

MEDIA RELEASE



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Hôtel-Dieu Grace Hospital Only Hospital in Erie St Clair-LHIN to Earn a 2010 *Eat Smart!* Award of Excellence

Windsor, ON - Hôtel-Dieu Grace Hospital was presented today with the 2010 *Eat Smart!* Award of Excellence by the Windsor-Essex County Health Unit. HDGH has the distinction of being the only hospital in the Erie St. Clair Local Health Integration Network to achieve this award for 2010. With this significant recognition, HDGH is considered to be one of Ontario's top workplaces for healthy choices.

Eat Smart! is a provincial Award of Excellence program that has been recognizing businesses' efforts to create healthier work environments since 2001. *Eat Smart!* promotes awareness of nutrition and healthier lifestyle choices through: standards, point-of-purchase educational materials and awareness-raising activities. The program is designed to encourage healthier dining in workplaces, schools, and recreation centres across Ontario.

Eat Smart! Workplaces offer a variety of nutritious food choices including whole grains, a selection of vegetables and fruit and lower-fat substitutions to create healthier food choices. The Canadian Cancer Society (Ontario Division), the Heart and Stroke Foundation of Ontario and the Windsor-Essex County Health Unit are all key supporters of the program.

To qualify for the *Eat Smart!* Award of Excellence, the hospital had to meet specified food safety, smoke free, and nutrition standards. The Public Health Nutritionist from the Windsor-Essex County Health Unit worked together with the food service team at Hôtel-Dieu Grace Hospital to help meet the established standards.

"Hôtel-Dieu Grace Hospital is proud to be recognized for our commitment to improving the health of their workplace by participating in the *Eat Smart!* Workplace Program," states Warren Chant, HDGH, CEO. "The *Eat Smart!* Award of Excellence is an award that distinguishes our hospital as one that is committed to the health of its staff and community."

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