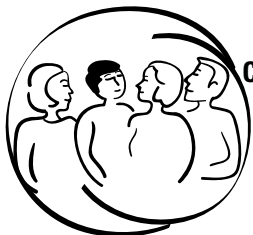


CSSS de Laval Users' Committee Informs You



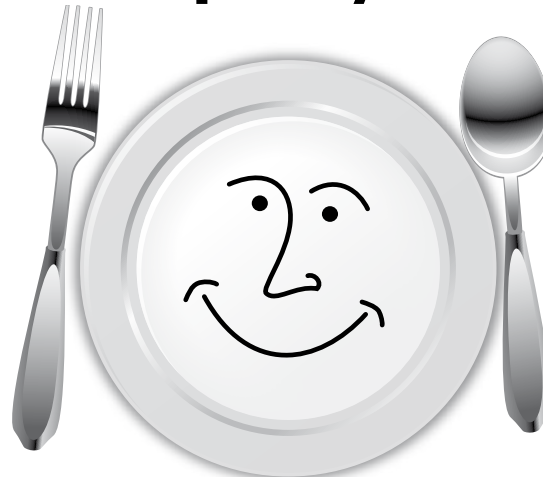
CSSS de Laval
Users' Committee

Le Centre de santé et de services sociaux (CSSS) de Laval has adopted a food policy to offer healthy food in the different installations for the patients, the employees and the visitors. The new policy joins other initiatives already present at the CSSS that promotes adoption and maintenance of healthy lifestyle.

CSSS de Laval food policy

As part of the Québec Public Health Program 2003-2012 and the Investir pour l'avenir plan, the six following guidelines govern the new food policy:

- 1. Offer high nutrition valued meals and snacks** – based on Canada's Food Guide, food supplied will be low in fat, sugar and sodium.
- 2. Integrate sustainable development principles in the food service** – that means to reduce waste production and to minimize environmental impacts.
- 3. Promote physical**



- and economic access to a variety of high nutrition valued foods** – it will be necessary to provide an environment favourable to healthy eating.
- 4. Promote healthy eating among food service customers** – promote the food


- 5. Ensure the development of staff competence** – improve information and training of food service and other services involved in feeding patients staff.
- 6. Ensure the overall**

quality of food and drinks provided – to ensure food quality at every stage, from storage to serving food.

The implementation of the food policy in all institutions of the CSSS de Laval will be done gradually from April 2011 until March 2012. For more information about the government programs named above, please visit the Ministère de Santé et des Services sociaux web-site (www.msss.gouv.qc.ca) under the section "Documentation" on the page "Publications".

This information capsule is brought to you by the CSSS de Laval Users' Committee.

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