

Local Food Environment Policy Index: Region of Peel

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Overview

The document was created as part of the **Local Food Environment Policy Index** (Local Food-EPI) process, an adapted evaluation method developed by the **I**nternational **N**etwork for **F**ood and **O**besity/non-communicable diseases **R**esearch, **M**onitoring and **A**ction **S**upport (known as **INFORMAS**). INFORMAS group was founded by a group of international experts in the area of food and nutrition. The original INFORMAS group included researchers from 9 universities and 4 global NGOs, including Dr. Mary L'Abbé, and this network has since expanded to include dozens of researchers from over 20 countries across the globe. The objective of INFORMAS is to monitor and benchmark food environments and policies globally to reduce obesity, diet-related non-communicable diseases and their related inequalities, and the work aligns with overarching efforts of the United Nations and World Health Organizations to prioritize monitoring on NCDs and associated risk factors to improve population health¹.

The Local Food-EPI Project aims to assess municipal government progress in implementing policy recommendations established by evidence relating to the food environment. Using a standardized, common Food-EPI process², the information on food policies that is compiled in this document will be used by local government stakeholders from the Region of Peel and experts in the areas of food and nutrition to rate the extent of implementation by the Region of Peel compared to 'good practice' statements established for each indicator. This pilot study is also being run in the City of Greater Sudbury and the City of Toronto.

This document summarizes policy actions that the Region of Peel has taken related to the food environment up until January 1, 2018.

Any questions regarding this document can be sent to Kimiya Karbasy (kimiya.karbasy@utoronto.ca).

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As far as possible, when policy details are noted in the document, we have provided references to publicly-available sources or noted as a 'written communication' from relevant policy makers. While every effort has been taken to ensure the accuracy of the information in this document, any errors/omissions are the responsibility of the research team.



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LIST OF ABBREVIATIONS

APHEO	Association of Public Health Epidemiologists of Ontario
BFI	Baby Friendly Initiative
CAI	Children’s Advertising Initiative
CCHS	Canadian Community Health Survey
CCO	Cancer Care Ontario
CDRCP	Child Development Resource Connection Peel
CHMS	Canadian Health Measures Survey
CIHR	Canadian Institutes of Health Research
CIP	Community Investment Program
E2EPHP	End-to-End Public Health Practice
EDU	Ministry of Education
EYCCS	Early Years and Childcare Services
FEBE	Food Environment Built Environment
Food-EPI	Food Environment Policy Index
FPT	Federal, Provincial, and Territorial
GGH	Greater Golden Horseshoe
GHFFA	Golden Horseshoe Food and Farming Alliance
HDLH	How Does Learning Happen? Ontario’s Pedagogy for the Early Years
HEIA	Health Equity Impact Assessment
HIA	Health Impact Assessment
HiAP	Health in All Policies
HKCC	Healthy Kids Community Challenge
HKRC	Healthy Kids Resource Centre
HST	Harmonized Sales Tax
INFORMAS	International Network for Food and Obesity/non-communicable diseases Research, Monitoring and Action Support
KTE	Knowledge Transfer and Exchange
LICO	Low Income Cut Off
M2K	Marketing to Kids
MAH	Ministry of Municipal Affairs and the Housing
MNCH	Menus and Nutrition for Child Health

MOH	Medical Officer of Health
MOHLTC	Ministry of Health and Long Term Care
MTCS	Ministry of Tourism, Sport and Culture
NCDs	Non Communicable Diseases
NGOs	Non-Government Organizations
NNC	Nutrition North Canada
NPACC	Nutrition and Physical Activity in Child Care
NRC	Nutrition Resource Centre
ODPH	Ontario Dietitians in Public Health
OFC	Ontario Food Collaborative
OHKS	Ontario Healthy Kids Strategy
OHS	Ontario Healthy Study
OMAFRA	Ministry of Agriculture, Food and Rural Affairs
OPHA	Ontario Public Health Association
OPHEA	Ontario Physical and Health Education Association
OPHS	Ontario Public Health Standards
OSDUHS	Ontario Student Drug Use and Health Survey
POS	Point-Of-Sale
PPM150	Policy Program Memorandum 150
RoP	Region of Peel
RRFSS	Rapid Risk Factor Surveillance System
RTBP	Raising the Bar in Peel
UL	Upper Limit

Policy area: Food Composition

Local Food-EPI vision statement: There are government systems implemented to ensure that out-of-home meals foods minimize the energy density and the nutrients of concern (salt, saturated fat, trans fat, and added sugar)

COMP1 Food composition targets/standards/restrictions for out-of-home meals	
<p>Local Food-EPI good practice statement Food composition targets/standards/restrictions for <u>out-of-home meals in food service outlets</u> have been established by the government for nutrients of concern in certain foods or food groups (trans fats, saturated fat, salt, and added sugars)</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Out-of-home meals include foods sold at quick service restaurants, dine-in restaurants and take-away outlets, coffee, bakery and snack food outlets (both fixed outlets and mobile food vendors). It may also include supermarkets where ready-to-eat foods are sold. • Includes legislated bans on nutrients of concern • Includes mandatory or voluntary targets, standards (i.e. reduce by X%, maximum mg/g per 100g or per serving) • Excludes legislated restrictions related to other ingredients (e.g. additives) • Excludes mandatory out-of-home meal composition regulations related to other nutrients, e.g. folic acid or iodine fortification • Excludes general guidelines advising food service outlets to reduce nutrients of concern • Excludes the provision of resources or expertise to support food service outlets with reformulation (see 'COMM1' and/or 'RETAIL4')
<p>Context</p>	<p>Federal context Mandatory Composition targets Partially Hydrogenated Oils On September 15, 2017, through a News Release from Health Canada, Minister of Health, the Honourable Ginette Petitpas Taylor, announced that the Government of Canada will ban partially hydrogenated oils in all foods, including those domestically produced and imported, and prepared and served in restaurants and food service establishments. The federal government has given industry and food outlet establishments 12 months to transition to the new law. The ban will officially come into effect September 18, 2018³.</p> <p>This prohibition will be integrated under the Part 1 of the List of Contaminants and Other Adulterating Substances in Foods in the Health Canada website.</p> <p>Voluntary Reformulation/Composition targets Sodium In 2007, Health Canada created a multi stakeholder Sodium Working Group to identify approaches to decrease sodium consumption in Canada. This group developed the <i>Sodium Reduction Strategy for Canada</i> in 2010, which contained 33 recommendations, including 6 overarching recommendations, specific recommendations for the food supply, awareness and education activities, research and monitoring and evaluation, and a proposed structured voluntary sodium reduction strategy⁴.</p>

Since 2010, Health Canada has actively been working on increasing awareness of healthy eating, including specific messaging on sodium, which has included a voluntary approach to sodium reduction. In 2012, Health Canada published *Guidance for the Food Industry on Reducing Sodium in Processed Foods* and *Guiding Benchmark Sodium Reduction Levels for Processed Food*⁵, with Phase 3 reductions concluding in December, 2016. The targets aim to reduce the sales-weighted average by approximately 25 to 30%, which would result in a reduction of sodium intake by the majority of the population to less than the recommended daily Upper Limit (UL) of 2,300 mg. The guidance is meant to encourage reductions in sodium levels in 94 categories of processed foods in Canada. The food industry was encouraged to work towards these voluntary benchmark levels by the end of 2016.

Health Canada has conducted targeted monitoring and evaluation of industry's progress towards the voluntary sodium reduction targets in 2016⁶, with a full evaluation planned for 2017 and ongoing monitoring and reporting to Canadians as part of the Healthy Eating Strategy. The interim evaluation identified progress towards reducing sodium in 15 priority food categories; however, the results varied across food categories. Overall, 13 of 15 categories decreased sodium levels by at least one-third, and 8 of 15 decreased by at least two-thirds of the expected reduction according to a sales-weighted average by December 31, 2016. Categories with little progress included frozen potatoes (e.g., French Fries) and some packaged deli meats. The report of results stated that the results should be interpreted with caution due to the small sample size⁶. No voluntary sodium reduction targets have been established for out-of-home meals, although Health Canada has held discussions with an expert panel to discuss establishing targets (October, 2016)⁶.

The sodium reduction approach outlined includes 'processed' foods only, and therefore includes: processed foods for consumer use; foods for further manufacturing, such as ingredients for processed foods; and foods for use by restaurants and foodservice in food preparation. Benchmarks were set for prepackaged products, as well as foods destined for foodservice or further processing (i.e. no specific levels set for foods being prepared and served in restaurant and foodservices settings)⁵.

Trans fat

In 2006, the Trans Fat Task Force, a multi-stakeholder group, developed recommendations for reducing *trans* fats in Canada. The Task Force recommended that *trans* fat in vegetable oils and soft, spreadable margarines be limited to 2% of total fat and that *trans* fat in all other foods be limited to 5% of total fat, in order to align with WHO recommendations that *trans* fat intakes be <1% of energy intake.

The 2% and 5% recommendations were adopted by Health Canada in 2007, and voluntary measures were established to encourage industry to reduce this amount within 2 years, with the threat of mandatory reduction if significant progress did not occur.

Findings from Health Canada's *trans* fat monitoring program from 2005 to 2009 of 1120 food samples in 31 food categories demonstrated that 78% of foods met the 2% and 5% targets⁷. More recent research showed that of approximately 10,000 prepackaged and restaurant foods on the Canadian market surveyed, 97% of foods were meeting the *trans* fat limits in 2010-2011⁸.

The recommended *trans* fat targets described apply to foods sold in restaurants and food services. The monitoring program described also includes restaurants, fast food chains, cafeterias, and establishments with ethnic cuisines.

Healthy Eating Strategy

As part of the **Healthy Eating Strategy**⁹, Health Canada in October 2016 announced that they would include a specific focus on working with restaurants and food services to develop goals for reducing sodium in their food, which would include out-of-home meals

Provincial context

There are no food standards for out-of-home meals at the provincial level in Ontario.

While regulations for out-of-home meals are primarily based at the federal or provincial level, composition targets or standards for restaurants can potentially fit within the mandate of local governments.

Policy details	No polices were identified from the Region of Peel (RoP) for the nutrients of concern (trans-fat, saturated fat, salt, and added sugars).
Comments/ notes	Trends associated with more frequent consumption of eating food prepared away from home and data / statistics associated with this have been gathered by the RoP, as it provides rationale for community food environment work and food retail outlets (written communication, February 2018).

Policy area: Food Labelling

Local Food-EPI vision statement: There is a regulatory system implemented by the government for consumer-oriented labelling on menu boards in restaurants to enable consumers to easily make informed food choices

LABEL1 Menu labelling	
Local Food-EPI good practice statement A consistent, single, simple, clearly-visible system of labelling the menu boards of all quick service restaurants (i.e. fast food chains) is applied by the government, which allows consumers to interpret the nutrient quality and energy content of foods and meals on sale	
Definitions and scope	<ul style="list-style-type: none"> Quick service restaurants: In the Canadian context this definition includes fast food chains as well as coffee, bakery and snack food chains. It may also include supermarkets where ready-to-eat foods are sold. Labelling systems: Includes any point-of-sale (POS) nutrition information such as total kilocalories; percent daily intake; traffic light labelling; star rating, or specific amounts of nutrients of concern Menu board includes menu information at various points of purchase, including in-store, drive-through and online purchasing Includes endorsement schemes (e.g., accredited healthy choice symbol) on approved menu items
Context	<p>Federal context There is currently no federal policy on menu labelling in Canada. There is a Federal, Provincial and Territorial (FPT) Task Group on the Provisions of Nutrition Information in Restaurants and Foodservices; however, this group is not currently active and has not released any guidelines or recommendations regarding menu labelling.</p> <p>Provincial context The Government of Ontario passed the Healthy Menu Choices Act, 2015, which became effective by companies on January 1, 2017¹⁰. Menus are defined as paper or electronic menus or menu boards, including drive-through menus, online menus or menu applications, advertisements or promotional flyers. Online menus can be exempted from the regulation if they do not list the price. The regulation requires calorie information to be displayed on menus, labels and tags adjacent to the price in a similar font color and size in all food service premises with 20 or more locations in Ontario.</p> <p>The legislation defines “restaurant-type food or drink item” as “a food or drink item that is either served in a regulated food service premise or processed and prepared primarily in a regulated food service premise, and that is intended for immediate consumption on the premises or elsewhere without further preparation by a consumer before consumption.”¹¹</p> <p>Types of food service premises included in the regulations:</p> <ul style="list-style-type: none"> Restaurants (including Quick service restaurants)

	<ul style="list-style-type: none"> • Convenience stores • Grocery stores • Movie theatres • Other businesses that prepare meals for immediate consumption (bakeries, food trucks, buffets, ice cream shops, coffee shops, public-facing cafeterias, etc.) <p>The regulation will also require labelling of calorie content of alcohol for standard alcoholic beverages (red wine, white wine, regular beer, light beer, spirits) that are not brand specific somewhere on every menu page or menu board that includes alcoholic beverages. An example of the information posted can be found here.</p> <p>A contextual statement is also required on a sign or menu that is visible when customers are ordering or serving themselves. The contextual statement was updated in late 2016 in a Proposed Regulation Amendment,¹² and will be required to be fully implemented in January, 2018. Prior to January 1, 2018, each menu must contain the following information: “The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.” or “Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.” and, where the regulated food service premise sells or offers for sale standard food items that are targeted at children, may contain the following information: “The average child aged 4 to 8 years old requires approximately 1,100 to 1,500 calories per day, and the average child aged 9 to 13 years old requires approximately 1,500 to 2,450 calories per day; however, individual calorie needs may vary.” As of January 1, 2018, each menu must contain the following information: “Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.” The contextual statement must be on every page of the menu, or in a place on the menu that is in close proximity to the standard food items listed on the menu.</p> <p>The following food service premises are exempt from the menu labelling legislation: schools, correctional facilities, child care centres and premises that operate for less than 60 days in a calendar year.</p> <p>The regulation does not include foods sold in schools, correctional facilities, or early child care centres.</p> <p>Regional context</p> <p>The RoP has applied menu labelling in the following manner: In June 2012, Region of Peel Council carried a resolution that RoP – Public Health staff work with food vendors to increase awareness of and access to healthy food in Regional buildings by implementing menu labelling in cafeterias and vending machines¹³. Menu labelling of calories and sodium (and contextual statements) has since been implemented in Regional cafeterias and vending machines. This was a requirement stated in the Request for Proposal for Cafeteria Services (RoP internal document, reference not available) and is in the food service vendor contract. However, the sodium aspect of the menu labelling is under review due to implementation challenges.</p> <p>Also, City of Mississauga was aiming to do similar in their cafeteria (run by City of Mississauga), however given that recipes are non-standardized it was not possible to do; this may be the case for smaller scale food establishments (written communication, February 2018).</p>
Policy details	This indicator will not be evaluated as a result of the provincial legislation described above.
Comments/ notes	Via public health inspectors, public health units are mandated through the Ontario Public Health Standards (OPHS) to monitor and enforce compliance to the Healthy Menu Choices Act, 2015 .

