

EASTERN SCHOOL DISTRICT

ADMINISTRATIVE REGULATION

SUBJECT: **School Nutrition**
(For all Grade Levels – K-12)

EFFECTIVE DATE: April 7, 2011

REVIEW DATE:

SUPERSEDES: May 12, 2005

CROSS REFERENCE: Policy ADG – School Nutrition

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The following regulations are set out to assist schools to achieve the objectives of the Eastern School District Nutrition Policy. These were identified in consultation with lead schools in the Eastern School District. There are several documents available to support schools with these regulations; these are listed at the end of the “Regulations” section.

Three sections follow: 1) Student Access to Food; 2) Quality of Food Available at School; and 3) Nutrition Education.

1 Student Access to Food

Programming

- All schools will continue to participate in and promote the PEI School Milk Program.
- All schools are encouraged to stock an emergency food cupboard with healthy choices for students in need.
- Schools are encouraged to provide breakfast or snack programs when a need is identified, which will:
 - 1) Be open to all students but will not be promoted as a replacement for breakfast eaten at home; and will
 - 2) Follow the Keys to Success (best practice program standards) from *Breakfast for Learning*. (Appendix A)

Pricing

Schools will support healthy food and beverage choices by pricing approaches which encourage students to choose healthy foods and beverages over less healthy foods and beverages when these are sold at school.

Promotion and Advertising

Schools will work to develop an environment that promotes healthy eating by:

- 1) Promoting and/or advertising only healthy food and beverage choices [those in the “Foods to Serve Most Often” (Appendix B) and “Foods to Serve Sometimes” (Appendix C) lists in the *Guide to Food Choices*. Also refer to the Healthy Eating Alliance’s Smart Eating Guide Poster].
- 2) Not accepting advertising of food products for unhealthy food and beverage choices [those in the “Foods to Serve Least Often” list (Appendix D)].
- 3) Giving priority display space to foods from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” food lists over the “Foods to Serve Least Often”(e.g. placement of fruits and vegetables at student eye level, counter-top refrigerators, etc.).
- 4) Displaying attractive, current promotional materials (e.g. posters, displays, etc) related to healthy eating throughout schools.
- 5) Carrying materials that support the Nutrition Policy and Regulations in school resource centres (e.g. books, videos, pamphlets).
- 6) Participating in PEI Healthy Eating Alliance and Nutrition Month activities, where possible.

Time to Eat

Schools shall:

- 1) Allow a minimum of 20 minutes for students to eat lunch.
- 2) In the elementary setting, encourage that foods are eaten after outside play, whenever possible.
- 3) Assure that lunch is eaten in a calm positive environment.

Student Choice

- 1) School staff, cafeteria staff and parent groups should involve students in planning school food choices.
- 2) Students should be encouraged to choose food from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” lists.
- 3) Schools may provide microwaves in classrooms and/or cafeteria settings to broaden the range of food choices for students.

2. Quality of Food and Beverages Available at SchoolCriteria for Food and Beverages Available in Canteens, Cafeterias, School Lunch, Breakfast Programs, and Snack Programs

- 1) Foods and beverages sold or made available at school for lunch, canteen, breakfast and snack programs will be selected from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists and will emphasize vegetables and fruit; lower fat white and chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.
- 2) Foods would rarely come from the *Foods to Serve Least Often List*.
- 3) Energy drinks, such as Red Bull, Full Throttle, Rockstar, Amp, Stoked, SoBe Adrenaline Rush and the like are prohibited from being on School Board property.
- 4) Teachers and administrators will encourage students to drink water.
- 5) Schools should try to use local products first, where possible.

Criteria for Vending Machines

- 1) All food and beverages in vending machines which are accessible to students will be selected from the "Healthy Vending Machine and Canteen Foods" list (Appendix E). Vending machines will not be used to sell carbonated soft drinks, fruit drinks, fruit juices with less than 100% juice, sports drinks or energy drinks.
- 2) Schools will manage and operate vending machines in accordance with the terms of this Policy.

Special Functions

- 1) Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days/events.
- 2) Schools are encouraged to offer healthy foods or non-food items as rewards to students for good behaviour, or achievement.

Food Safety

- 1) Administrators will ensure that school staff and parent volunteers are familiar with safe food handling practices.
- 2) Schools will adhere to the Provincial Anaphylaxis Policy.
- 3) Students should wash their hands properly before eating or preparing food.

