
Nutrition Policy

Date Approved: May 2010

Projected Review Date: May 2013

Purpose:

This policy will guide Board personnel and school communities in the development of healthy school environments that support student learning and success by encouraging students, staff and parents/guardians to make nutritious food and beverage choices.

Intended Outcomes:

Hamilton-Wentworth District School Board (HWDSB) schools and worksites foster healthy nutrition environments and implement food practices to support the wellness of students and staff in line with the current edition of *Eating Well with Canada's Food Guide*.

All schools and worksites comply with provincial legislation relating to nutrition, such as Policy/Program Memorandum (PPM) 150 (School Food and Beverage Policy), Policy/Program Memorandum (PPM) 135 (Healthy Foods and Beverages in Elementary School Vending Machines), the Healthy Food for Healthy Schools Act and any other pertinent legislation.

Schools with nutrition programs follow the *Student Nutrition Program Nutrition Guidelines* developed by the Ministry of Children and Youth Services.

Food is not used as an individual reward or an incentive for good behaviour, achievement, or participation in classrooms. This does not preclude teachers from providing students with food or beverages that comply with the nutrition standards in PPM 150 and the HWDSB Nutrition Policy for nutrition snacks or celebrations.

Non-food items or events are selected for fundraising purposes within schools.

In addition to the required nutrition education as outlined in the Ontario Curriculum, opportunities to promote healthy eating and safe food practices are considered for planned events and classroom activities.

Responsibility:

Director of Education, Superintendents of Education, Superintendent of Business and Treasurer

Definitions:

Food: Includes both foods and beverages.

PPMs: Policy/Program Memorandum No. 150; School Food and Beverage Policy – Ontario Ministry of Education, 2010
Policy/Program Memorandum No. 135; Healthy Foods and Beverages in Elementary School Vending Machines – Ontario Ministry of Education, 2004

Healthy Eating: Eating the recommended types and amounts of food as per Canada's Food Guide, which includes choosing foods from the Sell/Serve Most and Sell/Serve Less categories, as defined below, more often.

Nutrition Standards for Foods: Food is divided into “Vegetables and Fruit”, “Grain products”, “Milk and Alternatives”, and “Meat and Alternatives”, following Canada’s Food Guide. There are also “Mixed Dishes” for products that contain more than one major ingredient (e.g. pizza, pasta, soup, salads, and sandwiches), and “Miscellaneous Items”, for items that are to be used in limited amounts (e.g. condiments, sauces, dips, oils and dressings) and for confectionary, which is not permitted for sale (e.g. candy, chocolate). To determine whether a specific product may be sold in schools, it is necessary to read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria.

Sell/Serve Most (> 80%): Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium. They must make up *at least 80%* of all food choices that are available for sale or served in all venues, through all programs, and at all events. The same requirement applies to beverage choices. See PPM 150 Appendix Nutrition Standards for Ontario Schools (attached).

Sell/Serve Less (< 20%): Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than foods and beverages in the “Sell Most” category. They must make up *no more than 20 %* of all food choices that are available for sale or served in all venues, through all programs, and at all events. The same requirement applies to beverage choices. See PPM 150 Appendix Nutrition Standards for Ontario Schools (attached).

Not Permitted for Sale or to be Served: Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g. deep-fried and other fried foods, confectionery). Food and beverages in this category may not be sold or served in schools. See PPM 150 Appendix Nutrition Standards for Ontario Schools (attached).

Healthier Food Preparation: Cooking methods that require little or no added fat or sodium, such as baking, barbequing, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

Student Nutrition Programs: A breakfast, early morning meal, snack or lunch program offered by the school for all students which is funded by a combination of financial resources, including parent/guardian contributions, local community fundraising, and provincial funding and which attempt to increase food availability, while also aiming to promote healthy eating and provide a positive social atmosphere for all students and staff.

School Tuck Shops and Canteens: Small retail operations within a school that sell food, beverages and other items, usually for fundraising purposes.

