OBJECTIVES

• To set out Alberta Health Services’ (AHS) commitment to reduce the levels of trans fats contained in food and beverages offered to AHS staff, patients, and visitors at AHS-operated food service facilities.

PRINCIPLES

AHS is committed to creating healthy eating environments at AHS facilities to promote health and chronic disease prevention. AHS shall reduce the levels of trans fats contained in food offered at AHS facilities in accordance with the recommendations of the Health Canada Trans Fat Task Force.

APPLICABILITY

Compliance with this document is required by all Alberta Health Services employees, members of the medical and midwifery staffs, Students, Volunteers, and other persons acting on behalf of Alberta Health Services (including contracted service providers as necessary).

ELEMENTS

1. Trans Fats Requirements

1.1 AHS food service operations, third party retail operations, and auxiliary or volunteer-run operations should ensure that all cooking oils and soft spreadable margarines used have an industrially-produced trans fat content of two percent (2%) or less as a proportion of total fat.

1.2 AHS food service operations, third party retail operations, and auxiliary or volunteer-run operations should ensure that all other foods and beverages used
have an industrially-produced trans fat content of five percent (5%) or less as a proportion of total fat.

2. Suppliers

2.1 AHS Nutrition and Food Services, in conjunction with, Contracting, Procurement and Supply Management (CPSM), shall work proactively with suppliers to comply with the trans fats requirements set out in this policy.

3. New Contracts

3.1 New contracts entered into for the provision of food or beverage products at AHS facilities shall be subject to the trans fats requirements set out in this policy.

DEFINITIONS

Alberta Health Services (AHS) facility means any facility, property, or ground owned, operated, leased or funded by AHS.

Alberta Health Services (AHS) Food Service Operations means patient and retail food services directly controlled and operated by AHS.

Trans fat means a type of fat predominantly formed during a process used by the food industry to harden and stabilize liquid vegetable oil and which is found in foods made with partially hydrogenated oil. These foods include, but are not limited to vegetable oil shortenings, “stick” margarines and some soft (tub) margarines, bakery products, snack foods, and many ready-to-serve foods. Trans fats also occur naturally at low levels in ruminant-based foods such as dairy products and beef.

REFERENCES

- Alberta Health Services Governance Documents:
  - Healthy Eating Environments Policy (#1138)
- Non-Alberta Health Services Documents:
  - TRANSforming the Food Supply (Trans Fat Task Force, Health Canada)

VERSION HISTORY

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