

SUPERIOR NORTH CATHOLIC District School Board

SCHOOL NUTRITION ENVIRONMENT

1.0 THE HEALTHY SCHOOL ENVIRONMENT

This policy encourages consistent healthy eating messages and food selections in the school environment, in order to promote a positive effect on health, growth and intellectual development.

1.1 Classroom

If food is used as part of a celebration, emphasize foods with moderate and maximum nutritional value.

Food should not be used as a reward to modify classroom behaviour.

Classroom teaching tools should not display or promote corporate logos or brand names. Actual packaged foods for example, to teach label reading, are permissible.

1.2 Meetings - Board, School, School Council, Etc.

If food is served, emphasize foods with moderate and maximum nutritional value.

1.3 Fundraisers

When food is chosen as the fundraiser item, it is recommended that only foods from the moderate and/or maximum nutritional value sections be used.

1.4 Special Food Days & Events

Schools will work toward a standard of moderate and maximum nutritional value for all special events. If food from the minimum food value list is offered, other choices from the moderate and maximum nutritional value lists must also be available for choice.

Schools are encouraged to ensure that menus are planned with input from students and include local, cultural and ethnic favorites of students.

1.5 School Tuck Shops

Ensure that most of the items available are from the moderate and maximum nutritional value list.

1.6 Beverage Vending Machines

Schools are strongly encouraged to offer only 100% fruit or vegetable juice, water of fluid milk (white or flavoured, 2% MF or less) and no soft drinks.

The Board will work with partners and schools in an effort to provide healthy nutritional choices for students.

1.7 Snack Vending Machines, Food Service Programs & Cafeterias

The Board will work with partners in an effort to provide healthy nutritional choices for students and to ensure that the healthy choices are favourably priced.

2.0 SCHOOL NOURISHMENT PROGRAMS

School administrators and the food sharing project in conjunction with the Board, shall endeavor to address the needs of hungry students in our schools.

The main food selections will come from the moderate and maximum nutritional value lists.

3.0 NUTRITION EDUCATION FOR STUDENTS

A sequential, comprehensive nutrition education curriculum should begin in kindergarten and continue through to Grade 8. This education should include the curriculum expectations as outlined in the Ontario Curriculum, as well as opportunities presented by planned events and incidents in the classroom.

4.0 NUTRITION EDUCATION FOR STAFF

Teaching staff will continue to be provided with resources and information in nutrition by a registered dietician, upon request.

The Board will work with partners to ensure that nutrition and food safety training are available.

5.0 MODELING HEALTHY EATING BEHAVIOURS

Staff are encouraged to refrain from consuming foods with minimum nutritional value, when students are present.

Schools, in conjunction with the Board, are encouraged to implement work site wellness programs to facility healthy staff and school environments. The local public health nurse or hospital dietician may be of assistance.

6.0 PARENT & COMMUNITY EDUCATION

Each school will recognize, value, support and encourage parental involvement in making changes to reflect a healthy school nutrition environment.

School staff through the school council, will provide opportunities annually for parents to be involved in the process of designing and implementing the school food and nutrition plan.

Schools will include practical suggestions for school lunches and snacks in school newsletters, through collaboration with local Boards of Health.

Schools will distribute nutrition education materials stressing the advantages of healthy eating behaviours to parents, in collaboration with local Boards of Health.

7.0 SAFE FOOD ENVIRONMENT

The Board will collaborate with the local Board of Health to develop and enforce policies regarding allergy-safe and safe food environments.

The Board will ensure all food premises follow food safety policies, with the assistance of public health inspectors.

Schools are encouraged to make certain that enough time is available for students to wash hands before eating.

School administrators are to monitor school and classroom nutritional break times, to ensure that students have sufficient time to eat snacks and lunches in a safe environment.

8.0 CREATING A HEALTHY SCHOOL NUTRITION ENVIRONMENT HANDBOOK

The Board encourages the schools to make use of the 'Creating a Healthy School Nutrition Environment Handbook' in working with parents, staff and students.

CLASSIFICATION OF FOODS WITH MAXIMUM, MODERATE & MINIMUM NUTRITIONAL VALUE

Canada's Food Guide To Healthy Eating Food Groups	Foods With Maximum Nutritional Value	Foods With Moderate Nutritional Value	Foods With Minimum Nutritional Value
	<p>These foods are:</p> <ul style="list-style-type: none"> • Good or excellent sources of important nutrients (eg. vitamins, minerals, protein and fibre). • Generally low in added fat, sugar and/or salt. • Found within one of the four food groups in Canada's Food Guide to Healthy Eating. • Generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives. 	<p>These foods are:</p> <ul style="list-style-type: none"> • Sources of nutrients (eg. vitamins, minerals, protein and fibre). • Sometimes high in fat, sugar, salt and/or excessive calories, generally as a result of processing. Some of these foods are difficult to classify because of the brand and/or their method of preparation and the portion size offered (eg. commercial cake-style muffin, versus whole grain muffin with reduced fat and sugar). • Found within one of the four food groups in Canada's Food Guide to Healthy Eating. 	<p>These foods:</p> <ul style="list-style-type: none"> • May provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories. • Tend to be highly processed (eg. with added coloring, deep fried, high in hydrogenated fats). • May belong in the "Other Food" category in Canada's Food Guide to Healthy Eating.
Grains	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Cereals	<ul style="list-style-type: none"> • cereal: whole grain, low fat, good source of fibre • porridge: regular cooking oatmeal, unflavoured 	<ul style="list-style-type: none"> • cereal: source of fibre, flake or crisp types • porridge: instant flavoured oatmeal 	<ul style="list-style-type: none"> • cereal: sugar-coated or candied • regular granola
Pasta/Rice/Bread	<ul style="list-style-type: none"> • whole wheat, whole grain, and multi grain breads: pita, English muffins, bagels, rolls, buns, roti, tortilla, bannock • whole wheat pasta, noodles • couscous, bulgur • brown rice 	<ul style="list-style-type: none"> • white enriched breads: pita, English muffins, bagels, rolls, buns, roti, tortilla, bannock • white pasta, noodles, rice noodles • white rice, enriched 	

