



Background

PEI School Nutrition Policies

November 25, 2004

Background

In June 2003, the three school boards began to develop new school nutrition policies with the assistance of the PEI Healthy Eating Alliance.

With funding from the provincial government, a working group was struck by the Alliance to draft policy and regulations. The working group includes representatives of:

- School boards
- PEI Healthy Eating Alliance
- PEI Home and School Federation
- Department of Education
- Department of Health and Social Services
- UPEI

Policy was developed using a broad-based consultative process which involved teams from 16 lead schools in the three boards. The school teams included an administrator, teacher and parent.

The initial phase of the policy is for schools without cafeterias, which is for the most part elementary and consolidated schools, as well as the six schools in the French board. The next phase will address intermediate and high schools.

Boards are not banning foods in schools. Rather, they will be making healthy food available more often, and less healthy food available less often, considering the following factors:

- Dietitians have always maintained that all foods can fit into a healthy diet as long as we eat healthy foods regularly and we eat less healthy foods in moderation.
- Research shows that when we restrict foods from children and enforce the consumption of only healthy foods, they often end up liking the less healthy food more and the healthy food less.
- Recognizing that food and celebrations are part of our culture, schools will have flexibility to offer treats on special days as long as they have healthy choices too.

While they won't be banned from the school, soft drinks, fruit drinks and sports drinks will not be sold in vending machines where they are readily accessible and often displace healthier drink choices such as milk or juice.

Proposed Policy Highlights

- Foods sold or made available for breakfast, lunch, canteen and snack programs will be selected from lists of *Foods to Serve Most Often* and *Foods to Serve Sometimes* . Choices should emphasize vegetables, fruit, low fat milk, whole grain products, lean meats, foods prepared with little or no fat, and foods low in sugar, salt and caffeine.
- Vending machines will not include soft drinks, sports drinks, and fruit drinks. They will only include milk, water and 100 percent fruit juice.
- Other foods sold in vending machines will be selected from the *Healthy Vending Machines and Canteen Foods* list.
- Students will be encouraged to drink water at school.
- Schools will use pricing approaches that encourage students to choose healthy foods.
- Only healthy food choices will be promoted or advertised in schools.
- Schools should not offer less healthy foods as rewards for good behaviour or achievement.
- Schools should use only healthy foods and non-food items in fundraising activities.
- Although the regulations do not apply to lunches sent from home, families will be supported to send healthy lunches to school.
- Resources are now being developed to support schools and families with implementation of the policy. Supports will include information and communications, networking opportunities and peer education programs for students.

Eastern School District Policy Highlights

- The Eastern School District draft policy received first reading by the board in November. It is now being reviewed by partners such as Home and School groups and school advisory councils. If the policy receives approval after second reading in January, it will be implemented over a two-year period.

Western School Board

- The first draft of the policy will go to the board policy committee in December. That committee will recommend whether it goes to the board for first reading.

French Language School Board

- Schools are now reviewing the draft language. The final draft policy will go to the board over the next few months.

Foods to Serve Most Often
Schools and families should serve these foods daily

These foods should be the main focus in a healthy diet with special emphasis on grain products, vegetables and fruit. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), as well as low in fat.

Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives
<ul style="list-style-type: none"> < Whole wheat or multi-grain bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas < Low fat, high fibre muffins with vegetables or fruit < Crackers (low fat) < Unsweetened or low-sugar cereal (e.g. Corn Flakes[®], Shreddies[®], etc.) < Rice cakes < Corn bread < Whole wheat noodles or pasta < Brown rice < Noodle or rice soup (homemade) < Pasta salad < Bannock 	<ul style="list-style-type: none"> < Fresh vegetables and fruits < 100% vegetable or fruit juice < Canned fruit (packed in juice or water) < Applesauce or applesauce blend products < Frozen fruit (without added sugar) < Frozen vegetables (without added fat) < Vegetable soups (homemade) < Vegetables (stir-fried) < Salads (without high fat dressing) 	<ul style="list-style-type: none"> < White or chocolate milk (2%, 1%, or skim) < Yogurt (2% milk fat or less) < Cheese < Milk-based soups and chowders 	<ul style="list-style-type: none"> < Chicken or turkey < Fish, Seafood (fresh or frozen) < Lean or extra lean beef or pork < Canned fish (packed in water) < Beans, lentils, dried peas (e.g. baked beans, lentil or split pea soup, chili with beans) < Eggs < Tofu or tofu products (e.g. veggie dogs or burgers) < Peanut butter < Soya beverages < Nuts and seeds (unsalted) < Cottage cheese <p style="margin-left: 20px;">i choose baked or broiled meat and fish; not battered or fried</p>

