

Food environments in Canada: A look at the numbers

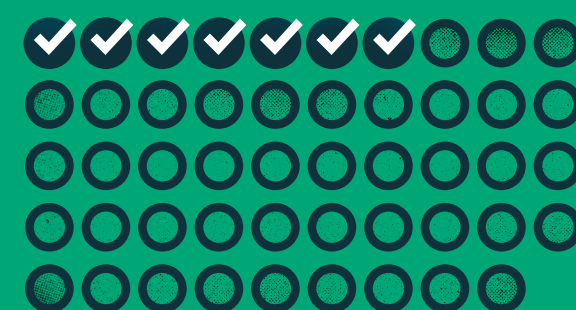
PUBLIC FOOD ENVIRONMENT POLICIES

✓ Areas where the federal government is doing well:

- **Composition:** Prohibiting the use of partially hydrogenated oils in foods
- **Labelling:** Updated and comprehensive food labelling regulations, including mandatory front-of-package labels for products high in sodium, saturated fat and/or sugars
- **Leadership:** Revision of Canada's food guide based on current scientific evidence

✗ Areas where the federal government can improve:

- **Composition:** No targets or restrictions for added sugars or saturated fats in processed foods
- **Labelling:** No policies, strategies or supports for menu labelling
- **Provision:** Little support and few training systems to help public sector organizations implement healthy food service policies and guidelines



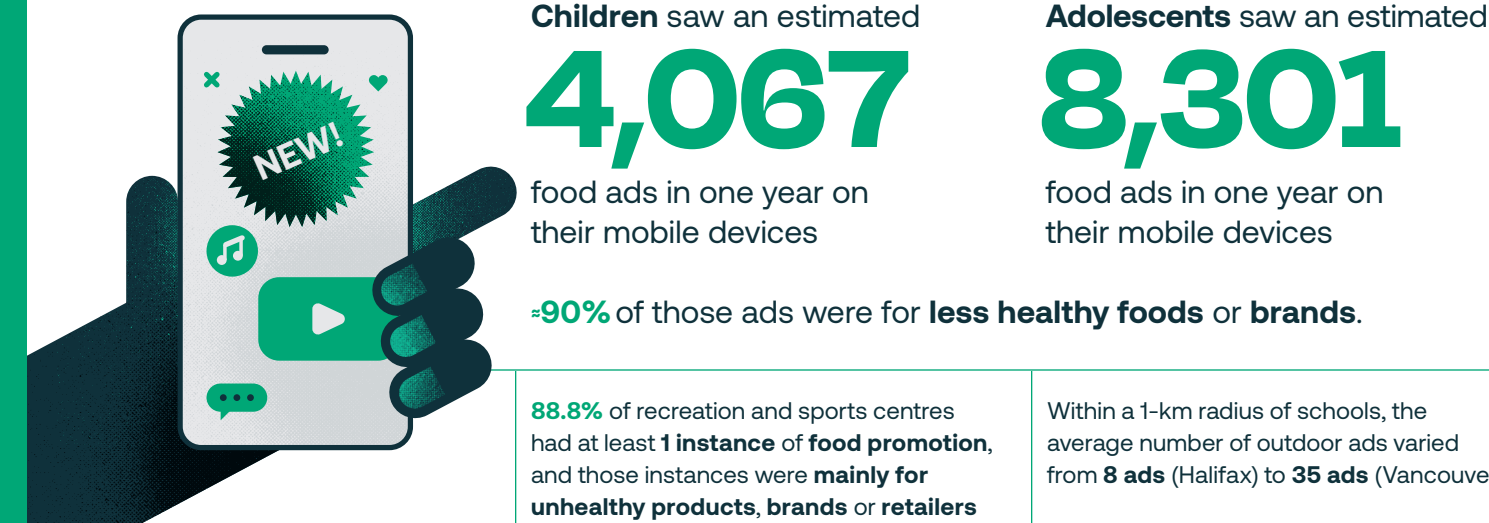
The federal government was meeting **good practice statements** for

7/49

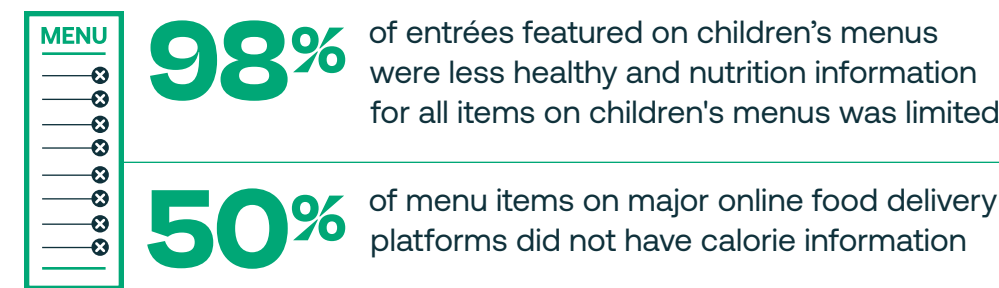
policy and infrastructure support indicators

UNHEALTHY FOOD MARKETING

Over the course of the day, kids could see as many as **40 food and beverage ads**, the majority of which are less healthy.



FOOD RETAIL



FOOD COMPOSITION

64% of packaged food products were **high in sodium, sugars and/or saturated fats**



FOOD LABELLING

45% of products with nutrition claims on their packages would also display a front-of-package symbol **warning for high in sodium, sugars and/or saturated fats**

FOOD PRICES

In Manitoba, a family of 2 adults and 2 children paid an average of **\$317.29** for a nutritious food basket; in Newfoundland and Labrador, this cost was **\$418.38**.

PRIVATE SECTOR FOOD ENVIRONMENT POLICIES

49/100 Median score for food and beverage manufacturing companies' **commitments to support healthier diets and chronic disease prevention**

FOOD TRADE

Number of countries that trade freely with Canada on highly processed ready-to-eat meals:

66 → **107**
2005 → 2020

Foreign direct investment into Canadian food manufacturing industry (2020–2022)
CAD \$ 32.6 billion



FOOD PROVISION IN PUBLIC SETTINGS



RECREATION AND SPORTS CENTRES

64% of beverages per beverage vending machine were classified as **healthier**, and this prevalence was similar between centres with and without provincial nutrition guidelines



SCHOOLS

82% of schools reported selling at least **1 sugary drink** on a regular basis and **55%** reported selling both fruits and vegetables regularly

89% of schools reported having developed or following a written school food policy



HOSPITALS

99% of hospitals reported selling at least **1 sugary drink** on a regular basis and **74%** reported selling both fruits and vegetable on a regular basis

65% of hospitals reported having a written hospital food policy

Bold and courageous actions are needed to create healthier food environments for current and future generations