

CAHN-Pro Scope of Practice

The work of our members is rooted in the following guiding principles and professional practices:

Core Principles

A. Biochemical Individuality

Each person has a unique biological makeup and, therefore, specific nutritional requirements that must be addressed on an individual basis.

B. Commitment to Holistic or Functional Nutrition

Members uphold the values of holistic or functional nutrition, which include advocating for whole, organic, and locally sourced foods, supporting sustainable agriculture, and recognizing the importance of a clean, low toxicity living environment. We also honor the connection between mind, body, and spirit in achieving optimal wellness—for clients, their families, and broader communities.

C. Responsible Use of Supplements

Dietary supplements may be recommended as supportive tools, always in accordance with label instructions regarding form, dosage, and frequency. Supplements are never intended to replace a healthy diet and must comply with relevant national health regulations. Additionally, supplements must either be approved by Health Canada or certified by trusted organizations verifying manufacturing standards.

D. Balance of Diet and Lifestyle

Nutritional health is achieved through a synergy between nourishing dietary practices and positive lifestyle habits, counterbalanced against potentially harmful environmental and behavioral influences.

Scope of Professional Practice

Members of our organization, in line with jurisdictional laws and ethical practices, may offer the following services:

1. Nutrition & Food Evaluation

Review clients' food choices, preparation methods, and eating habits to identify areas for improvement.

2. Lifestyle & Wellness Assessment

Evaluate factors influencing clients' daily routines and overall well-being.

3. Client Assessments

Identify nutritional deficiencies and lifestyle behaviors that may contribute to imbalance or suboptimal health.

4. Documentation & Goal Setting

Maintain records of client objectives, action plans, progress, and outcomes and comply with PIPEDA (Personal Information Protection and Electronic Documents Act).

5. Individualized Protocols

Create and implement functional nutrition and lifestyle plans designed to restore well-being, improve body function, support compliance, prevent disease, and enhance overall quality of life.

6. Holistic or Functional Nutrition Program Design

Collaborate with clients to develop nutrition strategies that may include therapeutic foods, customized menus, food preparation techniques, environmental considerations, supplement use, and lifestyle changes that align with their health goals.

7. Ongoing Support & Education

Guide clients through the application of their wellness plans, provide educational insights, monitor progress, and adapt recommendations to support sustained engagement.

8. Collaboration with Health Professionals

Work in partnership with other healthcare providers to ensure coordinated and informed care for clients.

9. Referral Services

Recommend appropriate healthcare professionals when outside expertise is needed.

10. Community Education

Develop and deliver educational content, including teaching materials, manuals, and presentations for various audiences.

11. Program Funding Support

Assist in creating grant proposals to secure resources for wellness initiatives.

12. Public Engagement

Lead health-promoting events and conversations in schools, workplaces, and community settings.

13. Educational Material Development

Create and distribute materials to inform the public on key nutrition and wellness topics.

14. Advocacy & Research

Support evidence-based approaches in whole food nutrition, functional nutrition assessments, and promote access to high-quality, nutrient-rich food.

15. Advanced Tools (where applicable)

Members who have earned the Certified Functional Nutrition Practitioner (CFNP) designation may access non-diagnostic screening tests as a tool in their business, within the scope of practice.

16. Professional Development & Teaching



Offer continuing education opportunities for both public audiences and allied health professionals.

Professional Responsibility

Liability Insurance Requirement

All members providing client services and programs must carry active professional liability insurance appropriate to the scope of their practice. This is a critical safeguard for both practitioners and clients, reflecting the professional standards of care upheld by our association. Members are responsible for ensuring their coverage remains current and adequate for the services they offer.

Health and Food Safety Certificates are required for members who host live cooking events.