



City of Hamilton
BOARD OF HEALTH ADDENDUM

Meeting #: 18-005
Date: May 14, 2018
Time: 1:30 p.m.
Location: Council Chambers, Hamilton City Hall
71 Main Street West

Loren Kolar, Legislative Coordinator (905) 546-2424 ext. 2604

	Pages
4. DELEGATION REQUESTS	
*4.5 Rhonda Urfey, Allan A. Greenleaf Elementary School, respecting Item 7.1 Recreation's Healthy Food and Beverage Action Plan (BOH18014/HSC18019) (City Wide) (for today's meeting)	2
*4.6 Lynn Gates, Food Advisory Committee, respecting amendments to the Food Strategy (for a future meeting)	3
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7. STAFF PRESENTATIONS	
7.1 Recreation's Healthy Food and Beverage Action Plan (BOH18014/HSC18019) (City Wide)	
*7.1.a Presentation	6

Form: Request to Speak to Committee of Council

Submitted on Sunday, May 6, 2018 - 9:50 pm


==Committee Requested==

Committee: Board of Health

==Requestor Information==

Name of Individual: Rhonda Urfev with a group of elementary students

Name of Organization: HWDSB - teacher at Allan A Greenleaf Elementary School

Contact Number: 905-690-6813 (School) 

Email Address: rurfey@hwdsb.on.ca

Mailing Address:

127 Hwy 8
Dundas, ON
L9H 4V8

Reason(s) for delegation request: Having seen a video of an environmental project we embarked on, we were contacted by the office of Councillor Johnson advising us of a motion regarding water bottles, scheduled to be discussed at the May 14th meeting. Students would like to present information regarding the environmental impact of water bottles. We have 10 students at this time and request three 5 minute slots so that each can contribute a small portion. Thank you in advance for this great learning opportunity for the students.

Will you be requesting funds from the City? No

Will you be submitting a formal presentation? Yes

4.6

Form: Request to Speak to Committee of Council

Submitted on Wednesday, May 9, 2018 - 10:30 am

==Committee Requested==

Committee: Board of Health

==Requestor Information==

Name of Individual: Lynn Gates

Name of Organization: Food Advisory Committee

Contact Number: [REDACTED]

Email Address: [REDACTED]

Mailing Address: [REDACTED]

Reason(s) for delegation request:

To speak to the approved Motion to Amend the Hamilton Food Strategy.

Will you be requesting funds from the City? No

Will you be submitting a formal presentation? Yes

4.7

Form: Request to Speak to Committee of Council

Submitted on Thursday, May 10, 2018 - 3:40 pm

==Committee Requested==

Committee: Board of Health

==Requestor Information==

Name of Individual: Rose Janson

Name of Organization: Eco-Locke (Eco Churches of Locke St.)

Contact Number: [REDACTED]

Email Address: [REDACTED]

Mailing Address:

[REDACTED]

Reason(s) for delegation request:

Eco-Locke was formed in 2016, so that churches in the Locke St. neighbourhood could work together to educate and promote good stewardship of the earth and protection of the environment.

Our primary focus has been on water and food.

Will you be requesting funds from the City? No

Will you be submitting a formal presentation? No

Form: Request to Speak to Committee of Council

Submitted on on Friday, May 11, 2018 - 9:06 am

==Committee Requested==

Committee: Board of Health

==Requestor Information==

Name of Individual:

Audie Cameron, Vicky Robinson, Carolyn Youn, Olivia Yu

Name of Organization: Westdale IB Walk for Water

Contact Number:

Teacher Contact: Nora Baboudjian [REDACTED]
school: 905-522-1387

Email Address: nbaboudj@hwdsb.on.ca

Mailing Address:

Olivia Yu
C/O Nora Baboudjian
Westdale Secondary School
700 Main Street West
Hamilton, Ontario L8S 1A5

Reason(s) for delegation request: Westdale's IB Students offer a global-minded perspective to Hamilton's Board of Health about the impact made by the continued use of plastic bottles. The effects are not only to citizens of Hamilton, but perpetuate water inequality globally.