Special Event Days: A day designated by the principal of the school on which food and beverages sold or served in schools are exempt from the nutrition standards outlined in PPM 150 and this policy.

Food Service Provider: Private, for profit company that contracts to sell food and/or beverages to students and staff within a school or worksite.

Nutrition Education: As outlined in the Ontario Curriculum.

Fundraising: Any voluntary contribution, sale of goods or services, or event, which is organized and conducted for the purpose of generating funds. Fundraising may occur within the school or outside of the school.

School Nutrition Action Committee: A team in all schools made up of staff, parent/guardian and student(s) that will advise the principal and assist with implementation of the HWDSB Nutrition Policy.

Healthy Eating Action Teams (H.E.A.T.): A team in a secondary school made up of students and staff supervisor(s) with a focus on creating a healthy nutrition environment.

Action Required:

General:

It is the responsibility of all schools and worksites in the HWDSB to comply with provincial legislation relating to nutrition including Healthy Food for Healthy Schools Act (Bill 8), Healthy Food and Beverages in Elementary School Vending Machines (PPM 135), School Food and Beverage Standards (PPM 150) and other pertinent legislation. This policy covers food and beverages sold or served to students and staff during the school day, at school or board sponsored special events, at meetings or in-services, at sports events and at all board sites, including non-instructional sites.

The policy does not apply to food and beverages that are:

- Brought from home or purchased off school premises and are not for resale in schools;
- Available for purchase during field trips off school premises;
- Sold in schools for non—school purposes (e.g. sold by an outside organization that is using the gymnasium for a non-school-related event);
- Sold for fundraising activities that occur off school premises provided these activities occur no more than two (2) times per semester in both elementary and secondary schools;
- Sold in staff rooms.

Notwithstanding the above, the guidelines for food sold, served and brought to school as detailed in the HWDSB Anaphylaxis Policy 7.09 apply to all schools and board sites, including non-instructional sites.

In addition in line with the April 27, 2009 decision of the Board of Trustees regarding bottled water, no schools or worksites will serve or sell commercially bottled water (with exceptions for site specific reasons of health and safety such as well and water source to school problem).

Schools and Classrooms:

Food will not be used as an individual reward or incentive for good behaviour, achievement, or participation in classrooms. If food is used as part of a celebration, all foods and beverages served must be from the Sell/Serve Most and Sell/Serve Less categories except on special event days.

Schools and board sites, including non -instructional sites, must ensure that all school hospitality programs, tuck shops and canteens serve and/or sell foods that comply with the standards outlined in PPM 150 and the HWDSB Nutrition Policy.

School administrators and board staff planning school or educational events, including but not limited to Meet the Teacher, Open House, Graduation, professional activities, and staff meetings will model good nutrition by serving only foods than comply with the nutrition standards as outlined in PPM 150 and the HWDSB Nutrition Policy unless the day has been designated a special event day.

The HWDSB recognizes that special event days take place periodically throughout the year. The principal of the school shall solicit the views of the school council and, where appropriate, students, including but not limited to secondary school H.E.A.T.'s, with respect to the designation of special event days for the school. The maximum number of days in the school year that may be designated as special event days for a school is ten (10). School administrators will communicate the dates of special event days to the school community. On such a designated special event day, schools are encouraged to follow the nutrition policy, but may, if they so choose, serve or sell foods or beverages that do not comply with the standards in PPM 150 and the HWDSB Nutrition Policy, e.g., an ice cream sandwich day or birthday treat day.

Sporting Events, such as tournaments or meets, must serve and sell food and beverages that comply with the standards of PPM 150 and the HWDSB Nutrition Policy.

Schools with student nutrition programs will follow the *Student Nutrition Program Nutrition Guidelines* developed by the Ministry of Children and Youth Services. School and board staff will inform community partners and funders of the HWDSB Nutrition Policy, work with support organizations, such as Partners in Nutrition and ensure that donations provide only foods that comply with the standards outlined by PPM 150 and the HWDSB Nutrition Policy.

