



KEY MESSAGES – CANADA’S NEW FOOD GUIDE

Assisted Living Residences

The *Assisted Living Regulation* under the *Community Care and Assisted Living Act* reference the “current edition” of [Canada’s food guide](#), which is used by residence operators to identify menu plan requirements to meet their residents’ nutrition needs. Since Health Canada released Canada’s new food guide in January 2019, many operators have asked what changes they need to make to their menus to continue meeting the regulations.

Until notified, operators of assisted living residences may continue to provide menus based on the 2007 *Eating Well with Canada’s Food Guide*. This will be considered in compliance with the current nutrition standards outlined in the *Assisted Living Regulation*.

Key messages

- Operators of assisted living residences and others working in assisted living who need to know specific amounts and types of food for menu planning can continue to use the 2007 food guide (both [Eating Well with Canada’s Food Guide](#) and [Eating Well with Canada’s Food Guide - First Nations, Inuit and Métis](#)) as a trusted source of information on healthy eating. As such, it may be helpful to retain hard copies of these resources as they are no longer available from Health Canada.
- Operators will not be asked to make changes to their menus until the Province has updated the supporting resources [Meals and More](#), for alignment with the new 2019 food guide.
- For aspects of healthy eating advice beyond menu planning, use of the [2019 food guide](#) is encouraged.

Background

Health Canada released [Canada’s new food guide](#) in January 2019. As it no longer provides recommended serving sizes and numbers of servings per day, further guidance is needed for specific settings to integrate the new food guide into menu planning. Health Canada is in the process of determining what further guidance may be released.

In addition, a Provincial/Territorial working group has formed to develop nutrition standards based on the new food guide. These will inform healthy eating guidelines and resources, including menu planning. While awaiting additional guidance, operators can continue to use the 2007 food guide for menu planning.

Once additional guidance is available, the Province will consider amendments to the *Assisted Living Regulation* and will update the supporting resource, [Meals and More](#), to align with the new food guide. Operators will be notified once these changes have taken effect and the supporting resources are in place.