Policy area: Food Promotion

Local Food-EPI vision statement: There is a comprehensive policy implemented by the government to reduce the impact (exposure and power) of promotion of unhealthy foods to children (<16 years)

PROMO1 Restrict promotion of unhealthy food through non-broadcast media	
<p>Local Food-EPI good practice statement Effective policies are implemented by the government to restrict exposure and power of promotion of unhealthy foods to children across non-broadcast media (e.g. print, outdoors and on/around public transport, cinema advertising, direct marketing, product design and packaging or point-of-sale (POS) displays)</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Non-broadcast media promotion includes: print (e.g. children’s magazines), outdoors and on/around public transport (e.g. signage, posters, billboards, transit shelters, in or on a bus, train, pedicab, or any other vehicle, wall or any other surface or material), direct marketing (e.g. fundraising in schools, provision of show bags, samples or flyers), product design and packaging (e.g. use of celebrities or cartoons, competitions and giveaways) or point-of-sale (POS) displays • Where the promotion is specifically in publicly-funded settings, this should be captured in ‘PROMO2’
<p>Context</p>	<p>Federal context Health Eating Strategy As part of the Healthy Eating Strategy announced in October 2016, the proposal to restrict the marketing to children is a key initiative under the pillar of Protecting Vulnerable Populations. Public webinars were held February 29 and March 1, 2017 by Health Canada with regards to marketing to children, and experts have been engaged to develop preliminary policy and nutrient profile model (personal communication, April 2017).</p> <p>The Canadian Code of Advertising Standards applies to all forms of advertising, including internet, social media, sponsorship, outdoor advertising, etc., but does not apply to packaging, wrappers and labels or point of sale displays within retail establishments¹⁴. The voluntary Food and Beverage Children’s Advertising Initiative (CAI) does restrict promotion of unhealthy foods via Internet advertising, including company-owned websites, video and computer games, DVDs of movies, and mobile media among participants unless voluntarily included in commitments by the company. The CAI commitments do not include product packaging.</p> <p>Proposed Bill S-228 Senate Bill S-228, the Child Health Protection Act was introduced into the Senate on September 27, 2016. This Act would prohibit marketing of any food to children under 13 years of age, including broadcast advertisements or media.</p> <p>Non-governmental context The Stop Marketing to Kids (Stop M2K) Coalition¹⁵ was established by the Heart and Stroke Foundation and the Childhood Obesity Foundation. <i>“The Stop M2K Coalition is made up of twelve non-governmental organizations with written endorsement from dozens of additional organizations and individuals.”</i> Their goal is, <i>“To restrict all food and beverage marketing to Canadian children age 16 and younger.”</i></p> <p>The Ontario Dietitians in Public Health (ODPH), previously named the Ontario Society of Nutrition Professionals in Public Health, includes a Marketing to Kids adhoc workgroup, which advocates for restrictions on food and beverage marketing to children and youth. The group’s mission is to support and promote municipal, provincial and federal action regarding restricting commercial marketing of food and beverages to children and youth in creating supportive food environments to foster lifelong healthy habits¹⁶.</p>

Policy details	No policies were identified regarding promotion of unhealthy foods to children through non-broadcast media.
Comments/ notes	

PROMO2 Restrict promotion of unhealthy foods in public sector settings	
<p>Local Food-EPI good practice statement Effective policies are implemented by the government to ensure that unhealthy foods are not commercially promoted to children in public sector settings</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Public sector settings include: <ul style="list-style-type: none"> - Local government-funded or managed services where the government is responsible for the provision of food, including public hospitals and other in-patient health services (acute and sub-acute, including mental health services), schools, child care centers, recreation centers, residential care homes, aged and disability care settings, correctional facilities, custodial care facilities, and home/community care services - Local government-owned, funded or managed services where the general public purchase foods including health services, parks, sporting and leisure facilities, community events etc. - Public sector workplaces • Includes restrictions on marketing in government-owned or managed facilities/venues (including within the service contracts where management is outsourced) • Includes online (e.g. social media, branded education websites, online games, competitions and apps identified by the city government) • Includes restriction on unhealthy food sponsorship in sport (e.g. junior sport, sporting events, venues)
<p>Context</p>	
<p>Policy details</p>	<p>No policies were identified regarding promotion of unhealthy foods to children in public sector settings.</p>
<p>Comments/ notes</p>	

Policy area: Food Prices

Local Food-EPI vision statement: Food pricing policies (e.g. taxes and subsidies) are aligned with health outcomes by helping to make healthy eating choices the less expensive choices

PRICES1 Increase taxes on unhealthy foods	
<p>Local Food-EPI good practice statement Taxes or levies on unhealthy foods (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place to increase the retail prices of these foods and discourage unhealthy food choices where possible, and these taxes are reinvested to improve population health</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> Includes differential application of excise tax on high calorie foods or foods that are high in nutrients of concern Note that the percentage of tax is dependent on State/Provincial or Federal regulations
<p>Context</p>	<p>National context Taxes on products in Canada are governed by the Excise Tax Act and its regulations, which are also typically applied to food products.</p> <p>Although there have been proposals and recommendations for taxation of sugar-sweetened beverages from both government and nongovernmental organization (e.g., Canadian Cancer Society, Heart and Stroke Foundation of Canada, Diabetes Canada, and Dietitians of Canada), there are currently no federally or provincially-imposed taxes or levies on unhealthy foods or nutrients of concern.</p> <p>Regional context Under the Municipal Act, 2001, municipalities in Ontario have access to two primary sources of own source revenue - property taxation, and fees/charges. The only sales tax municipalities are given authority to levy is the transient accommodation tax¹⁷. In addition to these tools, the City of Toronto has broad authority under the City of Toronto Act, 2006 to implement a variety of municipal taxes, subject to limitations, such as:</p> <ul style="list-style-type: none"> - No tax on personal or corporate income; - No tax on wealth or payroll; - No tax on gas; and No sales tax, except for taxes on the sale of entertainment, alcohol, tobacco or transient accommodation. <p>Under existing legislation, municipalities may not impose a sales tax on non-alcoholic beverages. Carbonated and/or sweetened beverages are subject to 13% harmonized sales tax (HST) in Ontario.</p>
<p>Policy details</p>	<p>This indicator will not be evaluated as a result of the provincial legislation (Municipal Act, 2001) described above.</p>
<p>Comments/ notes</p>	

<p>PRICES2 Existing food subsidies and food-related income supports favour healthy foods</p>	
<p>Local Food-EPI good practice statement The government ensures that subsidies and food-related income support programs are for healthy foods</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes agricultural input subsidies, such as free or subsidized costs for water, fertilizer, seeds, electricity or transport (e.g., freight) where those subsidies specifically target healthy foods • Includes programs that ensure that farmers receive a certain price for their produce to encourage increased food production or business viability • Includes grants or funding support for food producers (i.e. farmers, food manufacturers) to encourage innovation via research and development where that funding scheme specifically targets healthy food • Includes funding support for wholesale market systems that support the supply of healthy foods • Includes population level food subsidies at the consumer end (e.g. subsidizing staples such as rice or bread) • Includes programs such as ‘food stamps’ or other schemes where individuals can utilize government-administered subsidies, vouchers, tokens or discounts in retail settings for specific food purchasing • Excludes general programs that seek to address food insecurity such as government support for, or partnerships with, organizations that provide free or subsidized meals (including school breakfast programs) or food parcels or redistribute second grade produce for this purpose • Excludes incentives for the establishment of, or ongoing support for retail outlets (including greengrocers, farmer’s markets, food co-ops, etc. See ‘RETAIL1’) • Excludes subsidized training, courses or other forms of education for food producers • Excludes the redistribution of excess or second grade produce • Population nutrition goals related to the prevention of obesity and diet-related NCDs (e.g., reducing intake of nutrients of concern, not related to micronutrient deficiencies)
<p>Context</p>	<p>Federal context The federal Nutrition North Canada (NNC) program was established in 2011 to provide increased food access to isolated Northern communities in Canada. Registered retailers in the North, country food processors/distributors located in eligible communities, and food suppliers in the South who supply small retailers, institutions and individuals in these eligible isolated communities, can apply for a subsidy based on the weight of eligible foods shipped by air to eligible northern communities. These subsidies are to be passed on to northern consumers by appropriate reductions in the selling prices of eligible foods. There are 27 NNC-eligible communities in Ontario.</p> <p>In Canada, social assistance is administered at the provincial/territorial level, and there are no national income support programs specific to food-related support.</p> <p>Provincial context In 2014 a Food Donation Tax Credit for Farmers¹⁸ was developed by the Ministry of Agriculture, Food and Rural Affairs (OMAFRA), as part of the Local Food Act, 2013¹⁹. The program gives farmers a tax credit valued at 25% of the fair market value of agriculture products that they donate to community food programs such as food banks or student nutrition programs. Eligible products include:</p> <ul style="list-style-type: none"> • Fruits and vegetables • Eggs and dairy • Meat and fish • Grains and pulses • Herbs • Honey and maple syrup • Mushrooms • Nuts <p>or anything else that is grown, raised or harvested on a farm and that may, in Ontario, legally be sold, distributed or offered for sale at a place other than the premises of its producer as food are all eligible. (Processed products, including pickles, preserves and sausages are not eligible).</p>

Policy details	<p>The Peel Poverty Reduction Strategy (LEAD3) advocates for adequacy within income support programs, to allow recipients to afford healthy foods (e.g., Ontario Disability Support Program, Ontario Works, social assistance rates, Basic Income Guarantee).</p> <p>No policies or programs were identified regarding subsidies or income-support which favour healthy food.</p>
Comments/ notes	<p>The RoP administers food vouchers to Ontario Works clients, as per program (written communication, February 2018).</p>

Policy area: Food Provision

Local Food-EPI vision statement: The government ensures that there are healthy food service policies implemented in publicly-funded settings to ensure that food provision encourages healthy food choices, and the government actively encourages and supports private companies to implement similar policies

PROV1 Policies in public settings to promote healthy food choices	
<p>Local Food-EPI good practice statement The government ensures that there are clear, consistent policies in public sector settings for food service activities (canteens, food at events, fundraising, promotions, vending machines, water availability, public procurement standards etc.) to provide and promote healthy food choices</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Public sector settings as defined in ‘PROMO2’ • Includes private businesses that are under contract by the government to provide food • Excludes ‘public settings’ such as train stations, venues, facilities or events that are not funded or managed by the local government (see ‘RETAIL4’) • Includes policies and nutrition standards to provide and promote healthy food choices or to limit or restrict the provision or promotion of unhealthy food choices, going above and beyond policy and standards placed by State/Provincial or Federal government (i.e., school food and beverage standards) • Includes the strategic placement of foods and beverages in cabinets, fridges, on shelves or near the cashier • Includes the use of signage to highlight healthy options or endorsements (such as traffic lights or a recognized healthy symbol) • Includes modifying ingredients to make foods and drinks healthier, or changing the menu to offer healthier options
<p>Context</p>	<p>In Canada, education is largely decentralized to the provinces and territories, and there is no federal Department of Education. Therefore, setting nutrition standards in schools currently falls largely on provincial/territorial governments, and Ministries of Education and/or Ministries of Health (or equivalent) in each province are responsible for developing criteria for nutritional standards in schools.</p> <p>National Context In 2013, the Federal/Provincial/Territorial Nutrition Working Group on Improving the Consistency of School Food and Beverage Criteria created a technical document, the Provincial and Territorial Guidance Document for the Development of Nutrient Criteria for Foods and Beverages in Schools 2013, to guide and support provinces as they create and revise policies or guidelines²⁰.</p> <p>Provincial context Schools: In 2010, the government of Ontario created Policy Program Memorandum 150 (PPM 150) Ontario School Food and Beverage Policy^{21, 22}. This incorporates 3 categories: Sell Most (80%), Sell Less (20%) and Not Permitted for Sale. Criteria are based on food group servings or characteristics (i.e., fruit and vegetable is the first ingredient, or whole grains are used) as well as fat, saturated fat, sodium, sugar, fibre, calcium, protein, as well as serving size, and this varies between food groups and types. The nutrition standards apply to all foods and beverages sold in all venues, through all programs, and at all events. There are 10 days for which the school principal may designate an exemption to the policy.</p> <p>Since 2008, the Government of Ontario has enacted the Healthy Food for Healthy Schools Act²³ amended the Education Act to introduce a Trans Fat Regulation which bans the sale of food that contain levels of trans fat greater than the nutrition standards (5% of total fat content for all foods</p>

beverages or ingredients other than vegetable oils or soft, spreadable margarine, and 2% of total fat content for vegetable oil or soft, spreadable margarine.²⁴

School Feeding Programs:

The Government of Ontario supports voluntary **Student Nutrition Programs**^{25, 26} that are delivered locally and supported by 14 lead agencies through the Ministry of Child and Youth Services. The Ontario Student Nutrition Program reached nearly 850,000 school-aged children and youth during the 2014/2015 year. This includes programs that are being expanded or enhanced in over 120 program sites in 63 First Nation communities.

In 2016, [the Ministry of Children and Youth Services contracted the Ontario Public Health Association, with expertise from the Nutrition Resource Centre and in collaboration with the Ontario Dietitians in Public Health](#), to update the **Student Nutrition Program Guidelines 2016** for school food programs²⁷. The guidelines are grounded in the guiding principle that programs strive to provide the most healthful foods possible to children and youth participating in the program by meeting evidence-based recommendations, including:

- Serve vegetables and/or fruit with every meal and/or snack
- A meal contains one serving from 3 out of the four good groups and must include at least one serving of vegetables and fruit and one serving of milk and alternatives
- Snacks must contain one serving of 2 out of 4 food groups

An overview of the definitions of foods to serve and not to serve and tables of foods to serve and not to serve for each food group are provided. The Ministry of Children and Youth Services strongly encourages the programs to use the nutrition guidelines, but there is no mandate that the programs must follow the guidelines (e.g., program funds are not dependent on compliance).

Fresh from the Farm

Fresh from the Farm is a partnership between the Dietitians of Canada, the Ontario Fruit and Vegetable Growers' Association, Ministry of Education (EDU), and OMAFRA. Fresh from the Farm provides schools the opportunity to raise funds by selling Ontario fruit and vegetables to the community, while supporting Ontario's economy. Since 2013, 665 schools have participated in Fresh from the Farm selling almost \$1.7million of local produce to Ontario families representing over 1.6 million pounds (lbs) Ontario apples, carrots, onions, potatoes, and sweet potatoes! From this total, over \$868,000 has been returned to Ontario growers, and over \$626,000 has been retained by Ontario schools. Fresh from the Farm has sold 38,863 bundles of apples, and 97,224 bundles of root vegetables. Based on Canada Food Guide Servings, this translates into almost 9 million individual servings of Ontario fruit and vegetables to Ontario families²⁸. Note that these foods are sold as part of a fundraiser and foods are purchased by families but not consumed at school.

