



www.EatSmartOntario.ca



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Program Overview

Eat Smart![®] / À votre santé^{MD} began as Ontario's Healthy Restaurant Program, developed by Toronto Public Health in 1997. Its development was supported by a health promotion grant received from the Ministry of Health. The program was launched in 1999 in partnership with the Heart and Stroke Foundation of Ontario, Canadian Cancer Society (Ontario Division), the Ontario Ministry of Agriculture Food and Rural Affairs, and the food service industry.

Coordination for the Eat Smart![®] restaurant program was transferred to the Nutrition Resource Centre at the Ontario Public Health Association in 2001 in order to provide province-wide support. Increasing interest in Eat Smart![®] led to expansion of the program to school and workplace cafeterias in 2001.

In 2006, the Ontario Ministry of Health Promotion announced further expansion of Eat Smart![®] to recreation centres and to other food services, such as vending machines, in workplaces that do not have a full-service cafeteria.

The Eat Smart![®] Recreation Centre Program was pilot tested in 2008 and was soft-launched provincially in 2010. Participation in the recreation centre program is starting to gain momentum. An official provincial launch ceremony for the program was held in April 2011.

The restaurant program was discontinued in 2010 due to declining participation rates and because the Health CheckTM program in restaurants was expanding in Ontario.

Eat Smart![®] is an award of excellence program that recognizes Ontario schools, workplaces and recreation centres that meet exceptional standards in offering healthier food choices, safe food handling practices and promoting smoke-free environments.

Eat Smart![®] aims to contribute to the reduction of food borne illness and chronic disease in Ontario. This goal is met by encouraging schools, workplaces and recreation centres to become Eat Smart![®] and achieve the program standards which provide environmental support for safe and healthier food choices in venues where Ontarians eat away from home.

The Eat Smart![®] program is coordinated on the provincial level by staff at the Nutrition Resource Centre (NRC) with funding from the Ministry of Health Promotion and Sport. NRC provides provincial support for the program through program and resource development and advice and guidance on program standards.

Eat Smart![®] is implemented by the local public health units (PHUs) in Ontario. The Ontario Public Health Standards (OPHS) 2008 require PHUs to collaborate with local food premises to provide information and environmental changes through policy development related to healthy eating. The OPHS also require boards of health to work with schools and school boards, workplaces and municipalities to create and enhance supportive environments for healthy

eating in schools, workplaces and recreational settings. Eat Smart!® offers PHUs a practical way to meet these requirements.

The Canadian Cancer Society-Ontario Division (CCS) and the Heart and Stroke Foundation on Ontario (HSFO) are provincial program partners. Both participated in the development phases of the program and provide ongoing support at both a local and provincial level.

For more information about Eat Smart!®, to review the program standards, or to find participating schools, workplaces and recreation centres, please visit the website at www.EatSmartOntario.ca or www.AVotreSanteOntario.ca, or contact the Eat Smart!® Provincial Program Coordinator at eatsmart@opha.on.ca.