



Leading the Way with Healthy Foods



Almonte General Hospital (AGH) and Carleton Place & District Memorial Hospital (CDPMH) are two of the first hospitals in the region to achieve Silver status in the *Healthy Foods in Champlain Hospitals* program. Its goal is to ensure the healthy choice is the easy choice by providing better food options in the cafeterias, vending machines and gift shops.

Healthy food plays an important role in helping our patients get better and helping our residents in Fairview Manor stay healthy. The program also supports employee health – which in turn, supports our ability to deliver the best patient care.

“Achieving Silver status is the result of excellent teamwork led by our Food Service managers and staff, Dietitians, and the CPDMH Auxiliary and

AGH Volunteer Services,” noted Mary Wilson Trider, President and CEO. “The teams have been incredibly creative, developing delicious new healthy recipes.”

The program introduces nutritional information and new, healthier options. It also phases out unhealthy ones such as processed meats, sugary pop and larger muffins.

Dr. Andrew Pipe, Chair, Champlain Cardiovascular Disease Prevention Network, congratulated the teams for their leadership: “Reaching the Silver benchmark is a clear reflection of a commitment to investing in the long-term health of staff, physicians, volunteers, and the hospital community at large.” In fact, hospitals across Canada are interested in learning more about this local model.



Teams in both Carleton Place and Almonte celebrated being awarded Silver status.