Will you be requesting funds from the City? No

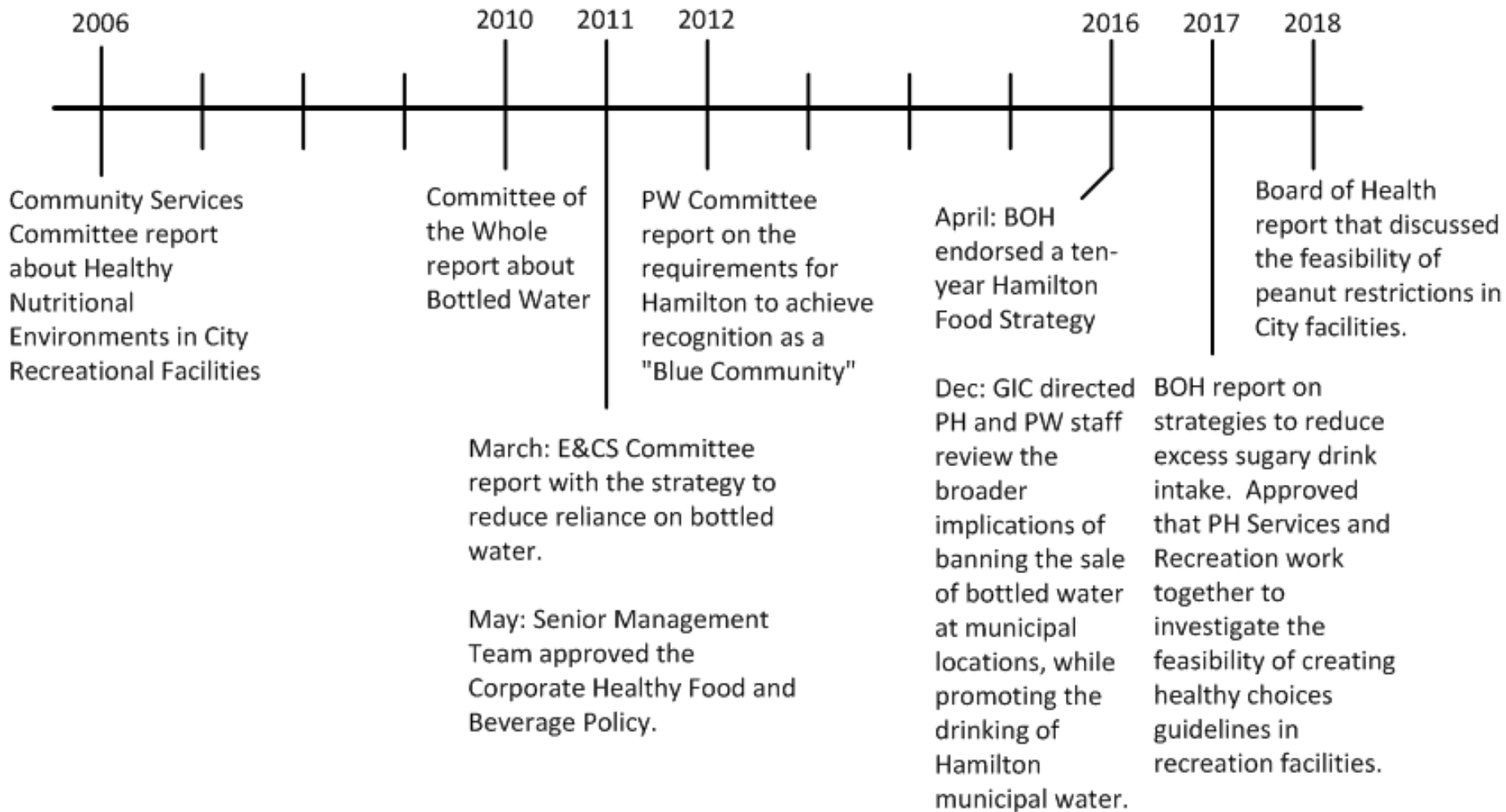
Will you be submitting a formal presentation? Yes

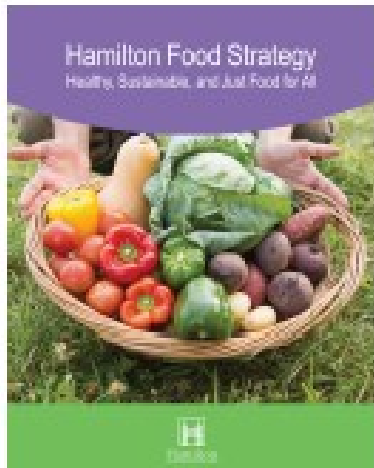
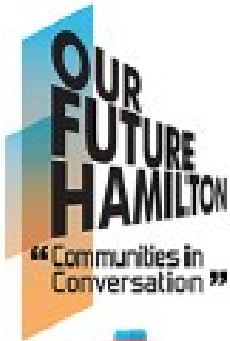