Grains (cont'd)	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Crackers & Snacks	<ul style="list-style-type: none"> • crackers: whole grain, lower fat content, such as whole wheat soda, rye flat breads • popcorn: air popped, unflavoured 	<ul style="list-style-type: none"> • crackers: white flour soda, unflavoured rice crackers or cakes • pretzels • popcorn: microwaved, light • some types of plain cereal/granola bars (nutritional quality depends on the type of ingredients and relative proportions of whole grains, added fats and sugars) 	<ul style="list-style-type: none"> • crackers: high fat, pastry types • granola bars: chocolate covered and/or with marshmallows
Baked Goods		<ul style="list-style-type: none"> • lower fat muffins and fruit loaves such as banana loaf (nutritional quality depends on the type of ingredients and relative proportions of whole grains, added fats and sugars) • cookies: whole grain, fruit bars, oatmeal, gingersnaps, graham wafers 	<ul style="list-style-type: none"> • muffins, fruit loaves, and dessert breads made with commercially prepared mixes • pastries, danishes, cakes, packaged snack cakes, doughnuts, croissants • pies • cookies with cream fillings, chocolate and icing
Vegetables & Fruit	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
	<ul style="list-style-type: none"> • baked or mashed potato • fresh, frozen, canned vegetables and fruit prepared without added sugar or salt • canned fruit: in its own juice, unsweetened • 100% unsweetened fruit juice • frozen fruit juice bar with 100% fruit juice 	<ul style="list-style-type: none"> • dried fruit • canned fruit in syrup • 100% fruit leathers • salsa • fruit compote 	<ul style="list-style-type: none"> • fruit drinks, punches, cocktails, “ades”, blends • french fries or poutine • vegetables: breaded, fried, in cream or cheese sauces

Milk Products	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Milk	<ul style="list-style-type: none"> • milk: white, chocolate or flavoured, 2% MF or less • hot chocolate made with milk, 2% MF or less • soy beverage: fortified, low fat 	<ul style="list-style-type: none"> • milk: homogenized • milkshakes, depending on ingredients • soy beverage: fortified, regular 	<ul style="list-style-type: none"> • milkshakes: flavoured, (eg. chocolate bar flavors) • eggnog
Cheese	<ul style="list-style-type: none"> • part-skim block cheese, cheese strings, 20% MF or less • cottage, 2% MF or less 	<ul style="list-style-type: none"> • regular block cheese and string cheese, 21% MF or more 	<ul style="list-style-type: none"> • processed cheese slices • spread
Yogurt & Puddings	<ul style="list-style-type: none"> • smoothies made with yogurt or milk, 2% MF or less, and fruit • yogurt: 2% MF or less • yogurt drinks, 2% MF or less 	<ul style="list-style-type: none"> • yogurt: more than 2% MF or with added granola • puddings made with milk 	
Frozen Desserts & Snacks		<ul style="list-style-type: none"> • frozen yogurt, depending on the brand 	<ul style="list-style-type: none"> • frozen yogurt, depending on the brand • ice cream
Meats & Alternatives	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Meat	<ul style="list-style-type: none"> • lean beef, veal, poultry, pork, lamb: baked, grilled, roasted 	<ul style="list-style-type: none"> • lean lunch meats: ham, turkey, roast beef, pastrami • back bacon 	<ul style="list-style-type: none"> • wieners • pepperoni slices or sticks • lunch meats: sausages, bologna, mock chicken, macaroni loaf, salami, kielbasa, side bacon • meat: battered, breaded or fried
Fish	<ul style="list-style-type: none"> • baked, grilled (not battered or breaded) • canned, packed in water 	<ul style="list-style-type: none"> • canned, in oil 	<ul style="list-style-type: none"> • fish sticks • fish: battered, breaded or fried

Meats And Alternatives	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Legumes	<ul style="list-style-type: none"> dried beans, peas and lentils: cooked hummus nuts, seeds, nut butters peanut butter made with no hydrogenated fat roasted soy beans 	<ul style="list-style-type: none"> peanut butter with added sugar and fat 	
Eggs	<ul style="list-style-type: none"> hard boiled, poached, scrambled, with no added fat 	<ul style="list-style-type: none"> fried 	
Soy Products	<ul style="list-style-type: none"> tofu soy-based alternatives dried bean curd 		
Other Category	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Beverages			<ul style="list-style-type: none"> sports drinks tea, iced tea, coffee fruit-flavoured drinks and slushes pop, diet pop, fruit sodas instant hot chocolate made with water
Snack Foods			<ul style="list-style-type: none"> flavoured cheese puffs, corn chips sherbet marshmallows chewy fruit snacks flavoured popcorn, potato chips chocolate, candy, gum
Condiments, Spreads & Miscellaneous Food Items	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
			<ul style="list-style-type: none"> flavoured jelly powders frozen ice treats such as ice pops syrops, honey, jam, jelly ice cream treats such as bars, cones sour or whipped cream cream cheese non-dairy whipped toppings and creamers instant noodle soups gravy cream ketchup, mustard, relish butter, margarine
Mixed Dishes	Consult a registered Dietician to assess if serving mixed dishes in schools is appropriate.		