What is the Role of Nutrition Standards in Food Literacy Programs?

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Welcome

- Recipe analysis
  - Background
  - Findings

- Looking forward: role of nutrition standards in programs

- No conflicts of interest to report
Peer Program History

• Program began in 1988
• Individuals from at-risk neighbourhoods trained to deliver programming to peers

• Objectives:
  ▪ Increase capacity, knowledge and skills to improve health
  ▪ Prevent and reduce social isolation within the community
Current State

• Poor eating habits
  ▪ NEWPATH study: 0.3% of Waterloo Region population eating “good” diet (HEI)

Minaker L., Frank L., et. al. NEWPATH study findings. 2012.
• 2018 revision of the Peer Program
  ▪ Opportunity to revisit food literacy programming

• Goals:
  ▪ Emphasize food that we recommend consuming on a daily basis
  ▪ Healthy recipes used exclusively
Defining "Healthy"

• Multiple nutrition standards exist
  ▪ Childcare, schools, workplaces
• Nutrition Standards for Workplaces chosen
  ▪ Revised in 2017
Methods

• Five Ontario programs
• Recipes analyzed with *eaTracker*
• Nutrition content compared to “Nutrition Standards for Workplaces”
  ▪ Categories: Maximum Nutritional Value, Sell/Offer Most, Sell/Offer Less, Not Recommended
  ▪ Beverages, desserts and dips/condiments excluded
Results

- Total: 193 recipes
- 136 recipes included
- 57 recipes excluded

<table>
<thead>
<tr>
<th>Classification</th>
<th>Original Recipes Meeting Criteria</th>
<th>Recipes Meeting Criteria with Low-Sodium Canned Beans</th>
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</thead>
<tbody>
<tr>
<td>Maximum Nutritional Value</td>
<td>36 (26.5%)</td>
<td>38 (27.9%)</td>
</tr>
<tr>
<td>Sell/Offer Most</td>
<td>5 (3.7%)</td>
<td>3 (2.2%)</td>
</tr>
<tr>
<td>Sell/Offer Less</td>
<td>29 (21.3%)</td>
<td>30 (22%)</td>
</tr>
<tr>
<td>Not Recommended</td>
<td>66 (48.5%)</td>
<td>65 (47.8%)</td>
</tr>
</tbody>
</table>
Considerations

- **All food literacy attributes were not assessed**
  - Other food literacy attributes and program goals may have taken priority
- **Recipes affected by cost of food**
- **Food used to get participants in the door**
Discussion

• Close to half of the recipes categorized as "Not Recommended"

• Disconnect:
  ▪ Nutrition guidelines we support and promote ≠ those that we are following in our own programs
Where do we go from here?

- If recipes are used by health units, should they meet any specific nutrition standards?
- Are these the right standards?
- Are the recommendations realistic?
- Any other considerations?
Questions?

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