

## MINISTERIAL DIRECTIVE

### Availability of Healthy Foods in Health and Social Services Facilities

2005-04

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#### 1. Directive

Cafeterias and vending machines in facilities funded by the Department of Health and Social Services and all Health and Social Services Authorities must provide exclusive access to healthy\* meals, snacks and beverages.

#### 2. Background

The 15<sup>th</sup> Legislative Assembly has again recognized the importance of active living in its strategic plan. Goal 2 of the *Strategic Plan* specifically supports active living and healthy eating:

"Healthy, educated people living in safe communities, who are able to contribute and take advantage of life's opportunities:

Babies who are born healthy and become healthy adults, Youth, parents and adults who see wellness as the preferred alternative, and who make healthy and productive lifestyle choices for themselves and their families..."<sup>1</sup>

Healthy eating is an essential factor in the prevention of cancer, heart disease, diabetes, dental caries and gum disease, osteoporosis, as well as deficiency diseases such as anemia and rickets. It also contributes to an individual's capacity to resist against many forms of infectious diseases by enhancing the immune system and will enhance healing. In this regard, it is expected that health and social services facilities will do all they can to contribute to healthy nutrition within Northwest Territories communities.

#### 3. Purpose

The purpose of this directive is to ensure that all individuals who work or receive services within Health and Social Service and Health and Social Service Authority facilities have access to and are able to select healthy meals, snacks and beverages to meet their nutritional needs. This will encourage all employees to maintain a healthy lifestyle.

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<sup>1</sup> Government of the Northwest Territories – Strategic Plan, June 2004, p. 7

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#### 4. Exceptions and Restrictions

None.

#### 5. Amendment

None.

#### 6. Amendment

The Minister may amend this Directive in writing from time to time.

#### 7. Coming into Force

This Directive comes into effect on April 1, 2006.

<original signed by> \_\_\_\_\_  
Michael Miltenberger  
Minister of Health and Social Services

April 25, 2006 \_\_\_\_\_  
Date

\*Healthy foods will be defined through a collaborative process by the Department of Health and Social Services and Health and Social Services Authorities and will be based on existing policy in other jurisdictions as well as science-based evidence.