



GRAND ROUNDS

Healthy resolutions made easy at RVH

If eating better is on your New Year's resolution list, RVH can help!

With its recently achieved Silver status in the Champlain LHIN's Healthy Foods program, Café Victoria is now offering healthier than ever options.

The program's goals are to increase the availability of healthy foods and beverages in hospital cafeterias, vending machines, and gift shops, and ensure that the healthy choice is the easy choice.

Among the Silver level standards are the provision of calorie and sodium information, and the introduction of new delicious meals and snacks, whole grains, vegetables and fruits.



“Our hospital values an environment that supports the wellbeing of patients, families, visitors, and staff. This initiative, combined with other initiatives such as the RVH scent-free policy and no smoking on hospital grounds, is another example of our hospital being a leader in healthy practices, and making the healthy choice, the easier choice,” states Julia Boudreau, RVH Vice President of Corporate Services.

Those who resolve to quit smoking in the new year won't be left out in the cold—support is readily available. Admitted patients are screened for tobacco use and provided with nicotine replacement therapy (NRT) while in the hospital, cessation support and NRT are also available to all staff, and Addiction Treatment Services will aid members of the public.

The beginning of a New Year is an opportunity for a fresh start and RVH wishes you health, happiness and success with your resolutions as we continue our commitment to the health of our community in 2018.

RVH property is smoke-free*



**Thank you for not smoking
on RVH property, including
in our parking lots.**



*In compliance with the Smoke-Free Ontario Act, S.O. 2016, c. 13.

RVH is smoke-free and scent-free.