



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

PREVENTION & REHABILITATION
PRÉVENTION ET RÉADAPTATION



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK
RÉSEAU DE PRÉVENTION DES
MALADIES CARDIOVASCULAIRES
DE LA RÉGION DE CHAMPLAIN

DIVISION OF PREVENTION AND REHABILITATION FOOD & BEVERAGE POLICY

FREQUENTLY ASKED QUESTIONS

Q: Where can I find copies of the policy and ordering menu?

A: All materials and resources related to the policy can be found on the CCPN website at: <http://www.ccpnetwork.ca/DivisionandPreventionandRehabilitationFoodandBeveragePolicy.htm> (accessible from the home page of the CCPN website under “What’s New”)

Q: Does this policy apply to what I bring in from home or purchase for my lunch?

A: No! This policy DOES NOT apply to what you bring in from home or purchase for your personal lunch. This policy applies to all events where food or beverages are offered or sold within the Division of Prevention and Rehabilitation.

Q: What if patients bring in treats or baked goods as a gift to the staff?

A: This policy does not affect what food patients bring in to the Heart Institute. However, we encourage staff to communicate to patients about healthy eating. For instance, many patients bring in food around the holidays as a thank you to staff. Including a hand out at all patient visits in November which discusses healthy eating during the holidays and provides healthy recipes may be a subtle way to communicate to patients that our Division is striving to model healthy eating across our environment.

Q: Is it ok to bring in a cake for my colleague’s birthday?

A: Yes, you can still bring in cake for your colleague’s birthday as this could be included in the one special event day per month per team. However, if your team has already had a special event day that month, you can still bring in a cake provided it uses a healthy recipe. All the recipes found in the *Bake It Up!* resource are “choose most” items and can be brought to all events. *Bake It Up!* was produced by the Nutrition Resource Centre and is available at: http://www.nutritionrc.ca/resources/pdfs/nrc_bake-it-up.pdf.

Q: Who will be monitoring this policy?

A: We can all play a role in modeling the expectations of the policy as best as possible. Staff who order food for events are asked to ensure that all food and beverage orders comply with the policy. Dr. Pipe has asked that HIPRC managers be responsible for providing oversight to the implementation of the policy.

Q: When will other departments in the Heart Institute be approached to endorse the policy?

A: Dr. Pipe has tabled the policy at Senior Administration, and a copy of the policy and guidelines have been circulated to a number of key senior staff within the Heart Institute. In addition, a Grand Rounds event about the policy is scheduled for December.

Q: Are the foods on the Tickers menu already available for ordering?

A: Yes! Chef Mika requires one week advance notice on all items so that he has the ability to order all the right ingredients.

Q: Will there be an opportunity to add to the Tickers menu?

A: Yes! This is the first attempt at creating a new and exciting healthy menu. More options can be explored. Chef Mika is very open to new ideas and recipes, so if you have something in mind for an event that is not currently listed on the menu, you are encouraged to discuss this with him.

Q: Does anyone know of any healthy catering options outside of Tickers that can be shared?

A: Many food providers are happy to make menu accommodations if you ask for the changes you are seeking, e.g. whole wheat vs. white breads and crusts, low-sodium salad dressings on the side, low-fat dips and spreads, etc. Even if these accommodations are not identified on the menu, don't be shy to ask. You may be surprised on the possibilities.

As much as possible, we encourage you to use Tickers for your catering needs. Chef Mika has been very supportive of our suggestions and changes, and if we can make his healthy offerings popular and profitable, the more likely we can continue to expand and improve upon the healthy menu offerings in Tickers.

Q: I have ordered sandwiches for lunch in the past, and the ones on whole wheat do not get eaten. What do you suggest?

A: It would be very challenging to try to offer foods that would meet every individual's dietary needs and preferences. What we are striving to achieve through the policy is a tendency toward fresh, whole foods prepared in a healthy manner. This makes the healthy choice the easy choice.

Q: Rehab program participants often comment, “I understand what you are telling me about healthy eating... so why do you have a Tim Hortons downstairs?” What can I tell my participants?

A: One suggestion is to encourage your participants to write a letter to the Heart Institute expressing your concerns with having a Tim Hortons onsite. The scope of our food policy is to address the piece of our environment that is within our control. By gaining some momentum within our Division, we can build on our success to expand across the Institution and explore the dialogue surrounding external food provision onsite (e.g. Tim Hortons).

Q: Has there been any discussion about the chip truck in front of the Heart Institute?

A: Not that we are aware of. As is the case with the Tim Hortons in the lobby, the issue is not within the scope of the policy, nor it is within our ability to control where the chip truck conducts business; however, as we champion changes within our internal environment, opportunities may be afforded to look at more significant changes over time.

Q: How else can we champion the policy?

A: Let's not be shy about raising the issue of healthy catering at events for which we are participating in (vs. hosting) to support our partners in ensuring venues can accommodate healthy food offerings.