Cafeterias:

Cafeterias in all schools and board sites, including non-instructional sites, will sell or serve foods that comply with the nutrition standards contained in PPM 150 and the HWDSB Nutrition Policy. When negotiating food service contracts with food service providers for cafeterias or for schools (e.g. hot lunch providers), the HWDSB will use the Request for Proposal (RFP) process and will include the following:

- use of locally grown and produced foods wherever possible
- use of whole foods
- healthy foods that reflect cultural diversity and provide options for vegetarians and vegans on a regular basis
- posting of nutritional information of all foods sold or served

In addition, the Purchasing Department will provide a copy of the HWDSB Nutrition Policy to food service providers and review it with them to ensure compliance.

Fundraising: It is recommended that the sale of non-food items be selected for fundraising purposes. The sale of foods that do not comply with the standards as outlined in PPM 150 and the HWDSB Nutrition Policy for fundraising purposes is not permitted in the school. A school may sell a non-compliant food for fundraising purposes in the community outside the school up to a maximum of two (2) times per school semester for a total of four (4) times in each school year.

Nutrition Action Steering Committee: The Board will establish a central Nutrition Action Steering Committee with membership from employee groups, students, parents/guardians and community members. In addition, each school will establish a Nutrition Action Committee comprising the principal, a parent/guardian representative, a student if appropriate, and at least one staff member.

Communication and Education: Schools will communicate the Ministry Policy (PPM 150), the HWDSB Nutrition Policy and Policy Directive annually to parents/guardians, students and the community and provide guidelines and suggestions for foods to be served to students for lunches, snacks and school celebrations. Each school is encouraged to recognize, value and support parent/guardian and student involvement in making changes which reflect a healthy school environment, including the valuing of nutritional foods that represent cultural diversity.

Schools may choose to develop additional guidelines in a School Nutrition Policy in consultation with their school council, and/or with a Home and School Association or other parent/guardian organization if one exists.

In addition to the required nutrition education as outlined in the Ontario Curriculum, opportunities to promote healthy eating and safe food practices should be considered for planned events and classroom activities. Staff will be in-serviced about healthy eating practices during the implementation process.

Progress Indicators:

- By September 2010, all foods served and sold to students and staff outside of special event days, and if purchased with board funds, will comply with the standards as outlined in PPM 150 and the HWDSB Nutrition Policy.
- Healthy Eating Action Teams (H.E.A.T.) at the secondary level will engage youth in the promotion of healthy eating in the school environment.
- An annual analysis of healthy eating environments will be conducted by the Nutrition Action steering committee and school level Nutrition Action committees and reported to the Director of Education no later than 60 days following the end of the school calendar year. The Director of Education will provide an annual report to trustees.

References:

Bill 8 – Healthy Food for Healthy Schools Act, 2008

Policy/Program Memorandum No. 150; School Food and Beverage Policy – Ontario Ministry of Education, 2010 (attached)

Policy/Program Memorandum No. 135: Healthy Foods and Beverages in Elementary School Vending Machines – Ontario Ministry of Education, 2004

Call to Action: Creating a Healthy School Nutrition Environment – Ontario Society of Nutrition Professionals in Public Health, 2004

Nutrition Tools for Schools: Action Guides for Implementation

Eating Well with Canada's Food Guide, 2007.

Ontario Curriculum (Health and Physical Education 1-8 and 9-12, Kindergarten Program 2006)

Other Board Policies:

April 27, 2009 Decision of the Board of Trustees: Motion re: Bottled water in schools

That

Whereas, the HWDSB has a mandate to seek ways to reduce its environmental footprint, and
Whereas, safe and/or safer alternatives to the use of bottled water is readily available to the HWDSB, and
Whereas the HWDSB should be setting an example to our students about stewardship of the earth,
Therefore, be it resolved that the Board of Trustees direct staff to develop a strategy to eliminate (with exceptions for reasons of health and safety) the purchase and sale of bottled water from administrative buildings and elementary schools by September 2009 and to develop a strategy to eliminate (with exceptions for reasons of health and safety) the purchase and sale of bottled water from secondary schools by September 2010. In addition make arrangements to recycle polystyrene as part of an integrated solid waste management strategy.

