The Dish on Intuitive Eating

This issue is dedicated to intuitive eating, what it is, how is it different from mindful eating and what are the principles of this approach. Also a quick snapshot and update of the work being done on the National Food Policy.

We welcome your feedback on the newsletter. If you have any ideas or suggestions you would like to share, please contact Wai-Yuen. You can reach her by email at Waiyuen.Pang@bccdc.ca or by phone 604-875-7396.

Thank you for your dedication in the Food Skills program and we hope that you have a beautiful spring!

- Food Skills Team

Contents:
The Scoop on Intuitive Eating
Nutrition Month 2020
National Food Policy
From the Food Skills Office
Master Trainer Call Out
From a Fellow Facilitator
Food Skills for Youth

The Scoop on Intuitive Eating

Many of us learned during childhood to finish everything on our plate, we are told certain foods are good for us and others are bad. Intuitive eating is a non-diet approach that helps to tune into body signals and break the cycle of chronic dieting. It is common to rely on external cues to tell us when to stop eating. Intuitive eating is about getting back in touch with internal cues like hunger,
fullness (hunger-fullness scale) and satisfaction and moving away from external cues like rules and restriction.

Often we are willing to listen to our parents, social media and friends for advice on what we should eat, but rarely do we listen to ourselves, or when we do we are plagued with guilt for having given ourselves permission to eat what we want. What if we listened and trusted our body for a change and enjoy all the foods we eat without feeling guilty? Behold the concept of Intuitive Eating.

Created in 1995 by two registered dietitians, not a new concept by far, but certainly gaining its way into the conversation on healthy eating. Intuitive eating practices can encourage you to tune into yourself and invites you to listen to your body. In the program we talk about mindful eating, this is the perfect way to start. What is the difference between mindful eating and intuitive eating? These concepts are often used interchangeably but there are slight differences. Intuitive eating embraces the principles of mindful eating but goes one step further in rejecting the diet mentality and respecting bodies of all sizes and shapes. Remember to check out Canada's food guide as it also encourages our awareness of the influences affecting eating behaviour (your mood, your environment, marketing and messaging).

Steering away from “good” and “bad” food allows us to develop a healthier relationship with food and ultimately leaves you feeling more satisfied. Not worrying about restricting this or avoiding that every time you shop or eat can help to reduce the amount of stress around meals and can lead to a healthier and more sustainable eating practice.

### 10 Guidelines for Intuitive Eating

1. **Reject the Diet Mentality**
   - Don’t buy into the dieting myth, it is not about lack of willpower, diets are set up for failure.

2. **Cope with Emotions without Using Food**
   - Eating for reasons other than hunger are common, maybe sadness or boredom is driving your hunger. Learn new coping skills like connecting with a friend, going for a walk, reading a book or hitting the yoga mat may help.

3. **Challenge the Food Police**
   - Recognize the thoughts in your head that label you as good if you eat a salad and bad if you eat a bar of chocolate. Break the rules in your own head.

4. **Make Peace with Food**
   - Allow all foods into your diet stop labelling foods as good or bad. Give yourself permission to eat whatever you wish.

5. **Exercise**
   - Stop looking at exercise as a way to burn calories. Choose an activity that makes you feel energized and connected.

6. **Respect Your Body**
   - Loosen the grip on judging and criticizing yourself. Accept yourself as you are.

7. **Discover Satisfaction**
   - When you eat what you want, feelings of satisfaction and pleasure will help you feel content.

8. **Honour Your Hunger**
   - It is a normal, biological process. Use the hunger-fullness scale.

9. **Feel Your Fullness**
   - Pay attention to signals that you are full and satisfied. Stop halfway and check in with your body, bring more awareness to your meals.

10. **Honour Your Health**
    - Being healthy is not about being perfect, it is about consistency over time and not all or nothing.

---

**Nutrition Month 2020: More Than Food**

March is Nutrition Month and this year the topic is focused around “how you eat is important” and that healthy eating is more than just food! The campaign covers the four Healthy Eating Habits from the new food guide.
National Food Policy

A Food Policy for Canada was given an initial investment of $134 million in 2019 to support and build a healthier and more sustainable food system. The need for a Food Policy in Canada is critical in order to address the issues that still exist in the food system such as access (around one million Canadian households are not able to access healthy foods) and waste (approximately one third of food produced in Canada is wasted). The Food Policy will be a way to collaborate across government and sectors to understand and address linkages in the food system.

Six Priority Outcomes:

1. Vibrant Communities
Community-led and community-based initiatives that contribute to culturally diverse solutions in an inclusive manner.

2. Increased Connections within Food Systems
Collaboration across sectors (government, society, academia, etc.) to strengthen the ability to progress on food-related issues and adapt to emerging needs.

3. Improved Food-Related Health Outcomes
Working together to increase access to safe and nutritious food and maintain a healthy diet that is culturally diverse and decrease diet-related disease.