Ontario After-School program

The **Ontario After-School program** is supported by the Ministry of Tourism, Culture and Sport (MTCS). Organizations funded to deliver the Ontario After School Program must dedicate 20% of programming time to healthy food choices and nutrition education (including the provision of a healthy snack). The **Ontario After School Program Guidelines**, which all funded organizations receive, provide direction on the delivery of the healthy snack component of the program, including the following language:

"All food should meet Canada's Food Guide to Healthy Eating or Eating Well with Canada's Food Guide – First Nations, Inuit and Métis."

The program is an inter-ministerial collaboration with the Ministries of Tourism, Culture and Sport; Education; Child and Youth Services; OMAFRA; Aboriginal Affairs and Citizenship and Immigration, and collaborates with a number of non-profit organizations throughout the province^{29, 30}.

Early Childhood Education:

According to the **Child Care and Early Years Act 2014**: All meals, snacks and beverages must meet the recommendations set out in the Health Canada documents "Canada's Food Guide", "Canada's Food Guide – First Nations, Inuit and Métis" or "Nutrition for Healthy Term Infants", amended from time to time, as the case may be¹⁰. The updated regulations for CCEYA 2014 are being rolled out in phases and include revision of regulations around nutrition and food safety in childcare settings.) EDU has collaborated with ODPH to develop healthy eating [guidelines \(Menu Planning and Supportive Nutrition Environments in Child Care Settings – Practical Guide\)](#) for childcare providers

	<p>which would support the providers in planning healthy food and beverage menu options for children in childcare settings.</p> <p>As members of the ODPH Child Care Working Group, RoP Public Health participated in the development of the healthy eating guidelines and is actively involved in the dissemination and evaluation of the document.</p> <p>Procurement standards: According to Bill 36 – <i>Local Food Act, 2013</i>¹⁹, the Minister must set goals and targets in the following areas:</p> <ol style="list-style-type: none"> 1. Improving food literacy in respect of local food 2. Encouraging increased use of local food by public sector organizations 3. Increasing access to local food <p>This Bill does not include any provisions with respect to the healthfulness of foods included in this bill, but rather the geographical location of production.</p> <p>The Government of Ontario considers environmental factors in all contracts worth more than \$10,000; however, there is no provision for health. The Government of Ontario has introduced a Local Food Procurement Policy that requires ministries and agencies to consider purchasing local food for purchases over \$25,000. This does not include any provisions for the healthiness of food items.</p> <p>Recreation Centers: The Government of Ontario does not have any nutrition standards or programs for recreation centres.</p> <p>Other: Greenbelt fund The Greenbelt fund has supported initiatives around procurement – through the Ontario Ministry of Agriculture and Food Broader Public Sector Grant Stream. The Broader Public Sector Grant Stream focuses on increasing the amount of Ontario food purchased by public institutions. Its goals are:</p> <ol style="list-style-type: none"> 1. To increase the amount of Ontario food products purchased by Ontario’s broader public sector, specifically municipal, colleges, university, school boards, and hospital foodservices. 2. To enhance the capacity of the agri-food sector (farms, processors, distributors, and others) to access the broader public sector foodservice industry to highlight the availability and increase the purchases of local products. <p>From 2010-2015, the government invested \$8.6 million through the Greenbelt Fund to support 111 projects across Ontario. These investments are linking more farmers to new markets and putting more Ontario food in daycares, schools, universities, colleges and restaurants. These efforts have resulted in over \$110 million of additional local food purchases - or a 13-to-one return for every dollar invested. Building on this success, the province allocated another \$6 million over three years (2015-2018) to the Greenbelt Fund to continue to deliver programming, including the new Local Food Investment Fund. To date, more than \$3 million has been allocated to 56 projects to further local food literacy, access to local food, and local food purchases by broader public sector organizations. For a list of all grants made, visit: http://www.greenbeltfund.ca/grants.</p>
<p>Policy details</p>	<p>Public Settings: The RoP <i>Nutrition Standards</i>³¹ were adapted from the Creating a Healthy Workplace Nutrition Environment Toolkit (PROV3) and outline the minimum nutrition criteria for food and beverages sold in setting other than schools. They are being piloted in two public sites:</p> <ol style="list-style-type: none"> a) In the two main office buildings for the RoP. Food service vendor on site must fully comply with standards for cafeteria, vending machines and catering. This was part of the Request for Proposal and is now bound in the contractual agreement. The contract also stipulates that the vendor must comply with the Healthy Food Served and Sold approach (i.e., fresh, flavourful and healthy) and menu labelling criteria for calories and sodium. This is not stated as a corporate policy as of yet. Vendor has made modifications to food to meet the standards.

	<p>b) RoP - Public Health is working with the City of Mississauga (recreation and workplace) towards providing and promoting healthier food and beverages, while decreasing unhealthy options in their main office cafeteria and with some of the recreation meal programs (program plan is a RoP internal document, reference not available). A baseline assessment has been completed with some of the recreation vending and concession stands. They are also currently investigating the development and use of a healthy symbol to indicate healthier options. Overall, the City of Mississauga has made modifications to select foods to meet the standards. Compliance to the standards is a staged approach, eventually getting closer to full compliance. Currently there is no uptake to expand the work into policy.</p> <p>School Feeding Programs: The RoP - Public Health partners with the YMCA-GTA, who manages Peel Student Nutrition Program. The Ministry of Children and Youth Services provides up to 15% of program costs annually, which flows through the YMCA-GTA (written communication, February 2018).</p> <p>Over 215 programs are running in schools in the RoP³².</p>
Comments/ notes	<p>The RoP's Healthy Fundraising Guidelines are being piloted internally with United Way fundraising. The Guidelines are based on the Nutrition Standards (written communication, February 2018).</p> <p>The RoP's Healthy Catering Guidelines are in development. Once developed, these Guidelines will be applied to meetings and events paid for with Regional funds. Guidelines are based on the Nutrition Standards (written communication, February 2018).</p> <p>The intent is for these guidelines to be included in an overall Workplace Food Policy. There are existing internal policies which this may be integrated within, including the Healthy Workplace Policy and/or the Fiscal Responsibility for Food Procurement Policy (written communication, February 2018).</p> <p>Note the development of the guidelines mentioned above are outlined in the RoP – Public Health's Healthy Eating at Work (Your Healthy Workplace) Internal Strategy (RoP internal draft document, reference not available).</p>

PROV2 Support and training systems (public sector settings)	
<p>Local Food-EPI good practice statement</p> <p>The government ensures that there are good support and training systems to help schools and other public sector organizations and their caterers meet the healthy food service policies and guidelines</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes support for early childhood education services • Public sector organizations include settings defined in ‘PROMO2’ • Support and training systems include guidelines, toolkits, templates (e.g. policy/guidelines or contracts), recipes and menu planning tools, expert advice, menu and product assessments, online training modules, cook/caterer/other food service staff information and training workshops or courses
<p>Context</p>	<p>Provincial context</p> <p>Schools:</p> <p>The Government of Ontario provides a number of tools to support implementation of PPM 150 on its website, including a Quick Reference Guide³³ (2010) for nutritional criteria for each of the food categories, and a number of resource guides for elementary and secondary school teachers:</p> <ul style="list-style-type: none"> • Ontario School Food and Beverage Resource Guide³⁴ (2010) was created with the intentions of being used as a portable resource for purchasing food and beverages to offer for sale in schools. Resource has foods fit into one of three criteria: sell most, sell less, not permitted for sale and is based on their nutrient, salt, and fat composition. • Teacher Resource Guides have been developed for elementary and secondary school teachers to support implementation³⁵. • Serve It Up! Recipes that Meet the School Food and Beverage Policy Nutrition Standards for Ontario Schools (2013) incorporates Canada’s Food Guide, Trans Fat Standards Regulation and School Food and Beverage Policy to provide recipes commonly used in school settings [PDF only]³⁶. • On-line modules for School board staff, principals and vice-principals, and individuals who sell food, as well as a specific module for elementary school teachers and a quiz module for secondary school teachers³⁷. • The Ministry has created several interactive online tools, including the Online Nutrition Standards tool³⁸, and the Online Creating a Healthy Menu³⁹ tool to help with menu planning and establishing whether or not food items meet the nutritional criteria. <p>The Nutrition Resource Centre at Ontario Public Health Association, supports knowledge transfer and exchange around provincial legislation, including the development of a public/consumer resource regarding <i>Ontario’s PPM 150 School Food and Beverage Policy</i> entitled, At-A-Glance Guide to Ontario’s School Food and Beverage Policy⁴⁰, which is a resource for schools to implement the nutrition standards policy.</p> <p>Both EatRight Ontario and the NRC receive funding from the government but are considered non-governmental. <i>Note that both organizations no longer receive funding from MOHLTC as of January 2018.</i></p> <p>Early Childhood Education:</p> <p>In addition to ensuring healthy food choices are available, the Government of Ontario also supports early-years programs in creating positive eating environments to foster children’s overall well-being. How Does Learning Happen? Ontario’s Pedagogy for the Early Years, 2014⁴¹ (HDLH) is the provincial framework to guide programming and pedagogy in licensed child care and child and family programs.</p> <p>A child’s well-being is one of the four foundational pillars for HDLH, intended to provide every child the opportunity to develop a sense of self, health and well-being. Outlined in HDLH are a variety of ways in which early-years programs can have a positive influence on child health and well-being, such as by:</p> <ul style="list-style-type: none"> • Providing nutritious foods that incorporate family and cultural preferences; • Creating positive eating environments with foods and portion sizes that are responsive to children’s cues of hunger and fullness;

- Increasing children’s physical activity and decreasing the amount of time spent in sedentary activities;
- Respecting and finding ways to support each child’s varied physiological and biological rhythms and needs for active play, rest, and quiet time.

Communities:

The Government of Ontario endorsed the **Healthy Kids Community Challenge (HKCC)**, which includes 45 communities across Ontario to receive resources from the province to encourage healthy eating, physical activity and healthy behaviours for children⁴². The HKCC is part of the Healthy Kids Strategy. The second theme of the HKCC was ‘Water does Wonders’ to encourage water consumption in place of sugary beverages.

SUPPORT ORGANIZATIONS

The **Nutrition Resource Centre (NRC)** is funded by the Ministry of Health and Long-Term Care, and has operated under the Ontario Public Health Association (OPHA) since 1999. They are one of 14 health promotion resource centres operating in Ontario. The NRC provides support in Ontario for training and systems in the public sector around healthy eating and nutrition promotion.

NRC’s mission is “to strengthen the capacity of health promotion professionals and community partners involved in healthy eating and nutrition across the health continuum. Through networking and collaboration, the NRC is fostering knowledge transfer and exchange (KTE) and building a centre of excellence in evidence-based resources and tools that will support program and policy development throughout Ontario.”

NRC provide capacity building, training and supports to health promotion and public health to support policy both at the local level and provincial policy in Ontario (e.g., menu labelling, PPM 150 etc.) NRC also supports policy development, implementation and evaluation in collaboration with a number of partners across Ontario. For example, through OPHA, and in partnership with DC and OSNPPH, NRC has provided technical advice/consultation to Ontario Ministry of Health and Long Term Care (MOHLTC) regarding the menu labelling (Bill 45) regulations and also supported the MOHLTC to coordinate a training webinar with public health sector staff to support implementation of the legislation. NRC has also hosted a series to support capacity building among health intermediaries to make changes in the food environment, including webinars, workshops and a provincial forum on the food environment.

Additionally, NRC is one of four resource centres that comprise a collaborative called the “Healthy Kids Resource Centre” (HKRC). The HKRC is tasked, by the MOHLTC, specifically to support and build capacity among the local project managers (and their team) in the 45 HKCC communities to plan, implement and evaluate their theme-based activities/interventions throughout the HKCC.

Note that NRC no longer receives funding from MOHLTC as of January 2018.

Policy details

Schools:

In 2008, then Medical Officer of Health (MOH) for RoP - Public Health, Dr. David Mowat, announced that RoP - Public Health nurses and dietitians will assist schools in the Peel District School Board and Dufferin-Peel Catholic District School Board to comply with the Ontario’s **School Food and Beverage Policy (PPM 150)**, make recommendations for future food service and vending machine contracts, and develop and implement health promotional campaign on the topic of healthy eating⁴³. RoP – Public Health currently supports schools with other healthy eating initiatives, through EDU’s **Foundations for Healthy Schools** approach (COMM1).

RoP - Public Health’s support included training with food service providers, school nurses, teachers, student ambassadors and administrators. Dietitians and school nurses provided significant support and expert advice to the schools. Also included funding school board representatives (one per board) to build their capacity for policy sustainability.

If individual schools are working towards additional policies over and beyond PPM 150, (e.g., hydration policy, fundraising policy), RoP – Public Health provides supportive resources and expert advice (written communication, February 2018).

	<p>takeonestep – wellness at work is a wellness website offered by the Peel District School Board which provides online advice and recommendations to members of the school board on topics such as physical activity and healthy eating. Under Healthy diet 101, the online resource breaks down the 4 main food groups, according to Canada’s Food Guide, and makes recommendations on variety of food and frequency of consumption⁴⁴.</p> <p>Peel District School Board also offers online resources to student leaders in Student Activity Councils to help spread the word around healthy eating, according to Ontario’s School Food and Beverage Policy. There are recommendations such as, asking to be included in planning meetings with school administration and cafeteria staff, making announcements, setting up booths with sample healthy foods, creating a bulletin board about the policy with healthy tips... etc⁴⁵.</p> <p>Early Childhood Education: Child Development Resource Connection Peel (CDRCP) is the regional hub where child care staff are provided access to professional learning opportunities. This resource agency organizes training for child care agencies to achieve mandated Ministry upgrading, college competencies, and local continuous quality imitative benchmarks in addition to improving general professional development. RoP – Public Health provides training through CDRCP.</p> <p>CDRCP and RoP - Public Health have worked in collaboration to revamp the Keep on Track⁴⁶ manual. The 2017 Keep on Track manual is an online resource to support child care and early years’ administrators in accessing up-to-date and relevant health related information including feeding healthy babies, toddlers and pre-schoolers. The latest manual can be accessed through www.cdrcp.com and the content will be updated by RoP - Public Health.</p> <p>Communities: RoP is not currently enrolled in the HKCC program.</p> <p>RoP – Public Health provides training, expert advice and support to schools implementing the Ministry of Children and Youth Services’ Student Nutrition Program (PROV1), related to nutrition and food safety in partnership with YMCA-GTA.</p> <p>RoP – Public Health also supports the City of Mississauga by providing recipes, menu and product assessments, templates, expert advice from a registered dietitian and recommendations (written communication, February 2018).</p> <p>Some of the above-mentioned supports were provided in the past to the City of Brampton (written communication, February 2018).</p>
<p>Comments/ notes</p>	<p>Training for City of Mississauga staff (e.g., cooks, caterers and other food service staff) on guidelines, assessments and recipe and menu planning tools may be beneficial for ongoing sustainability.</p> <p>Once the RoP Nutrition Standards pilot is complete, RoP - Public Health will explore developing a toolkit of supports, policy ideas and the nutrition standards, which could be used by other public sector institutions (e.g., hospitals, post-secondary), not-for-profit sector, private sector, community groups and workplaces. Policy supports could include healthy fundraising and catering guidelines. Objectives of the toolkit would include: increasing access to healthier food and beverages, (through policy, guidelines and environmental supports) and promoting (through education and skill-building) healthy eating. This also applies to PROV3 (written communication, February 2018).</p>