Anaphylaxis – Policy 7.09

Diversity and Equity – Policy 1.0

Partnership – Policy 4.04

Procurement – Policy 5.02

School Councils – Policy 7.11

Student Trips – Policy 7.07

Community Use of Board Facilities – Policy 4.02

Fundraising (in development)

APPENDIX: NUTRITION STANDARDS FOR ONTARIO SCHOOLS

Read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria outlined below in order to determine whether a food or beverage may be sold at the school.

Products in the “Sell Most” category must make up *at least 80 per cent* of all food choices and *at least 80 per cent* of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

Products in the “Sell Less” category must make up *no more than 20 per cent* of all food choices and *no more than 20 per cent* of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

Nutrition Standards for Food

All food sold in schools must meet the standards set out in Ontario Regulation 200/08, “Trans Fat Standards”, made under the Education Act.

Vegetables and Fruit

| | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label. <input type="checkbox"/> See the section “Nutrition Standards for Beverages” for the nutrition criteria for vegetable and fruit juices and juice blends. <input type="checkbox"/> Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. | | | |
| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Fresh, Frozen, Canned, and Dried Vegetables and Fruit | Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 3g and Sodium: ≤ 360mg Examples: <input type="checkbox"/> Fresh or frozen vegetables with little or no added salt <input type="checkbox"/> Fresh or frozen fruit with no added sugar <input type="checkbox"/> Canned vegetables <input type="checkbox"/> Canned fruit packed in juice or light syrup <input type="checkbox"/> Unsweetened apple sauce <input type="checkbox"/> Some low-fat frozen potato products, including French fries <input type="checkbox"/> Some dried fruit and 100% fruit leathers* | Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg Examples: <input type="checkbox"/> Some dried fruit and 100% fruit leathers <input type="checkbox"/> Lightly seasoned or sauced vegetables and fruit <input type="checkbox"/> Some prepared mixed vegetables | Sugar** is the first item on the ingredient list or Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg Examples: <input type="checkbox"/> Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables <input type="checkbox"/> Some packaged frozen and deep-fried potato products, including hash browns and French fries <input type="checkbox"/> Some fruit snacks made with juice (e.g., gummies, fruit rolls) |

Vegetables and Fruit (cont.)

| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Canned Tomatoes and Tomato-Based Products | Fat: ≤ 3g and Sodium: ≤ 480mg Examples: <input type="checkbox"/> Some whole, crushed, or diced tomatoes <input type="checkbox"/> Some pasta sauce | | Fat: > 3g or Sodium: > 480mg Examples: <input type="checkbox"/> Whole, crushed, or diced tomatoes that are higher in fat or sodium <input type="checkbox"/> Pasta sauce that is higher in fat or sodium |
| Vegetable and Fruit Chips | Fat: ≤ 3g and Sodium: ≤ 240mg Examples: <input type="checkbox"/> Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot) <input type="checkbox"/> Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear) | Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg Examples: <input type="checkbox"/> Some vegetable chips (e.g., potato, carrot) <input type="checkbox"/> Some fruit chips (e.g., banana, apple, pear) | Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg Examples: <input type="checkbox"/> Some vegetable chips that are higher in fat or sodium <input type="checkbox"/> Some fruit chips that are higher in fat or sodium |

*Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

**Look for other words for sugar, such as *glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey, and concentrated fruit juice*.

