

Why is the program important?

Nutrition, food safety and a 100% smoke-free environment are health issues that are important to your customers. Customers are demanding more healthy choices when dining away from home.

Healthy food choices and a 100% smoke-free environment can help reduce everyone's risk of cancer and heart disease. Safe food handling can prevent food borne illness from occurring.

Schools and workplaces will be promoted and recognized as health conscious organizations – a quality valued by customers. Healthy and satisfied customers will come back repeatedly.

Where can you direct customers who want more information?

The Eat Smart!® website:
www.EatSmartOntario.ca

Your local public health unit:

York Region **Health Connection**
1-800-361-5653 TTY: 1-866-252-9933
www.york.ca/eatsmart

Eat Smart!®

Information for Staff



www.EatSmartOntario.ca



School Program
Workplace Program

We got picked!



You should be proud of your cafeteria! It is one of a select few in Ontario that has earned the Eat Smart!® Award of Excellence.



Canadian Cancer Society
Société canadienne du cancer



HEART & STROKE FOUNDATION

Finding answers. For life.®



Ontario



York Region

Eat Smart!® and feel better!

www.EatSmartOntario.ca

Eat Smart!® and feel better!

What is Eat Smart!®?

There are three Eat Smart!® programs; Eat Smart!® School Program, Eat Smart!® Workplace Program, and Eat Smart!® Recreation Centre Program.

Eat Smart!® is an award program that recognizes Ontario food service establishments that meet exceptional standards in nutrition, safe food handling, and a smoke-free environment.

Eat Smart!® schools and workplaces provide:

- A variety of healthier food choices, on the menu and by request, including vegetables and fruit, lower fat options, and substitutions.
- An excellent track record in food safety and at least one employee certified in safe food handling
- A 100% smoke-free environment.

Your public health unit, along with the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario, awards cafeterias for meeting these high standards in nutrition, food safety, and a smoke-free environment.

The Eat Smart!® Program is being promoted in your community. Enjoy the increased recognition and promotion provided for your cafeteria by the Eat Smart!® Program.

How did your cafeteria win this award?

Your manager/owner/supervisor applied to join the program. Health professionals from your local health unit, such as a public health inspector, dietitian or nurse visited your cafeteria to see if it met the criteria for the nutrition, food safety and a smoke-free environment standards. By meeting these criteria, your cafeteria received an Award of Excellence certificate to display.

Ways to make Eat Smart!® work for you.

Your customers may ask questions about Eat Smart!®. Excellent customer service includes being able to tell them about the program and the healthy choices available.

- Ask your manager to answer any questions you may have after reading this pamphlet.
- Check the Eat Smart!® website or contact your local public health unit to learn about the Eat Smart!® standards.
- Find out what choices on the menu, and by request, are healthier choices.
- Check with the chef/cook for the Eat Smart!® daily special or if there are other healthier options that day.
- Remember to promote any healthier choice that is not on the menu – for example, a new lower fat dessert item.
- Promote the healthier substitutions that are available at no extra cost – for example, vegetables or salad instead of French Fries.

- Consider taking the safe food handlers course to have a better understanding of food safety. It's available through your local public health unit.
- Take advantage of the healthier choices in your cafeteria when you eat there.
- Maintain your cafeteria's exceptional standards in food safety and safe food handling in everything you do.

The Eat Smart!® award is valid for one year from the date on the certificate.



Tip: Locate the Award of Excellence certificate in your cafeteria so you can refer to it if customers ask about it.