



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

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The Scoop on Intuitive Eating



Image based off Dean Simmons, RD blog – [Healthy Families BC: Feeling Full](#)

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.

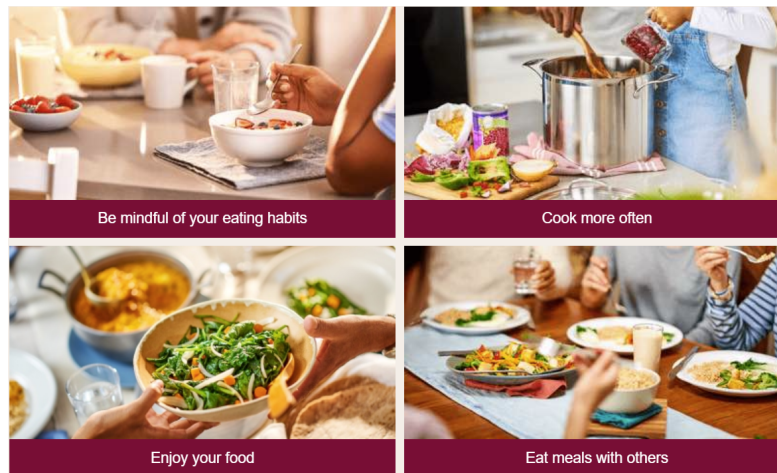
Created in 1995 by two registered dietitians, not a new concept by far, but certainly gaining its way into the conversation on healthy eating. Intuitive eating practices can encourage you to tune into yourself and invites you to listen to your body. In the program we talk about mindful eating, this is 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 shape. 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.



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.



Visit the official [Nutrition Month 2020](#) website to download their eBook for recipe inspirations and ways to get involved.

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:

Wai-Yuen Pang
Food Skills for Families
Population & Public Health
BC Centre for Disease Control
2095 – 655 West 12th Ave.
Vancouver, BC V5Z 4R4
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.



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Food Skills for Families
1380 Burrard Street
Vancouver, Bc V6Z 2H3
Canada

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