Grain Products

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Bread | <p>Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Sodium: ≤ 240mg and Fibre: ≥ 2g</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock <input type="checkbox"/> Whole grain pizza dough and flatbread | <p>Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock <input type="checkbox"/> White (enriched) pizza dough | <p>Saturated fat: > 2g or Sodium: > 480mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> White breads that are higher in fat or sodium <input type="checkbox"/> Some cheese breads, scones, and biscuits |
| Pasta, Rice, and Other Grains | <p>Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole wheat or white (enriched) pasta, including couscous <input type="checkbox"/> White, brown, and wild rice, rice noodles, and soba noodles <input type="checkbox"/> Quinoa, bulgur, wheat berries, spelt, and other whole grains | <p>Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some pasta, rice, and other grains | <p>Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium |
| Baked Goods | <p>Fat: ≤ 5g and Saturated fat: ≤ 2g and Fibre: ≥ 2g</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some muffins, cookies, grain-based bars <input type="checkbox"/> Some whole grain waffles and pancakes | <p>Fat: ≤ 10g and Saturated fat: ≤ 2g and Fibre: ≥ 2g</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some muffins, cookies, grain-based bars, snacks <input type="checkbox"/> Some waffles and pancakes | <p>Fat: > 10g or Saturated fat: > 2g or Fibre: < 2g</p> <p>Examples:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries <input type="checkbox"/> Some cookies and squares |

Grain Products (cont.)

| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Grain-Based Snacks | Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg Examples: <input type="checkbox"/> Some whole grain crackers, pita chips, and flatbreads <input type="checkbox"/> Some packaged crackers and popcorn | Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg Examples: <input type="checkbox"/> Some crackers, pretzels, and popcorn | Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg Examples: <input type="checkbox"/> Crackers, pretzels, and popcorn higher in fat and sodium <input type="checkbox"/> Most corn chips and other snack mixes |
| Cereals | Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Fibre: ≥ 2g Examples: <input type="checkbox"/> Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre | | Whole grain is <i>not</i> the first item on the ingredient list or Saturated fat: > 2g or Fibre: < 2g Examples: <input type="checkbox"/> Some breakfast cereals |

Milk and Alternatives

| | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label. <input type="checkbox"/> See the section “Nutrition Standards for Beverages” for the nutrition criteria for fluid milk and fluid milk alternatives. | | | |
| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Yogurt/ Kefir | Fat: ≤ 3.25% M.F.* or ≤ 3g Examples: <input type="checkbox"/> Plain and flavoured yogurt, yogurt tubes | | Fat: > 3.25% M.F. or > 3g Examples: <input type="checkbox"/> Yogurt higher in fat, such as Balkan-style |
| Cheese** | Fat: ≤ 20% M.F. and Sodium: ≤ 360mg and Calcium: ≥ 15% DV*** Examples: <input type="checkbox"/> Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta | Sodium: ≤ 480mg and Calcium: ≥ 15% DV Examples: <input type="checkbox"/> Most hard and soft, non-processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda; cottage cheese, cheese curds, and cheese strings | Sodium: > 480mg or Calcium: < 15% DV Examples: <input type="checkbox"/> Some processed cheese products <input type="checkbox"/> Most cream cheese |
| Milk-Based Desserts | | Fat: ≤ 5g and Sodium: ≤ 360mg and Calcium: ≥ 5% DV Examples: <input type="checkbox"/> Some frozen yogurt, puddings, custards, ice milk, gelato | Fat: > 5g or Sodium: > 360mg or Calcium: < 5% DV Examples: <input type="checkbox"/> Some puddings <input type="checkbox"/> Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches |

*M.F. = Milk Fat. The amount can be found on the front of the food label. **Encourage selection of lower-fat cheese options.