RECREATION'S HEALTHY FOOD AND BEVERAGE ACTION PLAN

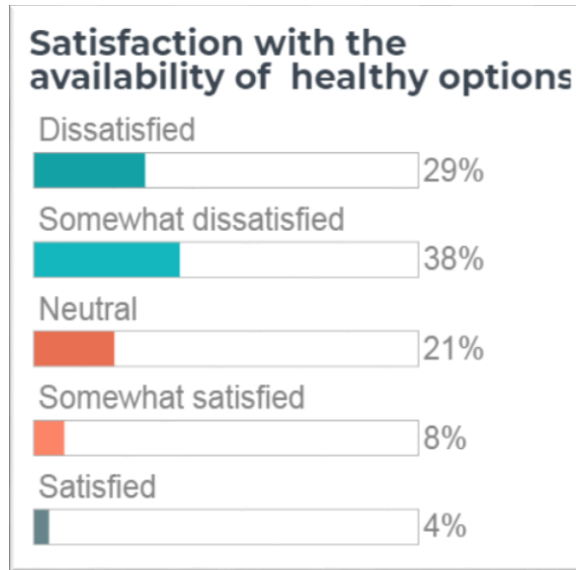
Board of Health meeting - May 14, 2018

Background





2017 Arena Survey



Top items arena customers would purchase:



Guiding Principles

1. Access to healthy food and beverages
2. Free and convenient access to tap water
3. Environmentally-sustainable drinking water
4. Financially-sustainable food services
5. Availability of nutrition information for customers
6. Socially-responsible marketing

3 YEAR ACTION PLAN

Food and Beverage Guidelines

Increase nutritious options

Reduce non-nutritious options

Promote tap water and reduce bottled water

Promote healthy food and beverage options

Monitor and evaluate

YEAR 1

- Source and increase selection of nutritious options
- Issue vending RFP
- Enhance water promotion and wayfinding

YEAR 2

- Expand nutritious options to all concession sites
- Encourage purchase of nutritious options with marketing
- Revise plan as required

YEAR 3

- Use indicators to assess impact of actions from Year 1 and 2
- Reduce the availability of bottled water and sugary drinks
- Investigate alternative healthy beverage options

INDICATORS

- % nutritious items available for sale
- Volume of nutritious options sold
- Refillable water bottle sales
- Customer & staff feedback



Hamilton

Food and Beverage Guidelines



- Most nutritious options
- Prominently positioned, promoted, and priced competitively



- Less nutritional benefit and may have slightly higher amounts of sodium, sugar, or fat
- Less variety, less visible, less promotion



- Little or no nutritional benefits and should be limited to support health and wellbeing
- Less variety, smaller portions, placement less prominent