PROV3 Support and training systems (private companies)	
<p>Local Food-EPI good practice statement Government actively encourages and supports private companies to provide and promote healthy foods and meals in their workplaces</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • For the purpose of this indicator, ‘private companies’ includes for-profit companies and extends to non-government organizations (NGOs) including not-for-profit/charitable organizations, community-controlled organizations, etc. • Includes healthy catering policies, fundraising, events • Includes support and training systems including guidelines, toolkits, templates (e.g. policy/guidelines or contracts), recipes and menu planning tools, expert advice, menu and product assessments, online training modules, cook/caterer/other food service staff information and training workshops or courses (where relevant to the provision of food in a workplace) • Excludes the provision or promotion of food to people not employed by that organization (e.g. visitors or customers) • Excludes support for organizations to provide staff education on healthy foods
<p>Context</p>	<p>Provincial context Non-governmental and not-for-profit organization, Ontario Dietitians in Public Health (ODPH), formerly Ontario Society of Nutrition Professionals in Public Health, has developed a Workplace Nutrition Advisory Workgroup and a Creating a Healthy Workplace Nutrition Environment Toolkit to provide resources for workplaces to develop and implement strategies to support healthy eating at work. This group is not funded by or affiliated with the Ontario government.</p>
<p>Policy details</p>	<p>Solutions for a healthier workplace, under Workplace Health, is an online resources offered by RoP – Public Health, with tools for healthy eating at work. There are guidelines to choose healthy food at meetings and events, including suggestions for caterers and sample menus, healthy vending machine choices, and sample policies and procedures that promote healthy eating⁴⁷. RoP - Public Health Dietitians are available to support workplaces that want to increase access and promote of healthier foods and beverages,</p> <p><i>Note this online resource will be overhauled in the near future and its focus will change. Tools developed for RoP – Public Health pilots (as mentioned earlier in PROV1) will be available on the website (written communication, February 2018).</i></p>
<p>Comments/ notes</p>	<p>RoP – Public Health is currently working with places of worship to modify their food and beverage options in the places where they offer/ sell food and beverages. The goal is for this to lead to policy and organizational commitment through a pledge/ charter (written communication, February 2018).</p>

Policy area: Food Retail

Local Food-EPI vision statement: The government has the power to implement policies and programs to support the availability of healthy foods and limit the availability of unhealthy foods in communities (outlet density and locations) and in-store (product placement)

RETAIL1 Robust government policies and zoning laws (unhealthy foods)	
Local Food-EPI good practice statement The local government has placed limits on the density or placement of quick serve restaurants or other outlets selling mainly unhealthy foods in communities by making community health and wellbeing an enforceable objective of the planning system	
Definitions and scope	<ul style="list-style-type: none"> • Includes the policies, priorities and objectives to be implemented at the local government level through their planning schemes, under the consideration of the State/Province • Includes the consideration of public health in local government subordinate planning instruments and policies • Includes a local government guideline that sets the policy objective of considering public health when reviewing and approving fast food planning applications
Context	<p>National context In Canada, planning and zoning laws are typically administered at the provincial or local level. Although this varies between provinces, provincial or territorial governments typically set overarching zoning legislation, and local governments are responsible for creating, implementing and enforcing municipal policies that are in line with the provincial mandates.</p> <p>Provincial context Local governments in the province of Ontario have to follow general policies consistent with the Provincial Policy Statement issued under the <i>Planning Act</i>⁴⁸. The <i>Provincial Policy Statement</i> under Section 3 of the Planning Act several statements relating to public health, i.e., section 1.1.1c discusses ‘avoiding development and land use patterns which may cause environmental or public health safety concerns’ and section 4.4 states that “In implementing the Provincial Policy Statement, the Minister of Municipal Affairs and Housing may take into account other considerations when making decisions to support strong communities, a clean and healthy environment and the economic vitality of the Province”; however, the statement does not contain any special provisions for zoning relating to food or nutrition ⁴⁹.</p> <p>The Ministry of Municipal Affairs and the Housing (MAH) began a co-ordinated land use planning review of the following plans in February 2015: Growth Plan for the Greater Golden Horseshoe (GGH), 2006, Greenbelt Plan, 2005, Oak Ridges Moraine Conservation Plan, 2002 and the Niagara Escarpment Plan, 2005. The final plans came into effect on July 1, 2017. Public Health Registered Dietitians and Nutritionists from Niagara, Halton, Hamilton, Peterborough and submitted recommendations to the Ministry of Municipal Affairs and Housing through ODPH. The final plans include increased reference to healthy, local food and preservation of agriculture. They also include, to a lesser extent, reference to urban agriculture and food systems planning. While Complete Communities include “access to healthy food” in some parts of the document, this is not consistent throughout. Recommendations put forth by the ODPH that were not reflected in the final plans include comments related to health assessments, health indicators, multi-modal access to food, consideration to food deserts and swamps and adding certain definitions.</p> <p>Regional context</p>

	<p>In 2013, <i>Diabetes Atlas for the Region of Peel</i> was released through collaboration between RoP – Public Health and researchers from various local universities and hospitals, including University of Toronto, York University, McMaster University, and St. Michael’s Hospital, to understand the impact of diabetes in the region. Chapter 7 of the report, titled <i>The Local Retail Food Environment and Diabetes</i>, concluded that while there was fair access to supermarkets and grocery stores in the RoP, the authors recommended changes to zoning regulations around schools to limit access to less healthy food⁵⁰. The atlas also identified a proportion of less healthy food outlets to healthier food outlets in a proportion of at least 5:1 across the entire Region (e.g., for every healthier food retail outlet there are 5 less healthy outlets).</p> <p>The RoP – Public Health completed background work (<i>Retail Food Availability in School Zones</i>) which included an evidence review and policy scan. Retail Food Availability and School Health was also mapped in 2015: http://www.peelregion.ca/planning-maps/RetailFoodSchoolHealth/</p> <p>The RoP – Public Health recently developed a Food Environment Built Environment (FEBE) Strategy (RoP internal draft document, reference not available), which identified that communities across the Region are overburdened with unhealthy foods that are highly accessible and available. Specific objectives of the strategy include:</p> <ul style="list-style-type: none"> • Attract healthy food options while discouraging unhealthy outlets in new development across Peel Region • Limit the expansion of unhealthy outlets in existing environments while increasing opportunities to access healthy food options. <p>A key action in the FEBE strategy is to assess geographical indicators of the community food environment (density, proximity and relative density) of various types of food retail using updated GIS mapping techniques similar to those in the UK Food Environment Assessment Tool Map.</p>
Policy details	<p>There are no regional or municipal zoning policies that limit unhealthy food retail. However, as a starting point, RoP - Public Health does comment on municipal development applications from a walkability perspective using a Healthy Development Assessment tool. This includes comments related to service proximity such as grocery stores and community gardens.</p>
Comments/ notes	

RETAIL2 Robust government policies and zoning laws (healthy foods)	
<p>Local Food-EPI good practice statement Zoning laws and related policies provide robust mechanisms are being used, where needed, by local governments to encourage the availability of outlets selling fresh fruit and vegetables, with a special focus on low-income neighbourhoods</p>	
Definitions and scope	<ul style="list-style-type: none"> • Outlets include supermarkets, produce markets, farmers’ markets, greengrocers, food co-operatives • Includes fixed or mobile outlets • Includes community gardens, edible urban or backyard gardens • Includes municipal policies to streamline and standardise planning approval processes or reduce regulatory burdens for these outlets • Includes the provision of financial grants or subsidies to outlets and organizations • Excludes the provision of financial grants or subsidies to outlets and organizations, where the financial support was offered by the State/Provincial government or Federal government • Excludes general guidelines on how to establish and promote certain outlets
Context	<p>National context In Canada, planning or zoning laws are typically administered at the provincial or local level. Although this varies between provinces, provincial or territorial governments typically set overarching zoning legislation, and local governments are responsible for creating, implementing and enforcing municipal policies that are in line with the provincial mandates.</p> <p>Provincial context Local governments in the province of Ontario have to follow general policies consistent with the Provincial Policy Statement issued under the <i>Planning Act</i>⁴⁸. The <i>Provincial Policy Statement</i> under Section 3 of the Planning Act contains several statements relating to public health. As examples, section 1.1.1c discusses ‘avoiding development and land use patterns which may cause environmental or public health safety concerns’ and section 4.4 states that “In implementing the Provincial Policy Statement, the Minister of Municipal Affairs and Housing may take into account other considerations when making decisions to support strong communities, a clean and healthy environment and the economic vitality of the Province”; however, the statement does not contain any special provisions for zoning relating to food or nutrition ⁴⁹.</p> <p>The MAH began a co-ordinated land use planning review of the following plans in February 2015: Growth Plan for the GGH, 2006, Greenbelt Plan, 2005, Oak Ridges Moraine Conservation Plan, 2002 and the Niagara Escarpment Plan, 2005. The final plans came into effect on July 1, 2017. Public Health Registered Dietitians and Nutritionists from Niagara, Halton, Hamilton, Peterborough and submitted recommendations to the Ministry of Municipal Affairs and Housing through ODPH. The final plans include increased reference to healthy, local food and preservation of agriculture. They also include, to a lesser extent, reference to urban agriculture and food systems planning. While Complete Communities include “access to healthy food” in some parts of the document, this is not consistent throughout. Recommendations put forth by the ODPH that were not reflected in the final plans include comments related to health assessments, health indicators, multi-modal access to food, consideration to food deserts and swamps and adding certain definitions.</p> <p>Regional context In 2013, <i>Diabetes Atlas for the Region of Peel</i> was released through collaboration between RoP – Public Health and researchers from various local universities and hospitals, including University of Toronto, York University, McMaster University, and St. Michael’s Hospital, to understand the impact of diabetes in the region. Chapter 7 of the report, titled <i>The Local Retail Food Environment and Diabetes</i>, concluded that while there was fair access to supermarkets and grocery stores in the RoP, the authors recommended changes to zoning regulations around schools to limit access to less healthy food⁵⁰. The atlas also identified a proportion of less healthy food outlets to healthier food outlets in a proportion of at least 5:1 across the entire Region (e.g., for every healthier food retail outlet there are 5 less healthy outlets).</p>

	<p>The RoP – Public Health completed background work (<i>Retail Food Availability in School Zones</i>) which included an evidence review and policy scan. Retail Food Availability and School Health was also mapped in 2015: http://www.peelregion.ca/planning-maps/RetailFoodSchoolHealth/</p> <p>The RoP – Public Health recently developed a Food Environment Built Environment (FEBE) Strategy (RoP internal draft document, reference not available), which identified that communities across the Region are overburdened with unhealthy foods that are highly accessible and available. Specific objectives of the strategy include:</p> <ul style="list-style-type: none"> • Attract healthy food options while discouraging unhealthy outlets in new development across Peel Region • Limit the expansion of unhealthy outlets in existing environments while increasing opportunities to access healthy food options. <p>A key action in the FEBE strategy is to assess geographical indicators of the community food environment (density, proximity and relative density) of various types of food retail using updated GIS mapping techniques similar to those in the UK Food Environment Assessment Tool Map.</p> <p>A number of Regional maps currently exist that promote access to healthy food options and programs:</p> <ul style="list-style-type: none"> • Community Food programs map (including community gardens) http://www.peelregion.ca/planning-maps/foodprograms/foodprograms.html • Neighbourhood Information Tool (includes fresh food market) [COMM1] https://www.peelregion.ca/planning-maps/nit/
Policy details	<p>The Ecosource community gardens program was established in partnership with Ecosource, the city of Mississauga, and Evergreen⁵¹. As of January 1st, 2018, there are 5 community gardens in multiple city parks. Residents can sign up to receive their own individual plot within the gardens with a small fee (subsidies are provided). There are also community plots, where the food grown can be donated to local food banks. Ecosource also runs free community education opportunities to individuals and families who would like to learn more about growing food in the community and sustainable food systems.</p>
Comments/ notes	<p>Starting a community garden is a part of RoP – Public Health’s places of worship pilot (PROV3). Sometimes it is not feasible due to existing municipal zoning bylaws that act as a barrier (written communication, March 2018).</p>

RETAIL3 In-store availability of healthy and unhealthy foods	
<p>Local Food-EPI good practice statement</p> <p>The government ensures support systems are in place to encourage food stores to promote the in-store availability of healthy foods and to limit the in-store availability of unhealthy foods</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Food stores include supermarkets, convenience stores (including ‘general stores’ or ‘milk bars’), greengrocers and other speciality food retail outlets • Support systems include guidelines, resources, expert support, or programs/ initiatives directly funded by the local government • In-store promotion includes the use of key promotional sites such as end-of-aisle displays, checkouts and island bins as well as the use of shelf signage, floor decals or other promotional methods • In-store availability includes reducing or increasing supply (volume) of a product such as reducing the amount of shelf-space dedicated to sugar-sweetened drinks and confectionary, or offering fresh produce in a convenience store
<p>Context</p>	<p>Regional context</p> <p>In 2013, <i>Diabetes Atlas for the Region of Peel</i> was released through collaboration between RoP – Public Health and researchers from various local universities and hospitals, including University of Toronto, York University, McMaster University, and St. Michael’s Hospital, to understand the impact of diabetes in the region. Chapter 9 of the report, titled <i>Key Issues and Opportunities</i>, the report endorsed the need for increased access to healthy foods and reducing exposure to less healthy foods in retail outlets within the RoP⁵².</p>
<p>Policy details</p>	<p>No programs or policies have been placed to address in-store availability of healthy and unhealthy foods by the RoP.</p>
<p>Comments/ notes</p>	

RETAIL4 Food service outlet availability of healthy and unhealthy foods	
<p>Local Food-EPI good practice statement</p> <p>The government ensures support systems are in place to encourage food service outlets to increase the promotion and availability of healthy foods and to decrease the promotion and availability of unhealthy foods</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Food service outlets include for-profit quick service restaurants, eat-in or take-away restaurants, pubs, clubs • Support systems include guidelines, resources or expert support • Includes settings such as train stations, venues, facilities or events frequented by the public • Excludes settings owned or managed by the government (see 'PROV1' and 'PROV2') • Includes the strategic placement of foods and beverages in cabinets, fridges, on shelves or near the cashier • Includes the use of signage to highlight healthy options or endorsements (such as traffic lights or a recognised healthy symbol) • Includes modifying ingredients to make foods and drinks more healthy, or changing the menu to offer more healthy options
<p>Context</p>	
<p>Policy details</p>	<p>No policies have been set to address the availability of healthy and unhealthy foods in food service outlets by the RoP.</p>
<p>Comments/ notes</p>	<p>RoP – Public Health conducts monitoring of <i>Healthy Menu Choices Act</i> via inspectors.</p> <p>RoP – Public Health currently working with one banquet hall, with the intent to work with others, to develop samples of healthy menus for their clients to select for events (written communication, February 2018).</p>