3. Nutrition Education

Curriculum

- 1) The Eastern School District will work with the Department of Education and Early Childhood Development and community partners to promote the further development and enhancement of a current, relevant nutrition education curriculum and enhance resources available to teachers to support nutrition education activities.
- 2) Schools should use a comprehensive approach to nutrition education involving the whole school community (families, individuals and organizations in the community) in nutrition education activities to positively influence students nutrition knowledge, attitudes, skills and eating habits.
- 3) When possible, schools should incorporate nutrition education into other subject areas and outside classroom activities.
- 4) Schools should capitalize on the educational opportunities school food services provide and coordinate these services with classroom teaching.
- 5) Schools will support opportunities for staff development and training for effective delivery of nutrition curriculum.

Role Models

Recognizing the importance of role modelling in promoting healthy eating:

- 1) Teachers, administrators, and school staff should act as positive role models to promote healthy eating within the classroom and school environment.

4. Evaluation

- 1) The Eastern School District will monitor adherence to and review the effectiveness of this policy.

Supportive documents available in *The School Healthy Eating Toolkit* which is available online at www.healthyeatingpei.ca:

- Fund-raising alternatives
- Microwave safety
- Peanut alternatives
- Practical suggestions for emergency food cupboard
- Lunch program options
- Plain language document explaining the guidelines for parents (one page)
- Short summary piece available for schools to use in their newsletters and handbook
- A comprehensive Q&A document that provides the rationale for each item of the guidelines.

GUIDE TO FOOD CHOICES

The Eastern School District encourages choosing the healthiest options from all four food groups from *Eating Well with Canada's Food Guide* for a balanced and healthy diet. Schools should strive to serve foods that are whole, minimally or un-processed, locally-sourced, seasonally available and prepared in a healthy way (e.g., baked, steamed).

This *Guide to Food Choices* accompanies the Eastern School District's Nutrition Policy. It consists of three food lists which have been developed based on *Eating Well with Canada's Food Guide*.

The three lists are: 1) *Foods to Serve Most Often*; 2) *Foods to Serve Sometimes*; and 3) *Foods to Serve Least Often*. A list of Healthier Vending Machine and Canteen Foods is also included. These lists are meant to assist schools in selecting healthy choices for when food is available (e.g. canteen, lunch program, snack program, breakfast program, emergency food cupboard, etc.). These food lists can also be used as a guide for parents when selecting foods for lunches. Condiments are not included in the food lists; however, it is recommended when consuming condiments, to consume in small amounts (i.e., 1 tsp., 1 tbsp.).

Note: The food lists are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home. However, they can be used in the classroom to support learning and teach healthy eating.

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Breakfast for Learning (Appendix A)

Programs and Events: Best Practices Project

Beginning in 2000, *BREAKFAST FOR LEARNING* invited communities to participate in discussions to support quality delivery of child nutrition programs throughout the country. This country-wide consultation, in association with several partners and funded by Health Canada, provided participants with the opportunity to share their experiences and stories, successes and challenges, and their own best practices.

At the end of this process, a national conference was held in Ottawa. Child nutrition volunteers and community leaders from across the country met to develop consistent, country-wide guidelines for best practices that ultimately ensure nutritional health for our children.

Keys to Success

The next several years were spent analyzing, evaluating and piloting these standards. The best practices required an effective, accessible and barrier-free delivery vehicle that allowed programs to implement and self-assess at their own pace - resulting in the Keys to Success program.

In September 2006, Keys to Success was launched through the Eat Right! Be Bright! Club Website - a one-stop interactive website dedicated to child nutrition. Through The Club website, hundreds of programs have registered and are working through the Keys - achieving excellence in child nutrition!

Keys at a Glance

- Key 1: Menu for Learning - Food Quality
- Key 2: Effective Program Management - Partnerships and Collaboration
- Key 3: Who is Served - Access & Participation
- Key 4: Staff and Volunteers - Inclusive and Efficient
- Key 5: Creating a Positive Environment for Children - Safe, Nurturing and Fun
- Key 6: Money Matters - Financial Accountability
- Key 7: Measuring Success - Evaluation

To access and learn more about Breakfast for Learning and the Keys to Success, visit www.breakfastforlearning.ca

