



## The Catholic Women's League of Canada Military Ordinariate Provincial Council



**TO:** Base Councils Presidents, Base Council Education & Health Chairs,  
Military Ordinariate Administrative Committee

**FROM:** Military Ordinariate Provincial Education & Health Chair

**DATE:** January 07, 2016

**MEMO:** # 3 (2016-2018)

**SUBJECT:** Canada Food Guide – Palliative Matters Care

Happy and Healthy New Year 2017! It is always a pleasure to bring some good news, and to realize that we worked together for a better living and life. As a CWL member, we are informed, and concerned about the care of ourselves and others. Today, I encourage you to read and share these important issues:

### CANADA FOOD GUIDE

#### Resolution (2016.02) had been made: Eating Well with Canada's Food Guide

It had been request that the federal government to revise the food guide and to do so every five years (the last one was in 2007) based on scientific evidence, and to date the publication every time it is revised.

Canada's Food Guide is both a policy and an educational tool. It helps people make food choices to meet nutrient needs, improve their health, and reduce their risk of nutrition-related chronic diseases and conditions. It interprets complex nutrition information in a practical way.

**\*Encourage your members to pay attention to their serving sizes,** and to use a healthy plate method by filling half a plate with vegetables, adding a quarter starch and a quarter protein.

#### Resolution 2016.03 Warning Labels on Food and Drug Products for all Inactive Substances and Additives.

Coming this year, a new Healthy Eating Strategy for Canada will introduce a front-of-package labeling that will provide us with the highlights of sodium, sugars and saturated fat on every prepackaged foods.

All food colors will be declare by their common name and a list of ingredients and allergen information should be easier to read. It will encourage the food industry to reformulate their products in a way to lower these nutrients.

Health Canada website at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.

## PALLIATIVE CARE MATTERS

We all know that sooner or later most of us will need palliative care for ourselves, family and friends. A Consensus Development Conference was held in Ottawa last November 2016, and some recommendations were made to reassure all Canadians on this important issue. Here's some of the 20 recommendations:

\* The Canada Health Act be amended to include integrated, palliative home care with portable universal access and support for patients and caregivers, customized to patients' medical and psycho-social needs;

\* The federal government to provide substantial and sustained funding for the development of a national strategy, including capacity building, standards development and monitoring, and research;

\* Every physician in Canada to be able to provide basic palliative care and that accrediting and licensing bodies and professional colleges ensure competencies are taught and tested;

\* A wide-spread public awareness campaign about palliative care support the implementation of a national palliative care strategy.

Coming this Spring 2017, this Conference Board of Canada will give a potential report with some implementation plans to guide governments, health care organization and professionals.

Please visit [www.palliativecarematters.ca/home](http://www.palliativecarematters.ca/home) to see the complete list of recommendations and latest update.

My hope for this year is that you will keep in mind those recommendations, and keep an eye opened on their evolution. May you enjoy life with a healthier food plate, exercise, and the Lord will praise your effort! God bless,

*Lise Bélanger*