



May 14, 2015

The Honourable Kathleen Wynne
Premier of Ontario
Room 281, Queen's Park
Toronto, ON M7A 1A1
Sent via E-mail: premier@ontario.ca

Dear Premier Wynne:

At its meeting held May 13, 2015, the Board of Health for the Peterborough County-City Health Unit considered correspondence from the Northwestern Health Unit (NWHU) regarding "Bill 45, Making Healthier Choices Act", urging the provincial government to amend Bill 45 to include sodium labelling and to allow for municipal by-laws to address additional nutrition information beyond sodium and calories.

The Board of Health for the Peterborough County-City Health Unit resolved as follows:

WHEREAS, menu labelling legislation is an important step towards creating healthier and more transparent food environments for Ontario's families; and

WHEREAS, Canadian are eating out more than ever before, and people of all ages and income levels are eating out; and

WHEREAS, eating away from home is associated with excessive intakes of calories, sodium and fat among children and adults; and

WHEREAS, the average sodium intake of all ages of Canadian children exceeds the tolerable upper limit established by the Institute of Medicine (IOM); and

WHEREAS, menu labelling provides an opportunity to help prevent these children from joining the Canadian average of consuming double the recommended amount of sodium; and

WHEREAS, menu labelling provides an opportunity to help prevent these children from joining the 90% of Canadians who develop hypertension as they age, and the 1.3 million Canadians who are living with cardiovascular disease; and

WHEREAS, Canadians strongly support disclosure of calories and sodium values and of a panel of about 3,000 Canadians, 75% would like to see calories on the menu, while 71% want sodium; and

WHEREAS, listing nutrition information along with contextual or interpretive nutrition information on restaurant menus helps consumers select healthier choices, and

WHEREAS, the Board of Health for the Peterborough County-City Health Unit support menu labelling that includes both calories and sodium as a population health strategy that assists consumers to make informed and healthier food choices, as outlined in the position statement of the Ontario Society of Nutrition Professionals in Public Health, [Serving up Nutrition Information in Ontario Restaurants: A Position Paper](#);

NOW THEREFORE BE IT RESOLVED THAT the Board of Health for the Peterborough County City Health Unit urges the provincial government to amend the “Bill 45, Making Healthier Choices Act” to:

1. Include sodium labelling; and
2. Provide reference values; and
3. Allow for municipal bylaws to address additional nutrition information beyond sodium and calories

FURTHERMORE BE IT RESOLVED THAT, copies of the letter regarding Bill 45 be forwarded to the Premier of Ontario, the Associate Minister of Health and Long-Term Care (Long-Term Care and Wellness), local members of Provincial Parliament (MPP), the Ontario Society of Nutrition Professionals in Public Health, Ontario Boards of Health and the Association of Local Public Health Agencies for their information and support.

We thank you for your consideration and look forward to your response.

Sincerely



Lesley Parnell
Chair, Board of Health

/at

c: Hon. Dipika Damerla, Associate Minister of Health and Long-Term Care (Long-Term Care and Wellness)
Jeff Leal, MPP Peterborough
Laurie Scott, MPP Haliburton-Kawartha Lakes-Brock
Ontario Society of Nutrition Professionals in Public Health
Ontario Boards of Health
Association of Local Public Health Agencies