

2013:01 FACILITATING NUTRITIOUS FOOD CHOICES

Whereas 1 obesity, diabetes and heart disease in both adults and children are huge and growing problems in Canada brought on largely by the consumption of unhealthy foods; and

Whereas 2 there are many factors leading to a poor diet such as:

- a. the use of time-saving processed foods, many of which contain high amounts of sugar, fat and salt,
- b. false or misleading health claims on labels by food producers
- c. promotion of unhealthy foods in the media and grocery outlets, often aimed toward children;
- d. lack of knowledge of good nutrition; and

Whereas 3 under the Regulations of the Food and Drugs Act (FDA The Act) there is a lack of clarity for food labelling and advertising requirements, with some being mandatory and some voluntary; and

Whereas 4 the federal government has constitutional powers to enact health-related laws; therefore be it

Resolved 1 that the National Council of Women of Canada (NCWC) adopt as policy that:

- a. the amount of sugar, sodium and unhealthy fat in processed food be restricted;
- b. food labels be accurate, understandable, readable, and complete, including in-store baked products;
- c. promotion of unhealthy food, particularly aimed toward children, be eliminated; and
- d. comprehensive nutrition education programs be undertaken; and be it further

Resolved 2 that NCWC urge the Government of Canada to take action to improve the nutrition of all Canadians through federal legislation that:

- a. restricts the amount of sugar, sodium and unhealthy fat in processed food;
- b. ensures all foods are labelled accurately according to scientific data and contain no false or misleading health claims, be understandable, readable and complete, including on in-store baked products;
- c. eliminates promotions of unhealthy food, particularly those aimed at children; and
- d. directs the Public Health Agency of Canada to work with the provincial and territorial governments to conduct education campaigns on good nutrition; and be it further

Resolved 3 that NCWC urge the Provincial Councils of Women to urge their respective Provincial Governments to:

- a. pass legislation that requires schools to teach nutrition as a compulsory subject and to offer only nutritious food in their cafeterias and vending machines;
- b. promote and support organizations that provide programs for the general public on buying, preparing and serving healthy nutritious meals at minimal cost.