

# Healthy Eating at HWDSB *Just Got Healthier!*



HWDSB's Nutrition Policy begins September, 2010 and is based on the *Eating Well with Canada's Food Guide* and the Ministry of Education's nutrition guidelines.

## *Here's what you need to know...*

### **About the Policy:**

The Nutrition Policy guides schools towards offering healthy food choices. The policy promotes healthy eating based on the recommendations from *Eating Well with Canada's Food Guide* and helps students to make nutritious food and beverage choices.

Food and beverages brought from home, purchased during field trips off school property, sold in schools at non-school or Board events, or sold for fundraising activities that occur off school property are exempt from the Nutrition Policy.

### **School Nutrition Action Committee**

Schools will be forming a School Nutrition Action Committee (SNAC). A SNAC's focus is to encourage healthy eating. HWDSB will also form a central Nutrition Action Steering Committee and work with Public Health's Healthy Eating Action Teams (HEAT).

### **Special Event Days**

Each school has 10 special event days within a school year. On these days, food and beverages can be sold or served outside the nutritional guidelines found in Appendix A of the Nutrition Policy. School principals bring suggested special event days to the school council and SNAC for their consideration.

### **Nutrition in the Classroom**

When food is to be used as part of an in-class celebration or party, all foods and beverages served must meet the nutrition policy guidelines.

Educational events organized by school staff will serve



foods that meet HWDSB's Nutrition Policy. Such events include Meet the Teacher nights, open houses, and graduations.

Food will not be used as an individual reward for behaviour in the classroom.

### **Fundraising**

Fundraising initiatives may include the sale of food exempt from the guidelines four times per school year and two times per semester. This fundraising will take place outside of school property.

### **Food Sold in HWDSB Cafeterias**

HWDSB will follow the Nutrition Policy's Sell/Serve Most and Sell/Serve Less program. Foods in the Sell/Serve Most category will be comprised of the healthiest food choices.

At least 80% of all foods offered on school property and at school or board events will be in the Sell/Serve Most category. The Sell/Serve Less category will make up no more than 20% of all food choices.

Foods that contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium will not be served. This includes beverages of the same nature.

GET INVOLVED IN YOUR SCHOOL NUTRITION ACTION COMMITTEE

TALK TO YOUR CHILD'S PRINCIPAL OR VISIT OUR WEBSITE:

**[www.hwdsb.on.ca/nutrition](http://www.hwdsb.on.ca/nutrition)**



# Healthy Eating *At School*



Your child needs healthy food for energy and concentration at school. The food your child eats for breakfast will sustain them through the morning until recess or first nutrition break. They will then need a range of healthy foods for recess, lunch or nutrition breaks to get them through the day.

HWDSB's Nutrition Policy allows children to come to school with the food and beverage choices that are supported by their family.

Here are some tips that can help parents encourage healthy eating for your child.

## *Tips to help your child:*

- Pack food that is easy to open, easy to eat and not messy.
- Encourage your child to recycle or compost to help the environment. Pack a litter-less lunch as often as possible.
- Write their name on their lunch box, water bottle and any other containers.
- Include a frozen drink bottle to keep food cold. Wrap it in a tea towel in case it leaks.
- Use insulated lunch boxes or cooler bags.
- Avoid using plastic wrap because children find it hard to pull apart.
- Pack tissues or paper around fruit so it won't bruise.
- Remind your child to wash their hands before eating.
- If you make lunches the night before, store them in the fridge over night.
- Pack a BPA free water container for your child and remind them they can get water from the taps during the day.

## *Nutrition break, recess and lunch ideas:*

- Cut fruit into pieces (squeeze a little lemon on apples, pears or bananas to stop them going brown) and put them in a small container.
- Cut up vegetables such as carrots, celery and cucumber and put them in a snap-lock plastic bag. In a separate container put dips or yogourt to dip carrots in.
- Make whole-grain muffins and freeze them. Pack a muffin each day for recess or keep at home for an afternoon snack.
- Frozen orange quarters and pineapple rings are refreshing treats in summer.
- Try different breads, such as rolls, pita, wholegrain or tortilla wraps.
- If using tomato, slice thinly and place between other fillings to stop the sandwich going soggy.
- Cook a little extra dinner and save some for lunch the next day. Quiche, homemade pizza slices, vegetable patties, roast vegetables, noodle salad, chicken or sausages could be used.