

January 31, 2018  
Municipal Legislation Review



Hello:

Dietitians of Canada (DC) and Dietitians of NL (DNL), a local action group of DC, welcome the chance to support the Municipal Legislation Review process. DC/DNL recognize that people who live within each community look to their leaders as role models. In this instance, municipalities have the opportunity to promote health in their own backyards especially through healthy eating and environments that promote healthy eating and physical activity. According to the Healthy Built Environment Linkages Toolkit, a healthy built environment is one that considers healthy food systems by supporting access to and availability of healthy foods for all community members.

DC and DNL recommend the following:

1. Mandate that municipalities form Health and Wellness Committees to help promote and support the benefits healthy eating and physical activity for the health of community residents;
2. Mandate that municipalities consider appropriate kitchen design (e.g., adequate space for: kitchen equipment such as ovens, grills; food preparation/counter space; and food storage such as refrigerators/coolers) when planning new community recreation/sport facilities. This will make it easier to offer healthy food and beverage options in order to promote and support health and healthy behaviours;
3. Mandate that municipalities work with contracted food service providers to ensure healthy food and beverage options are available at municipal facilities, programs and events;
4. Mandate that municipalities adopt healthy eating policies that help to support the above actions.

5. Utilize community agencies and government departments who can provide expertise and guidance to ensure that these initiatives can be successful. Examples of such agencies and departments include:

- Eat Great and Participate
- Food First Newfoundland and Labrador
- Kids Eat Smart Foundation
- Regional Wellness Coalitions
- Regional Health Authorities

DC and DNL are willing to work with municipalities, community agencies and government departments to ensure that healthy eating and active living are the basis of each community in our wonderful province.

Look forward to hearing from you,

Lisa Dooley B.Sc., R.D.

Chair, Dietitians of Newfoundland and Labrador



cc Jackie Spiers, R.D.

Atlantic Regional Executive Director, Dietitians of Canada