INFRASTRUCTURE SUPPORT

Policy area: Leadership

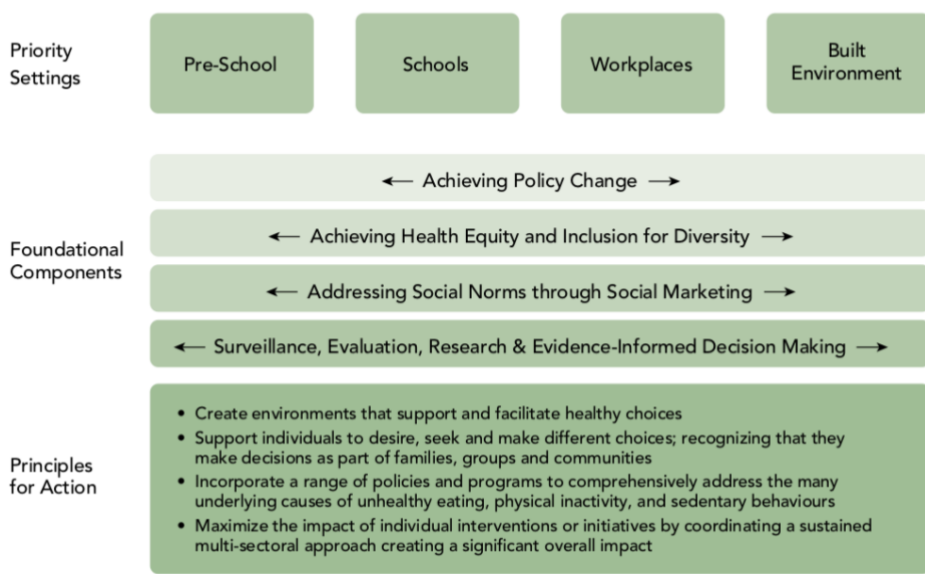
Local Food-EPI vision statement: The political leadership ensures that there is strong support for the vision, planning, communication, implementation and evaluation of policies and actions to create healthy food environments, improve population nutrition, and reduce diet-related inequalities

LEAD1 Strong, visible, political support	
Local Food-EPI good practice statement There is strong, visible, political support (at the level of the office of the Mayor or Medical Officer of Health or Chair of the Board of Health) for improving food environments, population nutrition, diet-related NCDs and their related inequalities	
Definitions and scope	<ul style="list-style-type: none"> Visible support includes statements of intent, election commitments, budget commitments, establishing priorities and targets, demonstration of support in the media, other actions that demonstrate support for new or strengthened policy (e.g., Council Reports, Council resolutions) Documents that contain evidence of strong political support include media releases, speeches, pre-election policy papers, introduction of a bill, local-level strategic plans with targets or key performance indicators
Context	<p>National context In 2010, Federal/Provincial/Territorial Ministers endorsed Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights, which included a mandate to “increasing the availability and accessibility of nutritious foods and decreasing the marketing to children of foods and beverages that are high in fat, sugar and/or sodium”⁵³.</p> <p>Federal context Prime Minister Justin Trudeau included aspects of public health nutrition and food environment policy in the Mandate Letter to the Minister of Health, published in November, 2015, which included introducing new restrictions on the commercial marketing of unhealthy food and beverages to children; bringing in tougher regulations to eliminate trans fats and to reduce salt in processed foods; and improving food labels to give more information on added sugars.</p> <p>In October, 2016, the Minister of Health Jane Philpott announced Health Canada’s Healthy Eating Strategy⁵⁴. The strategy employs various policy levers, including legislation, regulation, guidance and education in a consistent and mutually reinforcing manner to more effectively achieve public health objectives. This is part of the Government of Canada’s Vision for a Healthy Canada, which includes components of Healthy Eating, Healthy Living, and Healthy Mind.</p> <p>The Chief Public Health Officer’s Report on the State of Public Health in Canada 2017 – Designing Healthy Living raises awareness about how our built environment provides a foundation for healthy living and ultimately our health. Section 3B explores research that relates to how governments can design communities that promote healthy eating and food access.</p> <p>Provincial context</p>

	<p>In 2012, the Ontario government, led by Premier Dalton McGinty published <i>Ontario's Action Plan for Health Care</i> which included ambitious targets for obesity reduction (20% over 5 years) and advocated for a childhood obesity strategy and assembled a Healthy Kids Panel. The same government also introduced an <i>Ontario Diabetes Strategy</i>. This government changed leadership in 2013 (Kathleen Wynne) and continues to be in control of the provincial legislature. <i>The Healthy Kids Strategy for Ontario</i> was officially developed in 2014, including recommendations from the Healthy Kids Panel. The effort was led by the MOHLTC as a cross-government approach to improving the health of children. This effort is ongoing, and has received support from the Premier and the MOHLTC.</p>
<p>Policy details</p>	<p>The RoP – Public Health’s Chronic Disease and Injury Prevention Division developed a strategic framework for Supportive Environments (Project Plan 2016-2019) which includes developing and implementing healthy eating and physical activity initiatives to increase opportunities for healthy eating and active living in the community, workplaces and schools.</p> <p>The mission of the Region of Peel Strategic Plan 2015-2035 is to work together to create healthy, safe and connected communities in areas of Living, Thriving, and Learning.”</p> <p>Commitment to improving food environments is within the Living and Thriving priority areas:</p> <ul style="list-style-type: none"> • Under Thriving, a current term of council priority is to promote healthy and age friendly built environments • A 20-year indicator identified under Living priority area: have access to local nutritious food sources • Under the Thriving priority early growth and development are identified as a priority service area to meet outcomes that ensure children are supported to achieve their mental and physical potential <p>In December 2015, Dufferin-Peel Catholic District School Board, Peel District School Board, and RoP – Public Health released the <i>Peel Healthy Schools Partnership Declaration</i>⁵⁵, committing to creating healthy school environments as recommended by the Council of Medical Officers of Health in 2014. All parties agreed to delegate individuals on Peel Healthy Schools Partnership Advisory Group to plan and implement strategies to maintain health promotion and health protection to ensure the well-being and success of students. There was no specific mention to policies surrounding food or food environments in schools.</p> <p>RoP – Public Health’s 10-year strategic plan named <i>Changing Course, Creating Supportive Environments for Healthy Living in Peel</i>⁵⁶ (2012) as a strategic priority. The purpose of this report was around improving the food environment, and better accommodating spaces for physical activity and active transportation. Moreover, it examined the increased prevalence of obesity in children and adults within the RoP and outlines the strategies the RoP will adopt in order to address the issue, as described in the image below:</p>

Table 5.2
Supportive Environments for Healthy Living Strategy
 (See also Chapter Five)

A Comprehensive Framework to Address Unhealthy Eating, Physical Inactivity and Sedentary Behaviours



In 2012, the RoP held the Healthy Peel by Design Symposium in Mississauga. The ***Changing Course, Creating Supportive Environments for Healthy living in Peel*** report was presented by then MOH for the RoP, Dr. David Mowat. He stated in a press release, “[t]he most promising approach in controlling and preventing obesity is to invest in policies and programs that create supportive environments for individuals to make choices that support healthy eating and active living.”⁵⁷ The structure of the Healthy Peel by Design Symposium is detailed in their [report](#). The day-long symposium began with a round of introductions, including remarks from then Mayor of Mississauga, Hazel McCallion. She emphasized the importance of chronic disease prevention and promised the support of Council to implement changes to combat this issue⁵⁸.

In 2009, RoP - Public Health’s 2009-19 10-year strategic plan, ***Staying Ahead of the Curve***⁵⁹ (revised in 2014 to ***2014-19 setting the pace*** [LEAD2]) set ***Nurturing the Next Generation*** as a strategic priority to help all children in the RoP reach their full potential for lifelong health and well-being. Under this strategic priority, the ***Nurturing the Next Generation Foundational Report***⁶⁰ (released in 2017) identifies nutrition as one of four foundations linked to influencing health and development across the lifespan.

**Comments/
 notes**

LEAD2 Comprehensive implementation plan linked to municipal needs	
<p>Local Food-EPI good practice statement</p> <p>There is a comprehensive, transparent, up-to-date food strategy/food charter (including priority policy and program strategies) linked to local needs and priorities, to improve food environments, achieve a local and sustainable food system, reduce the intake of the nutrients of concern to meet WHO and national recommended dietary intake levels, and reduce diet-related NCDs</p>	
Definitions and scope	<ul style="list-style-type: none"> • Includes documented plans with specific actions and interventions (i.e. policies, programs, partnerships) • Plans should be current (i.e. maintain endorsement by the current government and/or are being reported against) • Plans may be at the department/branch/unit/team level and ownership may or may not be shared across government • Plans should refer to actions to improve food environments (as defined in the policy domains above) and should include both policy and program strategies • Plans can refer to actions to promote a shorter, more visible food chain, more sustainable food production and consumption, the creation of more social added value for food initiatives, reduce food waste, and/or optimize reuse of food waste as raw materials • Excludes overarching frameworks that provide general guidance and direction
Context	<p>Federal context</p> <p><u>Healthy Eating Strategy</u></p> <p>The Minister of Health announced a new Healthy Eating Strategy on October 24, 2016⁹. This includes revising Canada’s Food Guide, restricting marketing of unhealthy foods to children, increasing health claims regarding fruits and vegetables, changes to the Nutrition Facts table and implementation of Front of Package labelling, continued voluntary sodium reduction in packaged foods with government oversight and evaluation of progress, and elimination of industrially produced <i>trans</i> fat from the food supply. The Strategy also includes supporting increased access to and availability of nutritious foods through the Nutrition North Canada program, and references the expansion to 37 additional isolated northern communities effective October 2016.</p> <p><u>National Food Policy</u></p> <p>There is currently a national food policy being developed by Agriculture Canada, chaired by Greg Meredith, the assistant deputy minister at Agriculture Canada. The committee is currently focusing on 4 key areas: food security, the environment, sustainable growth in the food and agriculture section, and health.</p> <p>Provincial context</p> <p><u>Ontario Healthy Kids Strategy</u>⁶¹</p> <p>The Ontario Healthy Kids Strategy (OHKS) was launched in 2014 as a cross-government strategy to improve the well-being of children in Ontario, in response to the <i>No Time to Wait</i> report. One of the 3 pillars of the OHKS is Healthy Food. The strategy included several difference policy domains, including:</p> <ul style="list-style-type: none"> • The <i>Healthy Choices Menu Act</i> (implemented January 1, 2017) • Consultation on marketing to children legislation (no current policy) • Increased support for Ontario’s Student Nutrition Program (implemented) • The program also supports the Healthy Kids Community Challenge, which supports 45 communities in Ontario to help children eat better and be active (implemented) • Support for preconception, pregnancy and early years (e.g., breastfeeding supports, preconception health care tool, preventing childhood obesity tool for healthcare providers prenatal education project) <p><u>2015 Patients First</u></p> <p>In 2015, the Action Plan for Health Care was revised to be called <i>Patients First: Ontario’s Action Plan for Health Care</i>⁶². This plan did not specifically target obesity, but does continue to promote the Healthy Kids Strategy.</p> <p><u>Ontario’s Local Food Strategy, and the Local Food Act</u></p>

The **Local Food Act, 2013**¹⁹ legislation, the first of its kind in Canada - is designed to help build Ontario's economy, create more jobs and expand the agri-food sector - by making more local food available in markets, schools, cafeterias, grocery stores and restaurants throughout the province. Although there is no specific focus on providing healthy foods, this strategy promotes short food supply chains and promote the sale of foods typically considered healthy, such as fresh fruits and vegetables and unprocessed foods (but also includes alcoholic beverages and processed foods). The local food strategy promotes local food production and sales; however, this strategy lacks specific linkages to promote food security or improve health. It includes goals for food literacy specific to local foods as well as access to local foods (neither specified local and "healthy" foods).

Under the context of the Local Food Act, 2013, the aspirational food literacy goals are as follows:

- **Goal 1:** Increase the number of Ontarians who know what local foods are available.
- **Goal 2:** Increase the number of Ontarians who know how and where to obtain local foods.
- **Goal 3:** Increase the number of Ontarians who prepare local food meals for family and friends, and make local food more available through food service providers.

"Local food" is defined within the act as follows:

- a. food produced or harvested in Ontario, including forest or freshwater food, and
- b. subject to any limitations in the regulations, food and beverages made in Ontario if they include ingredients produced or harvested in Ontario;

Local Food access goals:

In February, 2016, the Lieutenant Governor proclaimed paragraph 3 of s. 4(1) of the Local Food Act, 2013 making "increasing access to local food" the next area of focus under the act. Consultations were held with agri-food stakeholders and the public throughout the spring 2016 to help draft goals focusing on increasing access to local food.

Increasing Access to Local Food Goals

As required by the **Local Food Act, 2013**, the minister has established three aspirational goals to help increase access to local food:

- **Goal 1:** Increase opportunities for all Ontarians to choose local food.
- **Goal 2:** Increase the variety of local food offerings to celebrate the diversity of Ontario and its foods.
- **Goal 3:** Increase collaborations and strengthen partnerships among producers, communities, and the public and private sectors to enhance local food availability.

The minister will report on the three local food access goals in the annual Local Food Report in collaboration with stakeholders, the initial focus will be on establishing baselines for measuring progress related to the goals.

The Ontario Public Health Standards

The **Ontario Public Health Standards** (OPHS) are published as the guidelines for the provision of mandatory health programs and services by the MOHLTC, pursuant to Section 7 of the **Health Protection and Promotion Act, R.S.O. 1990, c. H.7**. According to the document:

The Ontario Public Health Standards establish requirements for fundamental public health programs and services, which include assessment and surveillance, health promotion and policy development, disease and injury prevention, and health protection. The Ontario Public Health Standards outline the expectations for boards of health, which are responsible for providing public health programs and services that contribute to the physical, mental, and emotional health and well-being of all Ontarians. Boards of health are responsible for the assessment, planning, delivery, management, and evaluation of a variety of public health programs and services that address multiple health needs, as well as the contexts in which these needs occur⁶³.