4. Strong Indigenous Food Systems
Co-developing a food system with Indigenous communities and organizations based on respect and partnership to support strong and prosperous First Nations, Inuit and Metis communities.

5. Sustainable Food Practices
Develop and maintain sustainable food practices to reduce environmental impact of the Canadian food system.

6. Inclusive Economic Growth
Supply high-quality food for the growing global demand within a diverse and inclusive food and agriculture sector.

To accomplish the six priority outcomes some guiding principles have been outlined. These approaches include taking a step forward with reconciliation by recognizing the uniqueness of Indigenous communities’ food systems and to support the communities self food-determination. There is to be conversation for collaboration across sectors and food systems, inclusion and diversity, innovation, sustainability and providing evidence and accountability within the Government to the Canadian People.

For the interim, four key areas of action have been laid out for 2019 - 2024:

- Help Canadian communities access healthy food - invest in projects that increase access to food
Make Canadian food the top choice at home and abroad - food products that stand out as safe and healthy
Support food security in Northern and Indigenous Communities - supporting Indigenous food self-determination
Reduce food waste - supporting a shift towards more sustainable food practices.

To learn more about the Food Policy in Canada, visit the Government of Canada website here.

---

**From the Food Skills Office**

**Address Change**

Include all information below to send mail to Food Skills:
Wal-Yuen Pang  
Food Skills for Families  
Population & Public Health  
BC Centre for Disease Control  
2095 – 655 West 12th Ave.  
Vancouver, BC V5Z 4H4  
Tel: 604-875-7396

---

**Letter of Agreements + Contracts**

Starting January 2020, Facilitators are required to return signed contracts (Letter of Agreement or Contract for Services) before program materials are eligible for shipping. The process will be as follows:

1. Host organization sends *Program Request Form* to Food Skills team at least three-weeks before program set to run.
2. Food Skills team emails Facilitator contract.
3. Facilitator returns signed contract to Food Skills team at least two-weeks before start of program.
4. Food Skills team ships program materials.

---

**Food Safe Certification**

A reminder that as a Community Facilitator you need a current Food Safe Certificate filed with Food Skills for Families. If you have recently completed your training or have just renewed your certificate please scan a copy to the Food Skills team at foodskillsbc@bccdc.ca.

---

**Master Trainer Call Out**

Food Skills for Families is looking to expand our Master Trainer Team! Our Master Trainers are an integral part to leading all of the successful Train-the-Trainer programs held for new Community Facilitators. They guide and mentor prospective facilitators during the training period and are experts on adult education and nutrition.

To find out more about how to become a Master Trainer contact Food Skills for Families Manager, Karen (karen.coulson@bccdc.ca).
From a Fellow Facilitator

A big thank-you to Karen Griffiths for inspiring the new Kitchen Meeting and Tour Questionnaire tool.

This tool is designed to assist Facilitators in conducting a tour at a new kitchen location. It includes a complete checklist of what equipment is needed to run the program as well as areas to detail site access, kitchen close-out and more.

Want to try out a new strategy to engage participants during the grocery store tour? A Community Facilitator from Vancouver has kindly shared her tip and suggests:

- Dividing your group up randomly into two groups
- In each department have one group pick out a choice that should be eaten in limited amounts (i.e. the most sugary cereal)
- The other group is to find a better choice (i.e. a cereal low in sugar and high in fibre)
- Have them come together and discuss why their cereals should be limited or why it is a better choice.
- Fill in any other useful tips or information after each group presents
- For the next department have the group that found the “limited choice” to find the “better choice” and vice versa.

Thanks for sharing your tip Omnia!

If you have any tips or tricks that you would like to share with your fellow facilitators email Wai-Yuen (waiyuen.pang@bccdc.ca) and we can include it in upcoming newsletters.

Food Skills for Youth Ages 13-18

We are happy to report that Food Skills for Families programs can once again be delivered to a youth audience. At the moment we do not have a unique Youth Curriculum developed (stay tuned as this is in the works) we have found the Food Sense curriculum is fairly well suited for a youth audience (ages 13+). There are a few different options for the delivery of this program depending on your intended audience and whether or not you are an employee at the organization or lead programs as a contractor. Delivery options are outlined below.

Facilitator = Staff
If the facilitator is also a staff member of the organization hosting the program and will deliver the program as part of their role it is possible to run a program exclusively for youth. Minors aged 13-18 are allowed to participate unaccompanied if the organization has satisfied all requirement outlined in the BCCDC Youth Guidelines document. Email the Food Skills team directly (foodskillsBC@bccdc.ca) to learn more about what is required and if your organization qualifies for this opportunity.

Facilitator ≠ Staff
If the organization does not have a facilitator on staff youth can still participate in a Food Skills for Families program. Minors, aged 13-18, are allowed to participate when a parent or legal guardian is also signed up to participate in the program.