***DV = Daily Value.

Meat and Alternatives

- Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

| | Sell Most (≥ 80%) Nutrition Criteria | Sell Less (≤ 20%) Nutrition Criteria | Not Permitted for Sale Nutrition Criteria |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fresh and Frozen Meat | Fat: ≤ 10g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Extra-lean ground meat <input type="checkbox"/> Lean beef, goat, lamb, pork, or poultry <input type="checkbox"/> Some breaded chicken strips and nuggets <input type="checkbox"/> Some lean meatballs <input type="checkbox"/> Some lean hamburger patties | Fat: ≤ 14g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Lean ground meat <input type="checkbox"/> Beef, goat, lamb, pork, or poultry <input type="checkbox"/> Some breaded chicken strips and nuggets <input type="checkbox"/> Some meatballs <input type="checkbox"/> Some hamburger patties | Fat: > 14g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs <input type="checkbox"/> Some wieners <input type="checkbox"/> Most pepperoni sticks <input type="checkbox"/> Most beef/turkey jerk products |
| Deli (Sandwich) Meat | Fat: ≤ 5g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Some lean deli meat | Fat: ≤ 5g and Sodium: ≤ 600mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Some lean deli meat | Fat: > 5g or Sodium: > 600mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Deli meat higher in fat or sodium |
| Fish | Fat: ≤ 8g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh, frozen, or canned fish | Fat: ≤ 12g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Some frozen, breaded fish (e.g., fish sticks) <input type="checkbox"/> Fresh, frozen, or canned fish | Fat: > 12g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Some breaded or battered fish higher in added fat or sodium <input type="checkbox"/> Fresh or frozen fish with a higher mercury content * |
| Eggs | Fat: ≤ 7g and Sodium: ≤ 480mg | | Fat: > 7g or Sodium: > 480mg |

Meat and Alternatives (cont.)

| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Nuts, Protein Butters, and Seeds | Not coated with candy, chocolate, sugar, or yogurt and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower <input type="checkbox"/> Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (papas) | | Coated with candy, chocolate, sugar, and/or yogurt or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Coated nuts <input type="checkbox"/> Some roasted and salted nuts |
| Meat Alternatives, such as Tofu, Beans, and Lentils | Fat: ≤ 8g and Sodium: ≤ 480mg and Protein: ≥ 10g <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu and tempeh <input type="checkbox"/> Beans and lentils | | Fat: > 8g or Sodium: > 480mg or Protein: < 10g <i>Examples:</i> <ul style="list-style-type: none"> <input type="checkbox"/> Some vegetarian products high in sodium <input type="checkbox"/> Some meat alternatives that are higher in fat or sodium or lower in protein |

* Certain types of fish may contain levels of mercury that can be harmful to human health. Fish caught in local lakes and streams may have different levels of mercury from those found in stores. Canned “light” tuna contains less mercury than “white” or “albacore” tuna, and salmon generally has low levels of mercury. See Health Canada’s website for continually updated information and a list of fish with low levels of mercury, at <http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/enviro/mercur/cons-adv-etud-eng.php>.

Mixed Dishes

Note: Mixed dishes are products that contain more than one major ingredient.

| Mixed Dishes With a Nutrition Facts Table | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list provided by the supplier. <input type="checkbox"/> Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. | | | |
| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Entrées (e.g., frozen pizza, sandwiches, pasta, hot dogs) | Fat: ≤ 10g and Saturated fat: ≤ 5g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 10g | Fat: ≤ 15g and Saturated fat: ≤ 7g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 7g | Fat: > 15g or Saturated fat: > 7g or Sodium: > 960mg or Fibre: < 2g or Protein: < 7g |
| Soups | Fat: ≤ 3g and Sodium: ≤ 720mg and Fibre: ≥ 2g | Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 720mg | Fat: > 5g or Saturated fat: > 2g or Sodium: > 720mg |
| Side Dishes (e.g., grain and/or vegetable salads) | Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg and Fibre: ≥ 2g | Fat: ≤ 7g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg | Fat: > 7g or Saturated fat: > 2g or Sodium: > 360mg |

Mixed Dishes (cont.)

Mixed Dishes Without a Nutrition Facts Table

- For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
|--------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Entrées (e.g., pizza, sandwiches, pasta, hot dogs) | All major ingredients* are from the “Sell Most” category. | One or more major ingredients are from the “Sell Less” category. | Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category. |
| Soups | All major ingredients are from the “Sell Most” category. | One or more major ingredients are from the “Sell Less” category. | Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category. |
| Side Dishes (e.g., grain and/or vegetable salads) | All major ingredients are from the “Sell Most” category. | One or more major ingredients are from the “Sell Less” category. | Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category. |

*A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is, Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. *All* pizza toppings are considered major ingredients.

