

Nutrition Policies to Have Huge Impact on Schools

With the introduction of the Province's *School Food and Beverage Policy* and the Hamilton-Wentworth District School Board's *Nutrition Policy Directive* the sale and serving of food in Hamilton schools will drastically change.

The Provincial Policy takes effect on September 1, 2011, but the Board Policy Directive is already in effect, having started on September 1, 2010.

Some highlights of the policies:

- ✓ **All foods served and sold in schools or at school events or provided for staff through Board funding will comply with the standards outlined in the Provincial policy (PPM 150)**
- ✓ **There may be 10 special events days during the school year where foods and beverages served and sold in the schools are exempt from the standards.**
- ✓ **Food may not be used as an incentive in classrooms.**
- ✓ **All foods brought into the school by parents, staff or the community, for celebrations (to be shared with other students) must comply with the standards outlined in PPM 150.**

Nutrition Policy Highlights

PURPOSE

The purpose of the policies is to guide Board personnel and school communities in the development of healthy school nutrition environments in which students, staff and parents/guardians are encouraged to make nutritious food and beverage choices, not to limit staff, students or volunteers in what they bring from home or buy off school premises.

BOTTLED WATER

Commercially bottled water will not be sold or served on school premises or on school-sponsored sporting events.

SPECIAL EVENT DAYS

Each school Principal, in consultation with the School Council and the School Nutrition Advisory Committee, can declare 10 days in the school year to be Special Event Days, and on those days the school is exempt from the nutrition guidelines for both selling and serving. The obvious days will be those such as Halloween, when classes traditionally have parties.

FUNDRAISING

Food sold to students must follow the nutrition guidelines. Food sold off school premises and not to students is exempt from the nutrition guidelines; not more than 2 per semester.

STUDENT REWARDS

No food of any kind will be used as individual reward or behaviour incentive in classrooms. Schools may use food incentives or rewards for groups, clubs or classes, as long as it complies with standards.

CELEBRATIONS

All food served or sold at classroom activities or celebrations must conform to the nutrition guidelines in PPM 150. That means that food that does not comply to the guidelines **MAY NOT BE BROUGHT INTO THE CLASSROOM BY PARENTS/GUARDIANS, TEACHERS OR OTHERS** if it is intended for more than one child. As an example, **cookies or cupcakes may not be brought into the classroom to celebrate a student's birthday, unless they comply with the guidelines.**

The School Nutrition Action Team will advise the Principal what may be used in place of such food.

NUTRITION STANDARDS

Trans Fat: foods cannot exceed 5% of total fats, except vegetable oil or spreadable margarine that cannot exceed 2%

Other foods: are categorized in the Ministry's *Food and Beverage Policy Resource Guide*, and must be analyzed by the Nutrition Facts table supplied with the food. The food is then categorized by **Sell Most, Sell Least, and Not Permitted for Sale**. 80% of the food sold or served in a school must be Sell Most, 20% may be Sell Least.

Beverages: Only 2%, 1% or skim milk, 100% fruit juices and plain, unbottled water, may be served or sold in an elementary school. Only 250 ml size containers are allowed.

For further information, please visit the Board's website at

<http://www.hwdsb.on.ca/aboutus/policies/pdfs/Nutrition-Policy.pdf>

Or the Ministry of Education's website at

<http://www.edu.gov.on.ca/extra/eng/ppm/faqs.html>