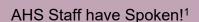
Building a Healthier Eating Environment in Alberta Health Services

10 Years of Accomplishments

0



70% feel **all** (100%) or **almost all** (>75%) food and drinks in AHS-operated cafeterias and coffee shops should be healthy.





2011: Launched **Healthy Eating Environment** Policy





2011–present: Engaged AHS Workplace Health & Safety

2011: Created **Healthy Eating Starts Here** campaign





2011–present: Removed most deep fat fryers

2013: Launched AHS staff Healthy Eating Challenge

2018: Replaced sugarsweetened beverages at

& Alberta Children's

Hospital. Received AHS'
President's Excellence

Rockyview General Hospital





2015: Created Nutrition
Guidelines for Food and
Beverages in AHS Facilities

SPOT THE DOT!

For Healthier Food Choices

2015: Piloted Spot the Dot point of purchase program and shared program learnings



2015/2018: Developed tool and audited all AHS-operated cafeterias and coffee shops



Award.

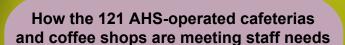




2019: Recognized **Healthy Eating Environment achievements** by AHS-operated cafeterias and coffee shops

The Road Ahead

- Increase consistency of practices among sites
- Continue to limit and replace unhealthy food and beverage choices in AHS-operated cafeterias and coffee shops
- Continue to work with non AHS-operated retail food outlets to provide healthy options



92% offer grilled, steamed, or baked entrees2

84% offer side salads and vegetables daily²

86% offer whole grain breads, buns, and sandwiches²

89% have free water available²

52% do not sell sugar-sweetened beverages²

89% do not offer candy or chocolate2

For more information:

Visit: www.ahs.ca/hee

Email: HealthyEatingEnvironment@ahs.ca