Miscellaneous Items

Minor Ingredients

- The following are considered minor ingredients and are to be used in limited amounts, as defined under “Serving Size”.
- Choose products that are lower in fat and/or sodium.

| Ingredients | Serving Size |
|-----------------------------------------------------------------|-----------------|
| Condiments and Spreads | ≤ 15ml (1 tbsp) |
| Gravies and Sauces | ≤ 60ml (4 tbsp) |
| Dips | ≤ 30ml (2 tbsp) |
| Fats | ≤ 5ml (1 tsp) |
| Oils and Dressings | ≤ 15ml (1 tbsp) |
| Other (e.g., chocolate chips, coconut, olives, parmesan cheese) | ≤ 15ml (1 tbsp) |

Not Permitted for Sale: Confectionery (Examples)

Candy
 Chocolate
 Energy bars
 Licorice
 Gum
 Gummies
 Popsicles and freezies, if not prepared with 100% juice

Nutrition Standards for Beverages

Separate beverage standards are provided for elementary and secondary schools.

All beverages sold in schools must meet the standards set out in Ontario Regulation 200/08, "Trans Fat Standards", made under the Education Act.

Beverages – Elementary Schools

| Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label. | | | |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------|----------------------------------------------------------------------------------------------------------------------|
| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Water | Plain | | |
| Milk and Milk-Based Beverages (Plain or Flavoured) | Fat: ≤ 2% M.F.* or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV** and Container size: ≤ 250ml | | Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml |
| Yogurt Drinks | Fat: ≤ 3.25% M.F. or ≤ 3g and Container size: ≤ 250ml | | Fat: > 3.25% M.F. or > 3g or Container size: > 250ml |
| Soy/Milk Alternative Beverages (Plain or Flavoured) | Fortified with calcium and vitamin D and Container size: ≤ 250ml | | Unfortified or Container size: > 250ml |
| Juices or Blends: Vegetable or Fruit | 100% juice, pulp, or purée and Unsweetened/No sugar added and Container size: ≤ 250ml | | < 100% juice, pulp, or purée or Sugar in the ingredient list or Container size: > 250ml |
| Hot Chocolate | Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV and Container size: ≤ 250ml | | Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml |
| Coffee and Tea | | | All Coffee and Tea |
| Iced Tea | | | All Iced Tea |
| Energy Drinks | | | All Energy Drinks |
| Sports Drinks | | | All Sports Drinks |
| Other Beverages (e.g., soft drinks; flavoured water; "juice-ades", such as lemonade, limeade) | | | All Other Beverages |

*M.F. = Milk Fat. The amount can be found on the front of the food label. **DV = Daily Value.

Beverages – Secondary Schools

| Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label. | | | |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------------|
| | Sell Most (≥ 80%) | Sell Less (≤ 20%) | Not Permitted for Sale |
| | Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Water | Plain | | |
| Milk and Milk-Based Beverages (Plain or Flavoured) | Fat: ≤ 2% M.F.* or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV** | | Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV |
| Yogurt Drinks | Fat: ≤ 3.25% M.F. or ≤ 3g | | Fat: > 3.25% M.F. or > 3g |
| Soy/Milk Alternative Beverages (Plain or Flavoured) | Fortified with calcium and vitamin D | | Unfortified |
| Juices or Blends: Vegetable or Fruit | 100% juice, pulp, or purée and Unsweetened/No sugar added | | < 100% juice, pulp, or purée or Sugar in the ingredient list |
| Hot Chocolate | Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV | | Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV |
| Coffee and Tea | | Decaffeinated | Caffeinated |
| Iced Tea | | Calories: ≤ 40 and Decaffeinated | Calories: > 40 or Caffeinated |
| Energy Drinks | | | All Energy Drinks |
| Sports Drinks | | | All Sports Drinks |
| Other Beverages (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade) | | Calories: ≤ 40 and Caffeine-free | Calories: > 40 or with caffeine |

*M.F. = Milk Fat. The amount can be found on the front of the food label. **DV = Daily Value.