Current Concession Menu Board

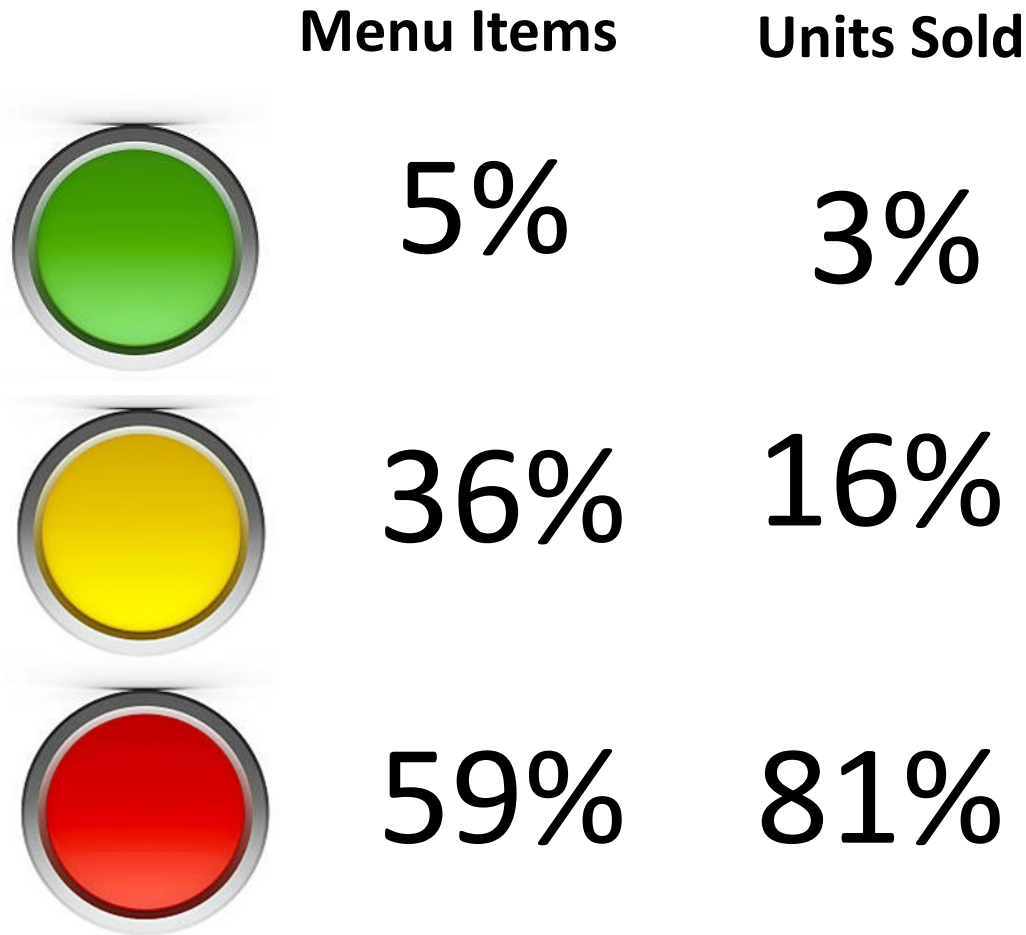


TOP SHELF

CONCESSION STAND

 City of Hamilton	<p>Combo 1 Hot Dog, Fries and a participating 500mL Coca-Cola beverage for</p> <p style="text-align: center;">\$ 5.31</p> 	<p>Combo 2 Protein or Energy Bar and 591mL DASANI beverage for</p> <p style="text-align: center;">\$ 3.67</p> 	<p>Combo 3 Bag of Chips and a participating 710mL Powerade beverage for</p> <p style="text-align: center;">\$ 3.76</p> 																																																																								
<p>Food and Snack</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Chicken Fingers & Fries</td><td style="text-align: right;">\$4.99</td></tr> <tr><td>Jumbo Hot Dog</td><td style="text-align: right;">\$2.48</td></tr> <tr><td>Hot Dog & Fries</td><td style="text-align: right;">\$3.80</td></tr> <tr><td>French Fries</td><td style="text-align: right;">\$2.62</td></tr> <tr><td>French Fries & Gravy</td><td style="text-align: right;">\$3.33</td></tr> <tr><td>Family Fries</td><td style="text-align: right;">\$3.75</td></tr> <tr><td>Family Fries & Gravy</td><td style="text-align: right;">\$4.42</td></tr> <tr><td>Poutine</td><td style="text-align: right;">\$3.99</td></tr> <tr><td>Nachos & Cheese</td><td style="text-align: right;">\$3.99</td></tr> <tr><td>Onion Rings</td><td style="text-align: right;">\$2.38</td></tr> </table>	Chicken Fingers & Fries	\$4.99	Jumbo Hot Dog	\$2.48	Hot Dog & Fries	\$3.80	French Fries	\$2.62	French Fries & Gravy	\$3.33	Family Fries	\$3.75	Family Fries & Gravy	\$4.42	Poutine	\$3.99	Nachos & Cheese	\$3.99	Onion Rings	\$2.38	<p>Snacks & Other</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Pretzels/Fillings</td><td style="text-align: right;">\$3.33</td></tr> <tr><td>Protein 20gr Bar</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Energy Bar</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Nutritional/Gluten Free Bar</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Regular Bars</td><td style="text-align: right;">\$1.55</td></tr> <tr><td>Chips</td><td style="text-align: right;">\$1.33</td></tr> <tr><td>Medium Popcorn</td><td style="text-align: right;">\$1.77</td></tr> <tr><td>Large popcorn</td><td style="text-align: right;">\$2.21</td></tr> <tr><td>Muffins, Gum, Lozenges and Candy</td><td></td></tr> <tr><td>Mini Hockey Proshop items available</td><td></td></tr> </table>	Pretzels/Fillings	\$3.33	Protein 20gr Bar	\$2.50	Energy Bar	\$2.50	Nutritional/Gluten Free Bar	\$2.50	Regular Bars	\$1.55	Chips	\$1.33	Medium Popcorn	\$1.77	Large popcorn	\$2.21	Muffins, Gum, Lozenges and Candy		Mini Hockey Proshop items available		<p>Hot Drinks M/Lg</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Coffee</td><td style="text-align: right;">\$1.52/\$1.67</td></tr> <tr><td>Tea</td><td style="text-align: right;">\$1.52/\$1.67</td></tr> <tr><td>Hot Chocolate</td><td style="text-align: right;">\$1.52/\$1.76</td></tr> <tr><td>Specialty Teas</td><td style="text-align: right;">\$1.52/\$1.76</td></tr> <tr><td>Mocha</td><td style="text-align: right;">\$1.52/ \$1.76</td></tr> <tr><td>Cappuccino</td><td style="text-align: right;">\$1.52/ \$1.76</td></tr> </table> <p>Frozen Drinks</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Medium Slush 12oz</td><td style="text-align: right;">\$1.77</td></tr> <tr><td>Large Slush</td><td style="text-align: right;">\$2.21</td></tr> </table>	Coffee	\$1.52/\$1.67	Tea	\$1.52/\$1.67	Hot Chocolate	\$1.52/\$1.76	Specialty Teas	\$1.52/\$1.76	Mocha	\$1.52/ \$1.76	Cappuccino	\$1.52/ \$1.76	Medium Slush 12oz	\$1.77	Large Slush	\$2.21	<p>Cold Beverages</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>500 mL Coca-Cola bottle</td><td style="text-align: right;">\$1.99</td></tr> <tr><td>591mL DASANI</td><td style="text-align: right;">\$1.55</td></tr> <tr><td>710mL Powerade</td><td style="text-align: right;">\$2.66</td></tr> <tr><td>450mL Minute Maid</td><td style="text-align: right;">\$2.14</td></tr> <tr><td>500mL Nestea</td><td style="text-align: right;">\$2.14</td></tr> <tr><td>Milk/Chocolate Milk</td><td style="text-align: right;">\$1.99</td></tr> <tr><td>Milk 2 Go</td><td style="text-align: right;">\$2.14</td></tr> <tr><td>Neilson Shakes</td><td style="text-align: right;">\$2.21</td></tr> </table> <p style="text-align: center; font-size: small;">  </p>	500 mL Coca-Cola bottle	\$1.99	591mL DASANI	\$1.55	710mL Powerade	\$2.66	450mL Minute Maid	\$2.14	500mL Nestea	\$2.14	Milk/Chocolate Milk	\$1.99	Milk 2 Go	\$2.14	Neilson Shakes	\$2.21
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ICE COLD  SERVED HERE			Applicable Taxes Not Included																																																																								