Foods to Serve Sometimes

Schools and families should serve these foods no more than 2-3 times a week

The foods featured on this list are also healthy choices, but they may be higher in calories, fat, salt or more processed than the foods found on the “Foods to Serve Most Often” list

Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives
<ul style="list-style-type: none"> < White bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas < Loaves (vegetable or fruit) < Sweetened Cereal made with oats or whole grains (e.g. Instant Oatmeal, Honey Nut Cheerios®, etc) < Cereal bars & granola bars (low fat) < Graham wafers < Plain popcorn < Noodle or rice soup (low fat; canned) < Cookies (made with oatmeal or dried fruit and whole wheat flour) < Biscuits < Scones < Pretzels < Rice Krispie® squares < Cheese pizza 	<ul style="list-style-type: none"> < Canned fruit (in light syrup) < Dried fruit < Frozen fruit bars (100% fruit juice) < Fruit bars (e.g fig newtons) < Date squares < Fruit crisps < Canned vegetables < Vegetable soup (canned) 	<ul style="list-style-type: none"> < Milk (whole) < Frozen yogurt (2% milk fat or less) < Ice milk < Processed cheese products (e.g. slices, spreads) < Cheese strings < Yogurt drinks < Milk based puddings < Flavoured milk drinks < Custards < Cheese pizza 	<ul style="list-style-type: none"> < Lean cold cuts < Lower fat hot dogs < Baked ham < Nuts and seeds (salted)

Foods to Serve Least Often

Parents and families should serve these foods infrequently (no more than 1-2 times per month)

The foods on this list tend to be high in fat, sugar, calories or offer little nutritional value. These foods should be avoided most of the time, but can fit once in a while in a healthy diet.

Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives	Others
<ul style="list-style-type: none"> < Muffins (cake-like, commercially prepared) < Sugary breakfast cereal < Crackers (not low fat) < Granola bars (dipped, not low fat) < Cookies 	<ul style="list-style-type: none"> < Fried vegetables < Vegetables in sauces (e.g. cheese sauce) < French fries < Sweetened fruit juice < Fruit pies < Fruit leather 	<ul style="list-style-type: none"> < Cream soups < Milkshakes < Regular ice cream 	<ul style="list-style-type: none"> < Processed meats (e.g. Pepperoni, salami, bacon, bologna, etc) < Pizza with processed meats < Hot dogs < Sausages < Fried fish and chicken (e.g. chicken nuggets) < Regular ground beef < Sesame snaps 	<ul style="list-style-type: none"> < Potato or nacho chips < Chocolate bars < Cakes < Doughnuts < Squares (e.g. brownies) < Candy < Pop < Iced tea < Sweetened fruit drinks < Sports drinks < Gravy

Healthy Vending Machine and Canteen Foods

These foods are healthy choices and can be included in vending machines or canteens.

Beverages	Snacks
<ul style="list-style-type: none">< Milk< Chocolate Milk< 100% juice< Water	<ul style="list-style-type: none">< Raw vegetables and dip (refrigeration required)< Fresh fruit - whole, pre-cut with dip, or fruit salad (refrigeration required)< Fruit cups< Applesauce or applesauce blend cups< Yogurt or yogurt tubes (refrigeration required)< Raisins and other dried fruit (e.g. apricots, apple slices, cranberries, pineapple, etc.)< Fruit bars (e.g. fig newtons)< Breadsticks and cheese< Bagels< Pretzels< Rice cakes or rice crisps< Crackers & Topping (e.g. cheese, peanut butter, jam, etc.)< Bits and Bites®< Granola bars (low fat, not dipped)< Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.)< Trail mix (combination of dried cereal, dried fruit, nuts and seeds)