Appendix B - Foods to Serve Most Often: Serve These Foods Daily

These foods should be the main focus in a healthy diet, with special emphasis on Vegetables and Fruit and Grain Products. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), and **are generally low in fat, sugar and sodium (salt)**. **These foods are primarily found in the four food groups of *Eating Well with Canada's Food Guide***. Choose foods that are whole, minimally or un-processed, locally-sourced, seasonally available and prepared in a healthy way to serve/sell in schools most often.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Combination Foods*
<ul style="list-style-type: none"> -Fresh vegetables and fruit -Frozen vegetables (no added fat) -Low sodium canned vegetables -Tomato sauce (low in sodium) -Vegetable soups (homemade, frozen or canned, low fat/low sodium) -Vegetable stir-fried -Baked, boiled or mashed potatoes (with little or no fat) -Green salads (without high fat dressing) -Canned fruit (packed in 100% juice or water) -100% dried fruit (e.g. raisins, cranberries) -100% fruit/veggie leathers or bars (no sugar added) -Applesauce or fruit blended applesauce products (no sugar added) -Frozen fruit (no sugar added) -Frozen fruit bars (100% real fruit juice) -Fruit smoothies (made with real fruit or 100% fruit juice) -100% fruit or vegetable juice or 100% juice blends 	<ul style="list-style-type: none"> -100% whole grain or whole wheat breads, buns, rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, roti, waffles, pancakes or pizza dough -Whole grain, whole wheat crackers, breadsticks or flatbreads (low fat) -Whole grain, unsweetened or low-sugar, ready-to-eat cold cereals -Hot cereals (e.g. oatmeal) -Rice cakes, plain popcorn -Corn bread -Whole wheat noodles or pasta -Brown or wild rice -Barley, bulger, quinoa, or other whole grains -Low fat, high fibre muffins made with vegetables or fruit -Cookies (made with oatmeal or dried fruit and whole wheat flour) 	<ul style="list-style-type: none"> -White or chocolate milk, 2% milk fat (M.F.) or less -Flavoured milks (2% M.F. or less, 28 g sugar/ 250 ml) -Soya beverages (original and flavoured, 2% M.F. or less) -Fresh or frozen yogurt (2% M.F. or less) -Yogurt tubes (2% M.F. or less) -Cheese (21% M.F. or less; e.g. part skim mozzarella, cheddar) -Cheese strings (21% M.F. or less) -Cottage cheese (2% M.F. or less) -Milk-based soups and chowders (2% M.F. or less; homemade, or canned low fat/low in sodium) -Smoothies made with milk products (2% M.F. or less) 	<ul style="list-style-type: none"> -Chicken or turkey (unbattered) -Fish or seafood (fresh or frozen, unbattered) -Lean or extra lean beef or pork -Low sodium lean deli meats (ham, chicken, turkey, roast beef) -Meatballs or meatloaf made with lean or extra lean meat -Canned fish (packed in water) -Eggs or egg substitutes -Tofu -Legumes (e.g. beans, peas and lentils) -Bean based dips (e.g. hummus) -Peanut butter -Soy nut or almond butter -Nuts and seeds (unsalted) 	<ul style="list-style-type: none"> -Stir fry (chicken/beef/vegetable) -Fajitas, quesadillas, soft tacos (made with whole wheat wrap) -Wraps/pitas (made with whole wheat shell) -Submarine/sandwiches with lean deli meats made with whole grain breads -Grilled cheese sandwich (made with whole wheat bread, lower fat cheese) -Meatballs and brown rice/whole wheat noodles -Spaghetti or macaroni and cheese (made with whole wheat noodles) -Shepherds pie -Cabbage rolls -Salads (vegetable, pasta, etc.) -Soup, stew or chili -Noodle or rice soup (homemade or canned low fat/low sodium) -Cheese/veggie/chicken pizza made on whole wheat crust -Panzarotti with vegetables and lower fat cheese -Souvlaki -Falafel (not fried) -Yogurt (2% M.F. or less) and fruit parfaits -Trail mix <p style="text-align: right;">*Foods in this category should be made with 'Serve Most Often' ingredients</p>

Appendix B - Foods to Serve Most Often: (Continued)**Use these Nutrient Criteria:**

