



Creating

HEALTHY FOOD ENVIRONMENTS - HEALTHCARE INSTITUTIONS

Management of health care facilities can reduce the need for some health services, by promoting and supporting good nutrition practices.

- Procure nutritious foods and maintain an adequate supply in stock.
- Ensure food is stored adequately and good food rotation practices maintained.
- Assess food and beverage options to ensure healthy menu selections.
- Include a variety of foods in meal preparation and serve balanced meals.
- Provide and promote affordable, nutritious options in canteens, cafeterias and vending machines.
- Make free drinking water easily accessible and limit availability of sugar sweetened beverages.