timeline

This City of St. John's Nutrition Policy will commence August 1, 2010.

The timelines allow food providers time to make any changes if required to menu and food preparation.

The timelines allow for the City of St. John's to develop and implement an informational / educational program to allow for all parties involved to understand the Nutrition Policy's benefits to employees.

Vending Machines

Beverages:

Effective May 1, 2010 all beverage machines will serve 25% sugar based soda pop, 25% diet soda pop, 25% water and 25% real fruit juices.

Vending Machines

Snacks:

Effective May 1, 2010, all snack vending machines will serve 75% snacks from the “Serve Most / Serve Moderately” categories located in Appendix A. 25% of the products made available can be traditional vending snacks.

Deep Fried Foods

Effective May 1, 2010, deep fried food will only be served Monday, Wednesday and Friday.

Fundraising

The City of St. John's supports fundraising for charities on City property. The City of St. John's encourages the sale of non-food based products and if the product is a food based item, the product must be from the “Serve Most / Serve Moderately” category.

Cafeteria Areas

The City of St. John's is committed to ensuring that all employees have access to a clean eating environment. These areas must have ample lighting and heating and must be cleaned and disinfected on a daily basis.

Safety

The City of St. John's supports food safety and encourages employees to wash and disinfect hands before eating. Food preparation areas are to be hygienic and sanitary and individuals working in food preparation are to adhere to industry standards for food preparation.

Special Functions

The City of St. John's Nutrition Policy promotes healthy choices on a daily basis. However, the City of St. John's understands that on celebration days (birthdays, retirements, etc.) some flexibility is acceptable.

Energy Drinks

Due to the high caffeine and central nervous system stimulant contents, “Energy Drinks” are not permitted for sale on City property.

Review

Due to the changing dynamics of the food industry and new evidence around healthy eating as defined by Health Canada , the City of St. John's understands that this Nutrition Policy will be

updated and changed continuously to ensure that the City's Nutrition Policy reflects what is best for City employees.

Feedback

For this policy to be effective, feedback from all employees is necessary. Comment boxes can be placed in eat eating area when employees can summit comments / suggestions for review by the Nutrition Policy Committee.

Application

Responsibilities

Department of Human Resources, all employees.

Definitions

References/Appendix

Appendix A - The Serve Most/Serve Moderately System.



03-07-47 Appendix A.pdf

Monitoring and Contravention

Approvals

Finance and Administration Standing Committee report - July 14, 2010; Regular Meeting of Council - July 26, 2010.

Review Period

Available to Public

☒ Yes

☐ No