The OPHS include a goal to **reduce the burden of preventable chronic diseases of public health importance**, including obesity, cardiovascular diseases, cancer, respiratory diseases, diabetes,

	<p>intermediate health states (such as metabolic syndrome and prediabetes). Risk factors for chronic diseases include, but are not limited to, poor diet, obesity, tobacco use, physical inactivity, alcohol misuse, and exposure to ultraviolet radiation.</p> <p>As part of the Chronic Diseases and Injuries Program Standards for Chronic Disease prevention, <u>Board of Health Outcomes</u> that are expected that relate to healthy eating include:</p> <ul style="list-style-type: none"> • Food premises are in compliance with the Healthy Menu Choices Act, 2015 Requirements of the Board of health include: <ul style="list-style-type: none"> • conduct epidemiological analysis of surveillance data, including monitoring of trends over time, emerging trends, and priority populations, in accordance with the Population Health Assessment and Surveillance Protocol, 2018 (or as current), in the areas of healthy eating behaviours, built environment, etc. • The board of health shall work with school boards and/or staff of elementary, secondary, and post-secondary educational settings, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments to address... healthy eating behaviours and food safety <p>Most recently, the modernized OPHS, Accountability Framework and Organizational Requirements came into effect January 1st, 2018 after a 2-year long development and consultation process with various stakeholders and expert committees.</p> <p>Regional context</p> <p>The Golden Horseshoe Food and Farming Alliance (GHFFA) is a partnership between the Toronto Region Conservation Authority, the Friends of the Greenbelt, the Ontario Ministry of Agriculture, Food and Rural Affairs, and the regional municipalities and Federations of Agriculture in Niagara, Peel, Halton, York, and Durham, and the cities of Hamilton and Toronto. In 2012, the GHFFA released the Golden Horseshoe Food & Farming: An Action Plan 2021, which identifies pathways for a more integrated and coordinated approach to food and farming viability in the area to ensure that the Golden Horseshoe retains, enhances and expands its role as a leading food and farming cluster.</p>
Policy details	<p>The Peel Region Food Charter⁶⁴, an extension of the Peel Poverty Reduction Strategy (LEAD3) and developed by the community, consists of 6 goals to achieve their vision of creating, “[a] just, sustainable and secure food system for now and the future” –</p> <ol style="list-style-type: none"> 1. Agriculture and Economy: <ul style="list-style-type: none"> - cultivate a thriving local food economy that support Peel’s agriculture and food businesses - foster strong relationships among local food producers, distributors, retailers, and consumers 2. Community Engagement and Decision-Making: <ul style="list-style-type: none"> - ensure the community, including a range of partners, drive policies and decision-making that affects food - promote culturally vibrant communities, diverse food traditions and collaborations 3. Education and Awareness: <ul style="list-style-type: none"> - increase awareness and knowledge of food security issues across sectors and the public - ensure information about food is accurate, accessible, and easy to understand 4. Environment and Sustainability: <ul style="list-style-type: none"> - foster relationships and seek opportunities to optimize the use of resources to increase efficiencies in the food system - achieve economic and environmental viability through responsible management, including management of nutrients, soil, and water 5. Equity and Social Justice: <ul style="list-style-type: none"> - advocate for policies that reflect people’s diverse food needs, choices and preferences - ensure access to healthy food and food services for everyone regardless of differences, including income, life situation and location 6. Health and Well-Being: <ul style="list-style-type: none"> - create an environment in which all Peel residents can meet their nutritional needs and enjoy the best possible health - enhance physical spaces and promote social norms where people live, work, and play to improve health

	<p>The revised version of RoP – Public Health 10-year strategic plan 2009-19, 2014-19 – setting the pace⁶⁵, includes the goal of creating supportive environments for healthy living in the RoP. The regional council worked with the Centre for Active Design, a non-profit organization, which aims to create healthier communities, to assist in this goal. Since the first version of the strategic plan was published in 2009, RoP – Public Health hosted the Healthy Peel by Design Symposium to learn about effective policy implementation on healthier urban design (LEAD1), incorporated active design in all regional and municipal buildings, created a plan to add health criteria in regional development applications, and encouraged and supported stakeholders’ initiative for healthier planning, including in food policies. Listed under next steps, the public health unit promised to implement new and revised nutrition guidelines to Peel cafeterias by 2014 (PROV1).</p> <p>The RoP - Public Health’s Chronic Disease and Injury Prevention Division has a strategic plan for 2016-2019 (RoP internal draft document, reference not available). The food environment is included in two program priority areas: Building Healthy Communities and Supportive Environments. There are two smaller scale strategic frameworks:</p> <ol style="list-style-type: none"> 1. FEBE focuses on the community food environment. The goal is that Peel communities have access to fresh and healthy foods compared to processed and unhealthy foods (RoP internal draft document, reference not available). 2. The second framework, Nutrition Strategic Framework, focuses on the consumer nutrition environment with the actions and interventions focus on the following food policy areas: Food Labelling, Food Promotion, Food Composition, Food Pricing, Dietary Guidance and Household Food Insecurity. As this framework has recently been developed, related work is in its initial stages (RoP internal draft document, reference not available).
<p>Comments/ notes</p>	<p>The RoP - Public Health is a member of the Ontario Food Collaborative (OFC), a diverse collection of food system stakeholders focused on post-consumer food waste reduction and healthy eating attitudes and behaviour. The 2016-2018 Strategic Plan outlines the OFC vision (“All Ontarians eat well and no food is wasted”) [written communication, February 2018].</p>

LEAD3 Priorities for reducing inequalities

Local Food-EPI good practice statement

Government priorities have been established to reduce inequalities or protect vulnerable populations in relation to diet, nutrition, obesity and NCDs

Definitions and scope	<ul style="list-style-type: none"> • Frameworks, strategies or implementation plans specify aims, objectives or targets to reduce inequalities including taking a preventive approach that addresses the social and environmental determinants of health • Frameworks, strategies or implementation plans identify vulnerable populations or priority groups • Implementation plans specify policies or programs that aim to reduce inequalities for specific population groups • Excludes priorities to reduce inequalities in secondary or tertiary prevention
Context	<p>Provincial context</p> <p>Ontario’s first Poverty Reduction Strategy was released in 2008. Ontario has recently renewed the Poverty Reduction Strategy 2014-2019⁶⁶. The strategy specifically focuses on reducing poverty among children and youth, and also focuses on closing the education gap First Nations, Métis and Inuit students. Goals include:</p> <ul style="list-style-type: none"> • to recommit to the original Strategy’s goal of lifting 25 % of Ontario children out of poverty in five years; • to move towards employment and income security for vulnerable groups (including women, single parents, people with disabilities, youth, newcomers, visible minorities, seniors and Indigenous people); • to end homelessness; and • to build the evidence base required to guide effective poverty reduction policies and programs. <p>The strategy includes support for the Student Nutrition Program (see PROV1 for additional details of this program). There are no other mentions of nutrition, chronic disease prevention or population health in the Poverty Reduction Strategy.</p> <p>Ministerial Mandate</p> <p>The Mandate for the Minister Responsible for the Poverty Reduction Strategy as it relates to food:</p> <p><i>Develop a food security strategy that addresses physical and economic access to sufficient, safe and nutritious food, including in remote First Nations communities. To achieve this, you will work with the ministers of Community and Social Services, Health and Long-Term Care, Agriculture, Food and Rural Affairs, Indigenous Relations and Reconciliation and Children and Youth Services.</i></p> <p>Regional meetings are being held around the province with key stakeholders in poverty reduction and food security.</p> <p>Regional context</p> <p>In 2013, Diabetes Atlas for the Region of Peel was released through collaboration between RoP – Public Health and researchers from various local universities and hospitals, including University of Toronto, York University, McMaster University, and St. Michael’s Hospital, to understand the impact of diabetes in the region. Chapter 7 of the report, titled <i>The Local Retail Food Environment and Diabetes</i>. Maps in the atlas examine the food environment in relation to geographical areas where there is a high proportion of residents below the Low Income Cut Off (LICO). This type of information can help identify communities that may be at greater risk of being impacted by their community food environment (e.g. low income and close proximity / high density of less healthy food retail sources or further proximity to healthier food retail sources⁵⁰).</p> <p>Recognizing that access to and availability of nutritious food is an issue at the macro, community and household level and a prerequisite for healthy eating, food security was included as a component of the RoP – Public Health’s Nutrition Conceptual Model: Healthy Eating Right from the Start (RoP internal draft document, reference not available). The model was developed in 2014 and used to guide nutrition work under the RoP – Public Health’s Nurturing the Next Generation (LEAD1) strategic priority.</p>

Policy details	<p>The <i>Peel Poverty Reduction Strategy 2012-2015</i>⁶⁷, led by RoP and United Way of Peel Region, aims to reduce food insecurity by creating an accessible food system for all Peel residents. The strategy promised the creation of a food charter (LEAD2), increased food programs in neighbourhoods (COMM1), measure food security, and establish rural-urban food connections. There are no other mentions of nutrition, chronic disease prevention or population health in the Poverty Reduction Strategy. No documentation of an update to strategy was found online.</p> <p><i>Note the Peel Poverty Reduction Strategy is currently undergoing renewal for a 2018-2028 version (written communication, February 2018).</i></p>
Comments/ notes	

LEAD4 Support for State/Provincial or Federal policy agenda	
Local Food-EPI good practice statement There is strong advocacy from local government to improving food environments, population nutrition, diet-related NCDs and their related inequalities pushing State/Provincial or Federal level policy agenda	
Definitions and scope	<ul style="list-style-type: none"> • Advocacy can come from head of any local government (i.e., office of the Mayor, Medical Officer of Health, Directors in Public Health ...etc.) • Includes documents that contain evidence of strong political advocacy through media releases, speeches, pre-election policy papers, local-level strategic plans with targets or key performance indicators to urge introduction of high level legislation
Context	
Policy details	<p>Federal initiatives</p> <p><u>Child Care and Early Years Act</u> The RoP - Public Health's MOH and Regional Directors have consistently advocated for stronger legislation and policy to improve food environments and support healthy eating within child care settings. This advocacy has occurred in a variety of formats including responses to proposed regulations, discussion papers and council reports, as well as support for staff attendance at EDU - Public Health engagement sessions (written communication, February 2018).</p> <p><u>Healthy Eating Strategy</u> RoP - Public Health has actively participated in Health Canada's <i>Healthy Eating Strategy</i> consultations to:</p> <ul style="list-style-type: none"> • Advise the revisions of Canada's Food Guide • Inform Front-of-Package labelling • Advocate for restrictions on marketing food and beverages to children • Support the elimination of Partially Hydrogenated Oils from the food supply (written communication, February 2018) <p><u>A Food Policy for Canada</u> RoP- Public Health responded to the Ministry of Agriculture and Agri-food Canada to support the development of a national food policy (written communication, February 2018).</p> <p>Provincial initiatives</p> <p><u>Healthy Choices Menu Act</u> In 2013, a report⁶⁸ from the RoP was published where the Commissioner of Health and MOH officially backing the findings from Toronto Public Health and recommended the proposed legislation of mandatory labelling of calories and sodium on menus and menu board in restaurants with 10 or more chain. The report stated further that the RoP would work in partnership with local public health units in Toronto, York and Halton to implement such a policy while provincial consultations proceed.</p> <p>In 2013, the RoP – Public Health participated in the ODPH Serving Up Nutrition Information in Ontario Restaurants: a position paper by the Ontario Society of Nutrition Professionals in Public Health about displaying calorie and sodium content of food items at POS in restaurants in Ontario.</p> <p>Regional initiatives In 2013, in support of Healthy Kids Panel, the RoP wrote a letter to the Minister of Health recommending the introduction of menu labelling legislation and restricting marketing to kids (written communication, February 2018).</p>
Comments/ notes	

Policy area: Governance

Local Food-EPI vision statement: Governments have structures in place to ensure transparency and accountability, and encourage broad community participation and inclusion when formulating and implementing policies and actions to create healthy food environments, improve population nutrition, and reduce diet-related inequalities

GOVER1 Restricting commercial influence on policy development	
<p>Local Food-EPI good practice statement</p> <p>There are robust procedures to restrict commercial influences on the development of policies related to food environments where they have conflicts of interest with improving population nutrition</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes government policies, guidelines, codes of conduct or other mechanisms to guide actions and decision-making by government employees, for example conflict of interest declaration procedures • Includes procedures to manage partnerships with private companies or peak bodies representing industries that are consulted for the purpose of developing policy, for example committee procedural guidelines or terms of reference • Includes publicly available, up-to-date registers of lobbyist and/or their activities
<p>Context</p>	<p>Federal context</p> <p>There is currently a ban on political contributions from corporations, trade unions, associations and groups federally.</p> <p>Provincial context</p> <p>Provincially, Alberta, Manitoba, Quebec, Ontario and Nova Scotia prohibit corporate and union donations.</p> <p>Regional context</p> <p>The Lobby Registry is established pursuant to Section 223.9 of Part V.1 of the Municipal Act, 2001, which, “authorize[s] the municipality to establish and maintain a registry in which shall be kept such returns as may be required by the municipality that are filed by persons who lobby public office holders.”</p> <p>All municipalities in Ontario must adhere to the Municipal Conflict of Interest Act, 1990.</p>
<p>Policy details</p>	<p>The RoP by-law 47-2016⁶⁹ to establish a Lobby Registry states that all lobbyist, consultant (an individual who lobbies for payment on behalf of a client), in-house (an individual who is an employee and lobbies on behalf of their employer), and voluntary unpaid (an individual who lobbies without payment on behalf of a business), shall file a return within 5 business days once any communication is made. They must also adhere to the Lobbyist code of conduct, outlined in the by-law. Former public officer holders cannot engage in lobbying activities until at least 12 months has passed since they have left their position. Any official employees of the RoP are exempt from this law.</p> <p>RoP Lobby Registry: https://www.peelregion.ca/council/lobbyist-registry/</p> <p>Peel Regional Council Code of Conduct⁷⁰ is based upon the Municipal Conflict of Interest Act, 1990. It states that members of council, “must will not create a real or apparent conflict of their private interests with the public interest, and will act proactively to avoid such conflict to the best of their ability” and, “... will serve their communities with transparency, making candid disclosure of the considerations influencing them in their decision-making conduct.”</p>

	There is a separate code of conduct policy for regional staff (written communication, February 2018). <i>Note that the document outlining the policy could not be identified.</i>
Comments/ notes	

GOVER2 Use of evidence in food policies	
Local Food-EPI good practice statement Policies and procedures are implemented requiring the use of evidence in the development of food policies	
Definitions and scope	<ul style="list-style-type: none"> • Includes policies, procedures or guidelines to support government employees in the use of evidence for policy development including best practice evidence review methodology (including types and strength of evidence needed) and policy implementation in the absence of strong evidence (where the potential risks or harms of inaction are great) • Includes policies, procedures or guidelines that stipulate the requirements for the establishment of a scientific or expert committee to inform policy development • Includes the use of evidence-based models, algorithms and tools to guide policy development or within policy to guide implementation (e.g. nutrient profiling model) • Includes government resourcing of evidence and research by specific units, either within or across government departments
Context	
Policy details	<p>In 2008, RoP – Public Health developed a 10-year strategic plan (2009-2019) to prioritize the use of evidence informed decision making (EIDM) in policy planning and implementation. The public health unit invested time and money to work with others, such as their Public Health Senior Management Team, in order to create a working group with the responsibility of establishing resources and tools for policy makers in the region to guide all evidence-informed legislations⁶⁵.</p> <p>EIDM framework, provided by RoP – Public Health: http://www.peelregion.ca/health/youth/eidm.htm</p> <p>RoP – Public Health uses End-to-End Public Health Practice (E2EPHP) [RoP internal document, reference not available]: End-to-end public health practice includes identifying and effectively addressing public health issues that will result in health, wellness and health protection of the residents of Peel. The strategy provides an approach to make public health decisions in a consistent and structured way. It brings together many familiar elements (e.g., research, data, program planning and evaluation, business process planning) under one overarching framework.</p>
Comments/ notes	

