

Healthy Eating Policy

Source: Peterborough County-City Health Unit
Workplace Healthy eating and Safe Food Handling Practices

Company ABC supports safe food handling practices and healthy eating, including healthy food choices in the workplace for its members, employees, guests and community partners at meetings, workshops and events and from vending machines.

Objective:

To ensure healthy eating and safe food-handling practices at all functions where food and beverage are served.

Procedure:

1. The following principles are to be taken into account in the planning and delivery of activities where food and beverages are served:
 - Healthy Eating is based on Canada's Guidelines for Healthy Eating and Canada's Food Guide to Healthy Eating and the belief that all foods can be part of a healthy diet.
 - i. Include at least 3 of the 4 food groups for a main meal and 2 of the 4 food groups for each snack.
 - ii. Ensure lower fat options are available.
 - iii. Ensure non-caffeinated beverages are available.
 - Maintaining high standards of food preparation and food service
 - Recycling and minimizing waste from food, food packaging, and disposable utensils supports a healthy environment
 - Selecting locally or provincially produced products supports the food and agricultural industries
 - The best responsible price that supports healthy eating
2. Nutritious and safe food and beverage choices will be provided where food and beverages are served at work-related meetings, workshops and events.
3. Food and beverage choices that support Canada's Guidelines for Healthy Eating shall be available in vending machines.
4. Staff will inquire about special dietary requirements or restrictions in advance of all meetings, workshops or events, so appropriate arrangements can be made for all participants.