



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

PREVENTION & REHABILITATION
PRÉVENTION ET RÉADAPTATION

DIVISION OF PREVENTION AND REHABILITATION FOOD & BEVERAGE POLICY

Approved by: Dr. Andrew Pipe

Date approved: July 7, 2011

1. Purpose

The University of Ottawa Heart Institute Division of Prevention and Rehabilitation is committed to promoting workplace health and wellness through events where food and beverages are offered or sold in the workplace.

2. Policy

2.1 Meetings and Events

- a. Employees organizing meetings or special functions (e.g. potlucks, lunch and learns) involving Prevention and Rehabilitation staff will provide food and beverage choices that are nutritious and prepared in a healthy manner using the Division of Prevention and Rehabilitation Healthy Eating Guidelines.
- b. All foods and beverages offered at meetings must comply with the 80/20 rule. Please refer to the Division of Prevention and Rehabilitation Healthy Eating Guidelines for further information.
- c. If required, municipal water shall be provided for all meetings and events organized by the Division of Prevention and Rehabilitation, unless there is a temporary water advisory in place for the building.

2.2 Off-site Meetings and Events

- a. Prevention and Rehabilitation staff have the responsibility to ensure that when working with community partners, health messaging to the public from the partnership is aligned with the Division of Prevention and Rehabilitation health promotion messages. Items such as food served or corporate sponsors will be evaluated to ensure the promotion of similar messages. Prevention and Rehabilitation staff may refuse to participate in a community health promotion event or partnership if the community partners' messaging is not aligned with ours.

2.2 Fundraising

- a. The Division of Prevention and Rehabilitation will promote healthy fundraising whenever possible. Any foods or products brought into the Division for sale as part of an external fundraiser must be “choose most” foods or beverages only.
- b. Whenever possible, the Division of Prevention and Rehabilitation should promote non-food and beverage fundraisers.

2.3 Special Food Days

- a. ***Teams within the Division of Prevention and Rehabilitation:***
Once per month, Prevention and Rehabilitation staff may partake in an event or meal within their team which would be exempt from the Division of Prevention and Rehabilitation Food and Beverage Policy.
- b. ***Division events***
One special event day per calendar year will be granted to the Division of Prevention and Rehabilitation as a whole in which the event is exempt from the Division of Prevention and Rehabilitation Food and Beverage Policy (e.g. the Christmas Party).
- c. Teams are encouraged to provide nutritious food offerings at all special events.