GOVER3 Transparency for the public in the development of food policies	
Local Food-EPI good practice statement Policies and procedures are implemented for ensuring transparency in the development of food policies	
Definitions and scope	<ul style="list-style-type: none"> • Includes policies or procedures to guide the online publishing of private sector and civil society submissions to government around the development of policy and subsequent government response to these • Includes policies or procedures that guide the use of consultation in the development of food policy • Includes policies or procedures to guide the online publishing of scoping papers, draft and final policies • Include policies or procedures to guide public communications around all policies put forward but not progressed
Context	<p>Provincial context Ontario has a Public Engagement Framework to engage Ontarions in policy development. The framework includes a variety of different engagement approaches, including:</p> <ul style="list-style-type: none"> • Share • Consult • Deliberate • Collaborate <p>The government has created an online forum that allows for specific feedback on policy consultations. Additionally, there is a Consultations Directory and the website lists dates and locations for in-person consultations.</p> <p>Regional context According to Municipal Act, 2001, Section 270, municipalities are required to adopt and maintain a policy which ensures that any action the local government decides to embark in, they are held accountable and transparent to the public.</p>
Policy details	The RoP has created a Public Policy Development Standards protocol (RoP internal document, reference not available). The protocol includes the collection of evidence from research, contextual and engagement- based sources (written communication, February 2018).
Comments/ notes	

GOVER4 Access to government information	
<p>Local Food-EPI good practice statement</p> <p>The government ensures public access to comprehensive information and key documents (e.g. budget documents, annual performance reviews and health indicators) related to public health nutrition and food environments</p>	
Definitions and scope	<ul style="list-style-type: none"> • Includes policies and procedures to guide the timely, online publishing of government budgets, performance reviews, audits, evaluation reports or the findings of other reviews or inquiries • Includes ‘freedom of information’ legislation and related processes to enable the public access to government information on request, with minimal restrictions and exemptions • Includes policies or procedures to guide the timely, online publishing of population health data captured / owned by government
Context	<p>Regional context</p> <p>All municipalities in Ontario must adhere to the <i>Municipal Freedom of Information and Protection of Privacy Act, 1990.</i></p> <p>OPHS, established under the <i>Health Protection and Promotion Act, 1990,</i> requires public health units in Ontario to assess population health and make this information available to their local population.</p>
Policy details	<p>The RoP Information Access Requests is based upon the <i>Municipal Freedom of Information and Protection of Privacy Act, 1990.</i> Requests are processed by two dedicated full time staff.</p> <p>The RoP – Public Health has defined geographic zones to aid in more specific program planning. Captured and publish data include maternal and child health, general health status (i.e., BMI), nutrition (i.e., consumption of fruits and vegetables, consumption of fast foods), chronic disease (i.e., diabetes), oral health, environment & health, health behaviours, health care use, deaths, injuries, reportable diseases (STIs), and socio-demographic. The online reports are put together by the Population Health Assessment Team within RoP – Public Health, using various sources for information such as Statistics Canada, provincial registries, and local health departments⁷¹. Reports are published in a timely manner, according to when data are received.</p> <p>The Peel Health Status Data Website has publicly available information on health behaviours, including food and nutrition (i.e., consumption of fast food).</p> <p>The annual Nutritious Food Basket results are shared with the community. This information is also incorporated into Regional Council reports and informs community partnerships (e.g., United Way of Peel Region chapter) [written communication, February 2018].</p> <p>Budget documents for the RoP are publicly available online: https://www.peelregion.ca/budget/</p>
Comments/ notes	<p>RoP - Public Health’s Epidemiology Team has developed staff-facing policies on:</p> <ul style="list-style-type: none"> - Evaluation - Public health data management - Research - Data and Statistics <p>(written communication, February 2018)</p>

Policy area: Monitoring & Intelligence

Local Food-EPI vision statement: The government’s monitoring and intelligence systems (surveillance, evaluation, research and reporting) are comprehensive and regular enough to assess the status of food environments, population nutrition and diet-related NCDs and their inequalities, and to measure progress on achieving the goals of nutrition and health plans

MONIT1 Monitoring food environments	
<p>Local Food-EPI good practice statement Monitoring systems, implemented by the local government, are in place to regularly monitor food environments (especially for food promotion to children, and nutritional quality of food in schools and other public sector settings), against codes/ guidelines/ standards/ targets</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes monitoring systems funded fully or in part by government that are managed by an academic institution or other organisation • Includes regular monitoring and review of the impact of policies implemented by the government on food environments (as relevant to the local area, and described in the policy domains above), in particular: <ul style="list-style-type: none"> - Monitoring of compliance with voluntary food composition standards related to nutrients of concern in out-of-home meals (as defined in the ‘Food composition’ domain) - Monitoring of compliance with food labelling regulations (as defined in the ‘Food labelling’ domain above) - Monitoring of unhealthy food promoted to children via non-broadcast media and in children’s settings (as defined in the ‘Food promotion’ domain above) - Monitoring of compliance with food provision policies in schools, early childhood services and public sector settings (as defined in the ‘Food promotion’ domain above)
<p>Context</p>	<p>Regional context Staff from the RoP – Public Health have active membership in the Association of Public Health Epidemiologists of Ontario (APHEO) built environment core indicator workgroup, this group identified Geographic retail food environment measures for use in public health.</p> <p>The intention behind the core indicator development was to create standardized and easily reproducible measures to be applied across Ontario (Canada) and be used for gathering surveillance, data and evaluating the impact of policy interventions.</p>
<p>Policy details</p>	<p>Monitoring food composition for nutrients of concern No documents were identified.</p> <p>Monitoring of marketing of unhealthy foods to children No documents were identified.</p> <p>Monitoring of nutrition quality of food in schools and early childhood education services Child Care and Early Years Raising the Bar in Peel (RTBP) is a Continuous Quality Improvement Initiative to promote and support community standards in a variety of early learning and child care programs. The RTBP initiative engages programs and educators in ongoing reflection and critical thinking. The overarching goal is to enhance quality in child care environments through positive relationships. Within the revised RTB initiative, a reflection profile is used to support program reflection and critical thinking. RTB profiles were developed based on:</p> <p>i) Foundations described in Ontario EDU’s Pedagogy for the Early Years: How Does Learning Happen? These are: Belonging, Well-Being, Engagement, & Expression</p>

	<p>ii) Five guiding principles for practice: lifelong learning, leadership, mentorship, collaborative inquiry, reflective practice.</p> <p>The profile outlines practice goals/statements organized under the above foundations/themes. RoP – Public Health submits statements that are incorporated into the RTBP profile. RTBP participants are encouraged to use these statements to set goals to enhance quality within their child care programs.</p> <p>Evidence of participation in a Continuous Quality Improvement program such as RTBP is one of three requirements for child care programs to be eligible for subsidy through the Early Years and Childcare Services (EYCCS) - the RoP Division is responsible for local allocation of EDU funds to child care programming.</p> <p>Monitoring of nutritional quality of food in public sector settings</p> <p>No documents were identified.</p>
<p>Comments/ notes</p>	<p>Both pilot sites for the RoP Nutrition Standards will undergo an annual compliance audit to determine the percentage of healthier foods and beverages being offered and if there is improvement over time.</p> <p>RoP - Public Health measures the Nutritious Food Basket on an annual basis. The Nutritious Food Basket serves as a tool to monitor the cost and affordability of healthy eating. The Basket describes approximately 60 foods that represent a nutritious diet for individuals in various age and gender groups. Tool was developed by the Province of Ontario, for use by health units.</p> <p>RoP – Public Health’s Health Protection division – conducts monitoring of Healthy Menu Choices Act via inspectors. Continuing to conduct first round of 2017 inspections, some locations require re-inspections.</p> <p>RoP - Public Health is currently developing a tool to assess school cafeterias and compliance to PPM 150 (optional tool).</p>

MONIT2 Monitoring population health indicators	
<p>Local Food-EPI good practice statement</p> <p>There is regular monitoring of adult and childhood nutrition status and population intakes, overweight and obesity prevalence using anthropometric measurements, and prevalence of NCD risk factors and occurrence rates (e.g. prevalence, incidence, mortality) for the main diet-related NCDs</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes monitoring of adult and child intake in line with national food guide (i.e., Canada’s Food Guide) and national dietary recommendations • Includes monitoring of adult and child intake of nutrients of concern and non-core/discretionary foods including sugar-sweetened beverages (even if there are no clear intake targets for all of these) • Anthropometric measurements include height, weight and waist circumference • Other NCD risk factors include level of physical activity, smoking, alcohol consumption • Diet-related NCDs include, amongst others, hypertension, hypercholesterolaemia, Type 2 Diabetes, cardiovascular disease (including ischaemic heart disease, cerebrovascular disease and other diseases of the vessels), diet-related cancers • May be collected through a variety of mechanisms such as population surveys or a notifiable diseases surveillance system • ‘Regular’ is considered to be every five years or more frequently
<p>Context</p>	<p>Federal context</p> <p>Federally, Statistics Canada and Health Canada conduct two annual surveys: The Canadian Community Health Survey (CCHS) and The Canadian Health Measures Survey (CHMS). THE CCHS is a nationally representative health survey conducted annually. The annual component includes one 6-question food frequency screener regarding dietary intake of fruits and vegetables. The Nutrition Focus component of CCHS collects one 24-hour recall from the entire sample, and two recalls among a subset of participants. The Nutrition focus was conducted in 2004, and again in 2015. The CHMS is a biospecimen survey that is conducted biannually. This information is available and considered representative at the provincial level.</p> <p>Provincial context</p> <p>Cancer Care Ontario (CCO) is responsible for maintaining a database of incidence and prevalence. CCO is governed by the <i>Cancer Act</i> and is accountable to the MOHLTC.</p> <p>The Ontario Healthy Study (OHS) also monitors a number of NCD risk factors including physical activity, smoking and alcohol, among others.</p> <p>Regional context</p> <p>OPHS, established under the <i>Health Protection and Promotion Act, 1990</i>, requires public health units in Ontario to assess population health and make this information available to their local population.</p>
<p>Policy details</p>	<p>To access RoP population health data: https://www.peelregion.ca/health/statusdata/</p> <p>Types of population health data outlined in GOVER4. Typically based on Rapid Risk Factor Surveillance System (RRFSS), CCHS and Ontario Student Drug Use and Health Survey (OSDUHS).</p> <p>RoP health status reports breaks down the population data collected into separate sections and further detail:</p> <ul style="list-style-type: none"> • 2008 Comprehensive Health Status Report • 2018 Comprehensive Health Status Report (in-progress) <p>The Peel Health Status Data Website has publicly available information on health behaviours, including food and nutrition (i.e., consumption of fast food).</p> <p><i>Nurturing The Next Generation Data Overview</i> provides information about demographic, social and health factors that impact on the health and well-being of young children and their families in Peel. Information such as nutrition in young children (e.g., consumption of healthy food), and BMI of mothers and their infants are collected. Most recent update: 2016.</p>

Comments/ notes	
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MONIT3 Evaluation of major programmes	
Local Food-EPI good practice statement There is sufficient research and evaluation of major programs and policies to assess effectiveness and contribution to achieving the goals of the nutrition and health plans	
Definitions and scope	<ul style="list-style-type: none"> • Includes any policies, guidelines, frameworks or tools that are used to determine the depth and type (method and reporting) of evaluation required • Includes a comprehensive evaluation framework and plan that aligns with the key preventive health or nutrition implementation plan • The definition of a major programs and policies is to be defined by the relevant government department • Evaluation should be in addition to routine monitoring of progress against a project plan or program logic
Context	Provincial context The MOHLTC funds Public Health Ontario , which conducts some food environment research and provides evaluation leadership for several provincial food-related policies including the HKCC.
Policy details	<p>RoP- Public Health uses an E2EPHP (GOVER2) approach: This approach includes the development of logic models, work plans, evaluation plans and report.</p> <p>RoP - Public Health has an evaluation advisor to support the division on this and is currently developing an evaluation protocol for staff to use (written communication, February 2018).</p>
Comments/ notes	

MONIT4 Monitoring progress on reducing health inequalities	
<p>Local Food-EPI good practice statement</p> <p>Progress towards reducing health inequalities or health impacts in vulnerable populations and social determinants of health are regularly monitored</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> Monitoring of overweight and obesity and main diet-related NCDs includes stratification or analysis of population groups where there are the greatest health inequalities including Indigenous peoples and socio-economic strata Includes reporting against targets or key performance indicators related to health inequalities
<p>Context</p>	<p>Regional context</p> <p>OPHS, established under the <i>Health Protection and Promotion Act, 1990</i>, requires public health units in Ontario to assess population health and make this information available to their local population.</p>
<p>Policy details</p>	<p>The RoP – Public Health has defined geographic zones to aid in more specific program planning. Captured and publish data include maternal and child health, general health status (i.e., BMI), chronic disease (i.e., diabetes), oral health, environment & health, health behaviours, health care use, deaths, injuries, reportable diseases (STIs), and socio-demographic (i.e., income, employment, visible minority status). However, overweight and obesity monitoring is not stratified based on these population groups. The online reports are put together by the Population Health Assessment Team within RoP – Public Health, using various sources for information such as Statistics Canada and local health departments⁷¹. Reports are published in a timely manner, according to when data are received.</p> <p>In 2011, the RoP- Public Health released the report, Health in Peel: Determinants and Disparities. This report is intended to describe the state of health of the residents of Peel (including overweight and obesity) which varies according to demographic, social and economic factors. Information regarding Indigenous peoples is not provided in this report.</p>
<p>Comments/ notes</p>	<p>The RoP internal website contains more stratified data compared to their peelregion.ca website. If stratified data is not available, they are able to request for this data through their Epidemiology team (written communication, February 2018).</p>

Policy area: Funding & resources

Local Food-EPI vision statement: Sufficient funding is invested in ‘population nutrition’ to create healthy food environments, improved population nutrition, reductions in obesity, diet-related NCDs and related inequalities

