



Backgrounder

Eat Smart! Fact Sheet

Trends in Canada show that consumers are interested in nutrition and that they want to eat foods that are best for their health. Canadians are also concerned about eating in a safe and clean environment. However, only four out of ten Canadians rate their eating habits as excellent or very good. Today's hectic lifestyle is cited as the main obstacle to healthy eating. As a result, Canadians are eating approximately 30 per cent of their meals away from home. The *Eat Smart!* helps consumers make informed choices.

What is *Eat Smart!*

Eat Smart! is a provincial food service and health promotion program. This program offers recognition and an *Award of Excellence* to Ontario cafeterias and Rec Centres that meet exceptional standards in nutrition, food safety and a smoke-free environment. *Eat Smart!* was developed in partnership with the Ministry of Health and Long-Term Care, Heart and Stroke Foundation of Ontario, Canadian Cancer Society (Ontario Division), Ministry of Agriculture, Food and Rural Affairs, local public health units, local heart health programs, the food service industry and consumers.

Goal of *Eat Smart!*

The goal of the program is to contribute to the reduction of chronic diseases such as heart disease and cancer by helping consumers identify healthier choices when eating away from home. The program is also meant to help reduce the incidence of food-borne illness in Ontario.

How To Become an *Eat Smart!* Cafeteria

Three standards must be met in order to qualify for the *Eat Smart!* *Award of Excellence*.

1. **Nutrition Standard** - This standard was developed to support Canada's Guidelines to Healthy Eating. *Eat Smart!* recipients are recognized for offering a variety of lower fat, higher fibre, nutritious food choices and for accommodating customers' requests for certain modifications or substitutes at no extra cost to create healthier food choices.
2. **Food Safety Standard** - Consumers can be assured that *Eat Smart!* Cafeterias have a record of safe food handling practices. Cafeterias must meet all criteria of the food safety standards which include: a) demonstrating and maintaining safe food practices in compliance with the Ontario Food Premises Regulation b) a minimum of one full-time kitchen employee certified within the last five years with the safe food handling course through Public Health, and c) willing to share their most recent inspection report with customers, upon request.

Food safety is a timely issue here in Ontario. The Food Safety standards must be demonstrated and maintained at all times, not just at the time the award is given. Safe practices in the areas of storage, preparation and sale of food must be adopted. The

food safety assessment focuses on cooling and refrigeration storage of hazardous food, cooking and re-heating of hazardous food, protection from contamination by food handlers, protection from cross-contamination of ready to eat hazardous foods by raw foods or preparation surfaces and protection from contamination from other sources.

3. **Non-Smoking Environment** - This standard remains an important issue, even after the provincial tobacco legislation was mandated. In addition to a non-smoking environment, establishments must not sell tobacco or related products. Tobacco bylaw enforcement officers visit to ensure that all aspects of the non-smoking standard are met.

Which Grey Bruce Establishments are Certified?

Eat Smart! recipients are certified annually by the Grey Bruce Health Unit.

- CAW Cafeteria.2010/11 No other workplace cafeterias are currently certified.

The following school cafeterias have been certified for an *Eat Smart! Award of Excellence*, Phase One, for 2009/2010:

- Bruce Peninsula District, Lion's Head
- Georgian Bay Secondary, Meaford
- John Diefenbaker Secondary, Hanover
- Owen Sound Collegiate & Vocational Institute, Owen Sound
- Peninsula Shores, Wiarton
- Saugeen District Secondary School, Port Elgin
- West Hill Secondary School, Owen Sound
- St. Mary's High School, Owen Sound
- Sacred Heart High School, Walkerton

Each establishment receives a certificate and window sticker, annual re-newal stickers, point-of-purchase promotional items, and plaque-mounted posters to advertise their *EatSmart!* designation and recognition on the *Eat Smart!* website

www.eatsmartontario.ca .