**BILL C-314**

This is an act to require chain restaurants to make the nutritional information of foods more widely accessible, by displaying them on their menus.

**SHORT TITLE**

This act may be known as the *Accessible Nutritional information Act.*

**INTERPRETATION**

These definitions apply to this Act:

“Widely”- over or through a wide area / in or to many places

“Accessible”- able to be used or obtained

“Display“- to make a prominent exhibition of (something) in a place where it can be easily seen

“Restaurant”- a place where people pay to sit and eat meals that are cooked and served on the premises

“Chain (business)”- a number of similar establishments under one ownership

**PURPOSE OF ACT**

The purpose of the act is to encourage healthy food choices among Canadians, enable Canadians looking for healthier meal options to be able to do so easily, and allow Canadians to gain better access to information regarding the foods they are consuming.

**HER MAJESTY**

The Queen will accept this Act as a law.

**GUIDELINES AND PROCEDURES**

1. Educate the restaurant chains- this will be done through direct communication with the headquarters of all restaurant chains in Canada.
2. Notify the public- members of the public will be reported of this change through various advertisements through TV, radio stations, and social media networks.
3. Inform the public- the public will be offered information regarding the proper usage of nutritional information, the importance of making healthy food choices, and how they could take advantage of the *Accessible Nutritional Information Act.* The education will be made available through brochures and seminars, both of which will be obtainable at local health care centers, community centers, as well as schools.

**IN FORCE**

This Act will go into effect in two months after it receives Royal Assent.

**REASONS FOR PASSING THIS BILL**

Fast food restaurants are one of the most common causes of various health conditions- the main condition being obesity. Obesity is an increasing problem in Canada, and it is certainly a problem that should be addressed. Today, approximately 59% of adult Canadians and 31% of Canadian children (our country’s future) are overweight or clinically obese. To make matters worse, this percentage is increasing rapidly, and it is expected that this trend will continue to escalate for many years to come.

Though fast food restaurants may not be the only cause of obesity, it contributes to it greatly. Customers of fast food chains often exceed their recommended limits of fat, sugar, and sodium in just one meal, and many medical journals have associated the consumption of fast food to obesity. Various health conditions, including asthma, type 2 diabetes, hypertension, coronary artery disease, stroke, congestive heart failure, and cancers such as pancreatic, ovarian, breast, and kidney cancers, have been known to be linked to obesity. In addition to this, it has been proven that severe obesity can lead to premature mortality. The government must take some responsibility for its citizens’ health before it is too late.

Several economic costs are also associated with obesity. In a study conducted to investigate the impact of obesity on the economy, obesity was proven to add to economic burdens of the country, through both direct costs to the health care system and indirect costs to productivity due to lost work caused by premature death and disabilities connected with obesity.

Even though food choices come down to the individual’s personal preference, everyone should, at the very least, be encouraged to make healthy choices, and the ability to make healthy choices should be almost effortless. The government should assist with this by passing the *Accessible Nutritional Information Act.* Passing this bill will encourage healthy food choices among Canadians, allow Canadians already looking for healthier meal options to be able to do so easily, and inform Canadians on the details on the foods they are consuming, whether good or bad.

This bill could pave the way towards the well-being of Canadians, as well as Canada’s future.