Total Fat:	Maximum 5 g per serving – Vegetables and Fruit, Grain Products & Milk and Alternatives Maximum 10 g per serving – Combination Foods & Meat and Alternatives, with the <u>exception</u> of the following: - If permitted, schools can serve peanut/nut butters, and unsalted/unsweetened nuts and seeds (not roasted in oil). Refer to school's allergy policy.
Saturated Fat:	Maximum 3 g per serving
Trans Fat Free:	Maximum 0.5 g per serving
Fibre:	Minimum 2 g per serving - This applies only to grain products, and with <u>exception</u> of the following: - Brown or wild rice is exempt from fibre criteria. A minimum of 1.5 g fibre per serving is permitted for whole grain/whole wheat breads.
Sugar:	Maximum 10 g per serving - with the <u>exception</u> of the following: - Fresh vegetables and fruit, canned vegetables and fruit (packed in water/100% juice), frozen vegetables and fruit, 100% dried fruit, 100% vegetable and fruit juices may contain natural sugar exceeding 10 g per serving. - Lower fat (2% M.F. or less) flavoured milks may contain a maximum of 28 g sugar per 250 ml serving. - Lower fat (2% M.F. or less) yogurts may contain a maximum of 15 g sugar per 100 g serving.
Sodium:	Maximum 200 mg per serving - Vegetables and Fruit, Grain Products, Milk and Alternatives & Meat and Alternatives Maximum 480 mg per serving - Combination Foods

**Appendix C - Foods to Serve Sometimes:
Serve No More Than 2 Food Items From Each Column Per Week**

The foods featured on this list are also healthy choices, but they may be higher in calories, fat, sugar, sodium (salt) or more processed than the foods found on the "Foods to Serve Most Often" list.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Combination Foods
-Regular canned vegetables, drained -Vegetables with sauces (e.g. cheese sauce) -Vegetable soup (canned, frozen, regular) -Canned fruit (in light syrup) -Applesauce or fruit blends with sugar added -Fruit crisps (e.g. apple, strawberry- rhubarb) -Oven baked french fries	-White, 60% whole wheat, enriched breads, buns, rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, waffles, pancakes or pizza dough -Bread stuffing -Loaf breads or sweet breads (e.g. banana, zucchini, pumpkin) -Sweetened cereal made with oats or whole grains -Cereal bars and granola bars (low fat) -Cereal snack mix -Non whole grain crackers -Low fat cookies -Graham wafers or digestive cookies -Melba toast or white bread sticks -Biscuits, scones, bannock -Pretzels -Fruit bars (e.g. fig newtons) -Date squares -White or flavoured noodles or pasta -White rice or rice noodles -Couscous	-Whole milk -Ice milk -Hot chocolate made with milk (2% M.F. or less) -Milk based puddings -Yogurt and yogurt drinks (more than 2% M.F.) -Frozen yogurt (more than 2% M.F.) -Yogurt dips -Cheese (>21% M.F. and <32% M.F.) -Processed cheese products (e.g. slices, spreads) -Custards	-Baked chicken/veggie burgers or nuggets; battered and not fried -Baked fish; battered and not fried -Fish canned in oil -Baked ham -Nuts and seeds (salted)	-Lasagna -Macaroni and cheese (made with white noodles) -Pastas made with cream sauces -Grilled cheese (made with white bread) -"Salad-type" sandwiches made with full fat mayonnaise (e.g. egg, tuna, chicken) -Soups, (canned, regular) -Lower fat hot dogs or veggie dogs with bun - Noodle or rice soup (canned or instant) -Pizza with lean meats (ham or ground beef) made on white crust -Hard tacos -Sloppy Joes -Garlic bread, garlic slice, garlic fingers (made with lower fat cheese, <21% M.F.) -Quiche
* Choose <u>no more than 2 food items from this list per week</u>	* Choose <u>no more than 2 food items from this list per week</u>	* Choose <u>no more than 2 food items from this list per week</u>	* Choose <u>no more than 2 food items from this list per week</u>	* Choose <u>no more than 2 food items from this list per week</u>

Use These Nutrition Criteria:

Total Fat:	Maximum 10 g per serving
Saturated Fat:	Maximum 6 g per serving
Trans Fat Free:	Maximum 0.5 g per serving
Fibre:	Less than 2 g per serving for grain products. This criteria applies to only grain products, with the exception of less than 1.5 g for bread products.
Sugar:	Maximum 20 g per serving
Sodium:	Maximum 480 mg per serving - Vegetables and Fruit, Grain Products, Milk and Alternatives & Meat and Alternatives Maximum 1000 mg per serving - Combination Foods

**Appendix D - Foods to Serve Least Often:
Serve These Foods Infrequently
(Serve No More Than 2 Food Items from This Entire List Per Month)**