Recreation Food and Beverage Offering



Nutrition Education and Product Marketing

Choose well. Feel great.
Making healthy choices easier.
To help you make healthier choices, food and drinks have been classified according to their nutritional value.

Best choice



Choose carefully



Limit



SAMPLE

GO, SLOW, WHOA FOODS

GO SLOW WHOA
EAT SMART BROWARD™
Use the LIGHT to eat RIGHT!

Look for the "GO!" signs identifying the healthiest food choices!



Use the **LIGHT** to eat **RIGHT!**



SAMPLE

Municipal Tap Water Promotion



Recommendation (a)

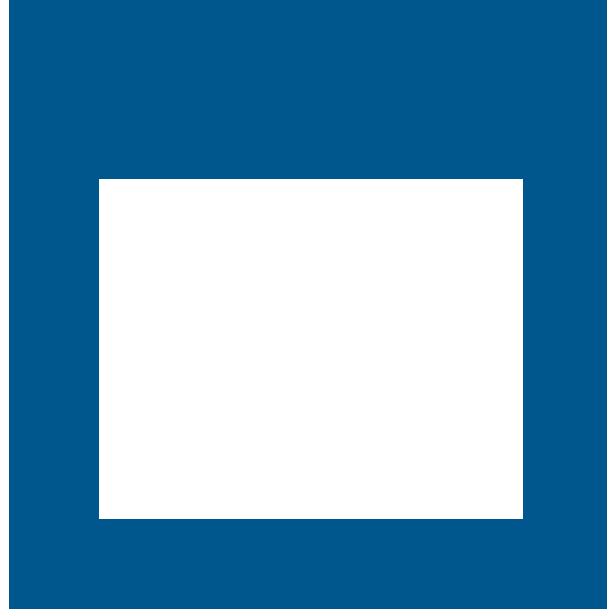
That the General Manager of Healthy and Safe Communities be authorized to develop and implement a Recreation Healthy Food and Beverage Action Plan that increases availability of healthy food and beverage options while also reducing reliance on bottled water at City recreation facilities.

This action plan will:

- Increase healthy food and beverage choices
- Align food and beverage contracts with Food and Beverage Guidelines
- Reduce bottled water and explore healthy beverage alternatives
- Promote tap water and healthy food and beverage choices
- Encourage volunteer-operated concessions within City facilities to eliminate the sale of bottled water and sugary drinks.

Recommendation (b)

That the item respecting, “Implications of Banning the Sale of Bottled Water at Municipal Locations” be removed from the Board of Health Outstanding Business List.



THANK YOU