FUND1 Population nutrition budget	
<p>Local Food-EPI good practice statement The ‘population nutrition’ budget, as a proportion of total health spending and/or in relation to the diet-related NCD burden is sufficient to reduce diet-related NCDs</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • ‘Population nutrition’ includes promotion of healthy eating, and policies and programs that support healthy food environments for the prevention of obesity and diet-related NCDs • The definition excludes all one-on-one and group-based promotion (primary care, antenatal services, maternal and child nursing services etc.), food safety, micronutrient deficiencies (e.g. folic acid fortification) and undernutrition • Please provide estimates for the budget allocated to the unit within the Department of Public Health that has primary responsibility for population nutrition. The ‘Population Nutrition’ budget should include workforce costs (salaries and associated on-costs) and program budgets for the 2017-18 financial year (regardless of revenue source), reported separately. • The workforce comprises anyone whose primary role relates to population nutrition and who is employed full time, part time or casually by the Department of Health or contracted by the Department of Public Health to perform a population nutrition-related role (including consultants or funding of a position in another government or non-government agency). • Exclude budget items related to physical activity promotion. If this is not feasible (for example, a program that combines both nutrition and physical activity elements), please highlight where this is the case • With regards to ‘health spending’, please provide the total budget of the Department of Public Health or relevant department/ministry for the 2017-18 financial year
<p>Context</p>	
<p>Policy details</p>	No budget information to provide.
<p>Comments/ notes</p>	

FUND2 Research funding for obesity & NCD prevention	
<p>Local Food-EPI good practice statement Municipal funded research and evaluation is targeted for improving food environments, reducing obesity, NCDs and their related inequalities</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes the clear identification of research priorities related to improving food environments, reducing obesity, NCDs and their related inequalities in health or medical research strategies or frameworks • Includes identifying research projects conducted or commissioned by the government specifically targeting food environments, prevention of obesity or NCDs (excluding secondary or tertiary prevention) • It is limited to research projects committed to or conducted within the last 12 months • Excludes research grants administered by the government (including statutory agencies) to a research group where the allocation of a pool of funding was determined by an independent review panel • Excludes evaluation of interventions (this is explored in 'MONIT3' and should be part of an overall program budget)
<p>Context</p>	<p>Federal context The main research funding for population nutrition in Canada is the Canadian Institutes of Health Research (CIHR).</p> <p>CIHR has funding opportunities for food environment, obesity and NCD research, as well as inequalities, primarily through the Institute for Nutrition, Metabolism and Diabetes and the Institution of Population and Public Health.</p> <p>Health Canada and Public Health Agency of Canada have some opportunities for funding the Grants and Contributions, etc., which are provided on a case-by-case basis.</p> <p>Provincial context The MOHLTC funds Public Health Ontario, which conducts some food environment research and provides evaluation leadership for several provincial food-related policies including the HKCC.</p>
<p>Policy details</p>	<p>No funding for related food environment research conducted within the last 12 months was identified.</p>
<p>Comments/ notes</p>	

Policy area: Platforms for Interaction

Local Food-EPI vision statement: There are coordination platforms and opportunities for synergies across government departments, levels of government, and other sectors (NGOs, private sector, and academia) such that policies and actions in food and nutrition are coherent, efficient and effective in improving food environments, population nutrition, diet-related NCDs and their related inequalities

PLATF1 Coordination mechanisms	
<p>Local Food-EPI good practice statement There is a formal platform set in place to ensure policy coherence, alignment, and integration relating to food, obesity and diet-related NCD prevention</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> Includes a local government issued ‘food policy council’ where policy and program development relating to food, obesity and diet-related NCD prevention is the main focus Members can be from cross-government or cross-departmental to ensure collaborative planning, implementation or reporting processes, consultation processes for the development of new policy or review of existing policy Includes strategic plans or frameworks that map the integration and alignment of multiple policies or programs across governments and across departments
<p>Context</p>	<p>National context All provinces and territories are part of the Federal, Provincial Territorial Group on Nutrition. This group includes representatives from all provincial governments and territorial governments departments of health, or the department responsible for health, and meets quarterly.</p> <p>Provincial context For the Healthy Kids Community Challenge – there is a scientific reference committee consisting of researchers from university and health care sector involved in promoting healthy children and reducing childhood obesity (healthy eating, physical activity). There is an advisory committee for those working in the Indigenous communities. Four health promotion resources centers support the MOHLTC working with local project managers (Nutrition Resource Centre, Physical Activity Resource Centre, HC-Link and Health Promotion Capacity Building).</p>
<p>Policy details</p>	<p>The RoP currently does not have a Food Policy Council.</p> <p>Nutrition and Physical Activity in Child Care (NPACC) is a collaboration of RoP - Public Health, RoP EYCCS Division and with CDRCP.</p> <ul style="list-style-type: none"> EYCCS Early Years System is responsible for planning, strategic supports, evaluation and oversight of Peel’s Early Years and Child Care System and for Builds partnerships with the child care community, provides supports and referrals to assist child care provider viability and Coordinates and funds capacity building and professional learning and development services for Peel’s Child Care community CDRCP is the regional resource hub that provides child community and child care practitioners with the information, resources, training and services. <p>The goal of NPACC is to promote and support healthy eating and physical literacy within child care settings (written communication, February 2018).</p>
<p>Comments/ notes</p>	<p>Peel Poverty Reduction Strategy’s Food Security Taskforce developed the Peel Region Food Charter⁶⁴ in consultation with the community, and is transitioning to the Food Action Council in 2018. This will be cross-departmental and include multiple diverse stakeholders from across the food system. This has been endorsed by Regional Council (written communication, February 2018).</p>

PLATF2 Platforms for government and food sector interaction	
Local Food-EPI good practice statement There are formal platforms between local government and the commercial food sector to implement healthy food policies	
Definitions and scope	<ul style="list-style-type: none"> • The commercial food sector includes food production, food technology, manufacturing and processing, marketing, distribution, retail and food service, etc. For the purpose of this indicator, this extends to commercial non-food sectors (e.g. advertising and media, sports organisations, land/housing developers, private childcare, education and training institutes) that are indirectly related to food • Includes established groups, forums or committees active within the last 12 months for the purpose of information sharing, collaboration, seeking advice on healthy food policies • Includes platforms to support, manage or monitor private sector pledges, commitments or agreements • Includes platforms for open consultation • Includes platforms for the government to provide resources or expert support to the commercial food sector to implement policy • Excludes joint partnerships on projects or co-funding schemes • Excludes initiatives covered by 'RETAIL3' and 'RETAIL4'
Context	
Policy details	No standing committees or groups were identified.
Comments/ notes	This will be a component of the Food Action Council in 2018 (written communication, February 2018).

PLATF3 Platforms for government and civil society interaction	
<p>Local Food-EPI good practice statement</p> <p>There are formal platforms for regular interactions between government and civil society on food policies and other strategies to improve population nutrition</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Civil society includes community groups and consumer representatives, NGOs, academia, professional associations, etc. • Includes established groups, forums or committees active within the last 12 months for the purpose of information sharing, collaboration, seeking advice • Includes platforms for consultation on proposed plans, policy or public inquiries • Excludes policies or procedures that guide consultation in the development of food policy (see 'GOVER2')
<p>Context</p>	<p>Provincial context</p> <p>Ontario Collaborative Group on Healthy Eating and Physical Activity</p> <p>The Ontario Collaborative Group on Healthy Eating and Physical Activity is a provincial collaboration of non-profit, health and academic organizations dedicated to addressing population-based issues relating to healthy eating, physical activity, healthy weights and the determinants of health, including food access, availability and adequacy. Partners on the Advocacy Subcommittee include Canadian Cancer Society, Canadian Diabetes Association, Dietitians of Canada, Heart and Stroke Foundation, Parks and Recreation Ontario, Ontario Public Health Association, OPHEA, and Sustain Ontario. Government representatives from (MOHLTC, OMAFRA, MTCS) have been part of this group in the past.</p>
<p>Policy details</p>	<p>Nutrition and Physical Activity in Child Care (NPACC) is a collaboration of RoP-Public Health, RoP EYCCS Division and with CDRCP.</p> <ul style="list-style-type: none"> • EYCCS Early Years System is responsible for planning, strategic supports, evaluation and oversight of Peel's Early Years and Child Care System and for Builds partnerships with the child care community, provides supports and referrals to assist child care provider viability and Coordinates and funds capacity building and professional learning and development services for Peel's Child Care community. • CDRCP is the regional resource hub that provides child community and child care practitioners with the information, resources, training and services. <p>The goal of NPACC is to promote and support healthy eating and physical literacy within child care settings.</p> <ul style="list-style-type: none"> • In 2017, the Menus and Nutrition for Child Health (MNCH) Advisory Committee was established. MNCH includes representation from non-profit, commercial, single, and multi-site child care programs as well as licensed home child care agencies, who serve children of various ages. Members of this committee meet with RoP-Public Health staff quarterly. The Advisory Committee provides consultation and advice to members of NPACC regarding menu planning resources and nutrition programming to ensure RoP - Public Health is meeting the needs of staff working in a variety of settings. MNCH participated in and is acknowledged for reviewing the ODPH nutrition guidelines for child care settings. <p>(Written communication, February 2018).</p>
<p>Comments/ notes</p>	<p>RoP - Public Health has partnered with the Central West Local Health Integration Network, City of Brampton, and the William Osler Health Centre to mobilize a sub-region of Brampton to make healthier eating decisions and active lifestyle changes. This includes changes to increase the access to healthier options through policy and/or food environment changes. Currently at least 17 schools are participating (written communication, February 2018).</p>

Policy area: Health-in-all-policies

Local Food-EPI vision statement: Processes are in place to ensure policy coherence and alignment, and that population health impacts are explicitly considered in the development of government policies

HIAP1 Assessing the health impacts of food and non-food policies	
<p>Local Food-EPI good practice statement There are processes (e.g. health impact assessments) to assess and consider health impacts during the development of food and non-food policies</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes a government-wide HiAP strategy or plan with clear actions for non-health sectors • Includes policies, guidelines, tools and other resources that guide the consideration and assessment of health impacts prior to, during and following implementation of food and non-food-related policies (e.g. HIAs or health lens analysis) • Includes the establishment of cross-department or cross-sector governance and coordination structures to implement a HiAP approach • Includes workforce training and other capacity building activities in healthy public policy for non-health departments (e.g. agriculture, education, communications, trade) • Includes monitoring or reporting requirements related to health impacts for non-health departments
<p>Context</p>	<p>Provincial context The MOHLTC has developed the Health Equity Impact Assessment (HEIA) tool. The tool is a template and workbook to help identify potential healthy equity impacts of decision making. The tool is meant to be used both within the MOHLTC and its affiliate programs and across all sectors that can implement policies that influence health. The tool provides a template and a workbook to complete the HEIA⁷².</p> <p>The Centre for Addiction and Mental Health has created an online e-learning course to help complete the HEIA⁷³.</p>
<p>Policy details</p>	<p>No policy documents were identified.</p>
<p>Comments/ notes</p>	

Policy area: Support for Communities

Local Food-EPI vision statement: The local government prioritizes coordinated support mechanisms and resources for community-based interventions to create healthy food environments, improved population nutrition, reductions in obesity, diet-related NCDs and their related inequalities

COMM1 Mechanisms to support community-based interventions	
Local Food-EPI good practice statement The local government has put in place overarching structures to provide broad and coordinated support for creating and maintaining healthy food environments at the community level across multiple settings	
Definitions and scope	<ul style="list-style-type: none"> • Community settings include sporting clubs, recreation centres and groups (e.g. art, music, dance and drama; scouts and guides), youth groups, cultural and religious community groups, community centres and neighbourhood houses, service clubs, men’s sheds, community groups involved in gardens or sustainable living, community markets and events, church and other nongovernment groups who provide support to others • Includes comprehensive and flexible resources, guidelines and frameworks, expertise and workforce training to support implementation of community-based interventions • Includes the establishment of workforce networks for collaboration, shared learning and support across settings • Includes recognition or award-based programs to encourage implementation • Excludes the implementation of programs that focus on one-on-one or group-based nutrition education or health promotion
Context	
Policy details	<p>As part of the services offered by the Poverty Reduction Strategy Committee, RoP provides an online food program which identifies the locations of breakfast programs, food delivery programs, food banks, food education program (community kitchen) and multi-food service programs, school food programs, community meal program (soup kitchen), support services, and community gardens. The Food Program locations can be downloaded from RoP’s Open Data site.</p> <p>Access to Food Programs locations: http://www.peelregion.ca/planning-maps/foodprograms/foodprograms.html</p> <p>The RoP Community Investment Program (CIP)⁷⁴ offers grants to non-profit organizations which aim to better deliver human and social services within the region. The Agriculture Fund was established to support and increase awareness and education of Peel’s agriculture community.</p>

	<p>In 2017, Toronto and Region Conservation for the Living City, in consultation with RoP – Public Health, released Digging It – A Guide for Greening School Grounds in Peel Region⁷⁵. The document is intended to help schools in their school garden projects. The guideline contains information regarding what to know before getting started, fundraising options, different types of gardens to plot (including food gardens), and how to translate the school curriculum to the project.</p>
<p>Comments/ notes</p>	<p>RoP - Public Health’s Healthy Living Supports Program pilot provides the opportunity for community partners to identify and seek funds and resources to enhance healthy eating environments (i.e., infrastructure) in their community setting through an application process. The pilot will be implemented and evaluated over the next two years (written communication, February 2018).</p> <p>As discussed in previous sections (PROV), RoP - Public Health will be developing a toolkit for workplaces and community settings to use or to use with support from them in order to increase healthier food environments (written communication, February 2018).</p>

COMM2 Implementation of social marketing campaigns	
<p>Local Food-EPI good practice statement</p> <p>The local government implements evidence-based public awareness, informational and social marketing campaigns across a range of broadcast and non-broadcast media to promote healthy eating</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes television, radio, news media, web-based (including websites and social media), billboards and posters, etc. (see examples in the 'Food promotion' domain) • Evidence-informed includes the use of peer-reviewed literature in the design and implementation of the campaign, the use of an existing successful campaign that has been evaluated, or the co-design and testing of campaign messages with the target audience(s) • Includes campaigns that focus on promoting the intake of specific foods (e.g. fruit and vegetables, water), reducing intake of nutrients of concern, or supporting the public to make healthy choices (e.g. use of front-of-pack nutrition labels) • Includes campaigns that are embedded within and complemented by broader policies and programs
<p>Context</p>	
<p>Policy details</p>	<p>No social marketing campaign regarding healthy eating was identified.</p>
<p>Comments/ notes</p>	

COMM3 Food and nutrition in education curricula

Local Food-EPI good practice statement

The local government provides guidance and support for the inclusion of food and nutrition programming for preschool, primary and secondary school children

Definitions and scope	<ul style="list-style-type: none">• Includes food and nutrition as a priority/focus area of the curriculum as a stand-alone component or embedded within other curriculum areas• Includes the provision of training, resources, guidelines or expert support to educators to support them in educating students• Includes government-funded education programs on healthy eating or growing and preparing food (e.g. kitchen garden programs)• Includes government-supported programs that encourage healthy eating in the education setting (e.g. fruit and vegetable snack and water breaks)
Context	
Policy details	The Ontario EDU's Foundations for Healthy Schools Framework includes components related to education and curricula in schools. RoP - Public Health's school nurses apply this approach in a comprehensive manner when working with individual schools. RoP - Public Health has developed a Healthy Eating in Schools Strategy to reflect this approach.
Comments/ notes	

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