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

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Combination Foods	Other
-Fried vegetables -Deep fried french fries -Fruit drinks and juices with less than 100% real fruit juice -Canned fruit in heavy syrup -Fruit pies -Fruit leather (made with less than 100% real fruit)	-High fat muffins (cake-like, commercially prepared) -Sweetened breakfast cereals -Crackers (not low fat) -Granola bars (dipped, not low fat) -Cookies (commercial or higher fat, regular recipe) -Noodles (canned or instant "fried type") -Toaster pastries, pop tarts	-Cream soups, regular -Milkshakes -Ice cream, regular -Frozen novelty ice cream (e.g. Drumsticks) -Cheese (>32% M.F.)	-Regular fat processed meats (e.g. pepperoni, salami, bacon, bologna, etc) -Sausages, regular -Battered/ breaded, and fried meat, fish or chicken (e.g. deep fried chicken nuggets/ burgers) -Regular ground beef -Sesame snaps	-Pizza with processed meats (e.g. pepperoni, salami, bacon) -Hot dogs, regular with bun -Bacon, Lettuce and Tomato (BLT) sandwiches -Noodle soup (canned or instant "fried type") -Donairs -Chicken wings -Egg rolls, fried -Poutine -Fries with the works	-Potato or nacho chips -Sun Chips -Chocolate bars -Pastries, pies and cakes -Doughnuts -Squares (e.g. brownies) -Candy -Soft drinks (carbonated soda) -Iced tea -Lemonade -Sweetened fruit drinks -Sports drinks -Slushies, regular -Popsicles and freezies -Frozen fruit bars (less than 100% real fruit juice) -Hot chocolate made with water -Meal replacement bars, protein/energy bars

Use These Nutrition Criteria

Total Fat:	More than 10 g per serving
Saturated Fat:	More than 6 g per serving
Trans Fat:	More than 0.5 g per serving
Fibre:	Less than 2 g per serving - Criteria applies to only grain products
Sugar:	More than 20 g per serving
Sodium:	More than 480 mg per serving - Vegetables and Fruit, Grain Products, Milk and Alternatives & Meat and Alternatives More than 1000 mg per serving - Combination Foods

Appendix E - Healthier Vending Machine and Canteen Foods

The foods included on this list are healthy choices that can be included in vending machines or school canteens.

Beverages	Snacks
-Milk (2% M.F. or less) -Chocolate or flavoured milk (2% M.F. or less; ≤ 28 g sugar/250ml) -Soya beverages (original and flavoured, 2% M.F. or less, ≤ 28 g sugar/250ml) -100% fruit or vegetable juices (≤ 28g sugar/250ml) -Water (plain or flavoured)	-Raw vegetables and low fat dip -Fresh fruit - whole, pre-cut with dip, or fruit salad -Fruit cups (packed in 100% juice or water) -Applesauce or applesauce blend cups (no sugar added) -Pudding -Fresh or frozen yogurt; yogurt tubes -Frozen fruit juice bars with 100% real fruit juice -Raisins and other dried fruit (apricots, apple slices, cranberries, pineapple, etc.) -Fruit and veggie bars -Date, raspberry or fig cookies (e.g. fig newtons) -Breadsticks and cheese -Whole grain bread, bagels, rolls and muffins -Pretzels -Baked chips -Salsa portion cups -Rice cakes or rice crisps -Pita puffs/pita minis -Cereal snack mix -Cereal bars -Crackers & topping (e.g. cheese, peanut butter, jam, etc.) -Cheese strings/portions -Granola bars (low fat, not dipped) -Rice Crispy Squares -Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.) -Tuna snacks* (exception 6 g fat/serving) -Soup @ Hand -Trail mix (combination of dried cereal, dried fruit, nuts and seeds)

Use These Nutrition Criteria:

Total Fat:	Maximum 5 g per serving
Saturated Fat:	Maximum 3 g per serving
Trans Fat:	Maximum 0.5 g per serving
Sugar:	Maximum 15 g per serving, with the exception of: - Fresh vegetables and fruit, canned vegetables and fruit (packed in water/100% juice), frozen vegetables and fruit, 100% dried fruit, 100% vegetable and fruit juices - Lower fat (2% M.F. or less) flavoured milks may contain a maximum of 28 g sugar per 250 ml serving
Sodium:	Maximum 480 mg per serving