



Nutrition

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PURPOSE:

Hamilton-Wentworth District School Board (HWDSB), believes in the development of healthy school environments that support student learning and success by encouraging students, educators, and parents/guardians to make nutritious food and beverage choices.

GUIDING PRINCIPLES:

- HWDSB schools 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*.
- Schools with nutrition programs follow the *Student Nutrition Program Nutrition Guidelines* developed by the Ministry of Children and Youth Services.
- All schools follow with provincial legislation relating to nutrition, and any other pertinent legislation.
- Schools take into consideration the following when food or beverages are sold or provided in schools:
 - offer, when available and when possible, food and beverages that are produced in Ontario
 - be environmentally aware
 - avoid offering food or beverages as a reward or an incentive for good behaviour, achievement or participation

INTENDED OUTCOMES:

- Schools promote healthy eating and safe food practices for planned events and classroom activities.
- Schools will communicate the Ministry Policy (PPM 150), HWDSB's Nutrition Policy and Procedure annually to parents/guardians, students, and the community.

RESPONSIBILITY:

Director of Education
Members of Executive Council

TERMINOLOGY:

Food: Includes both foods and beverages.



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Food Service Provider: Private, for profit company that contracts to sell food and/or beverages

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

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

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

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.

Nutrition Education: As outlined in the Ontario Curriculum.

PPM's: 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

School Generated Funds: Funds that are raised and collected in the school or broader community in the name of the school or by a school or parent-administered group, including school councils.

Sell Most (> 80%): Products in this category are the healthiest options and 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 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.

Sell 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 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.



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Not Permitted for Sale: Products in this category 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 in schools. See PPM 150 Appendix Nutrition Standards for Ontario Schools.

Student Nutrition Programs: A breakfast, early morning meal, snack or lunch program offered by the school for all students which are funded by a combination of financial resources, including parent/guardian contributions, local community fundraising, and provincial funding. These programs 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 in schools are exempt from the nutrition standards outlined in PPM 150 and this policy.

ACTION REQUIRED:

General:

It is the responsibility of all schools in 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 to students during the school day, at school or board sponsored special events and at sports events.

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

- offered in schools to students at no cost
- brought from home or purchased off school premises
- 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
- sold in staff rooms.

Notwithstanding the above, the guidelines for food sold, served and brought to school as detailed in HWDSB Medical/Health Support Policy: Anaphylaxis Policy Procedure apply to all schools.



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Schools and Classrooms:

Schools must ensure that all school hospitality programs, tuck shops and canteens sell foods that comply with the standards outlined in PPM 150 and HWDSB's Nutrition Policy.

School administrators and board staff planning school or educational events, such as Meet the Teacher, and Open House, will model good nutrition by selling foods that comply with the nutrition standards as outlined in PPM 150 and HWDSB's Nutrition Policy unless the day has been designated a special event day.

Food and beverages purchased with school generated funds for distribution to students within the school must comply with the standards in PPM 150 and HWDSB Nutrition Policy.

HWDSB recognizes that special event days take place periodically throughout the year. The principal of the school shall ask for the views of the school council and students, where appropriate, concerning 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 choose to sell foods or beverages that do not comply with the standards in PPM and HWDSB's Nutrition Policy.

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

Cafeterias:

Cafeterias in all schools will sell foods that comply with the nutrition standards contained in PPM 150 and HWDSB's Nutrition Policy. Food and beverages must be prepared, served, and stored in accordance with Regulation 562, "Food Premises," as amended, made under the Health Protection and Promotion Act. When negotiating food service contracts with food service providers for cafeterias or schools (e.g. hot lunch providers), 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



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- posting of nutritional information of all foods sold or served

In addition, the Purchasing Department will provide a copy of HWDSB's 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 HWDSB's Nutrition Policy for fundraising purposes is not permitted in the school.

Communication and Education:

Schools will communicate the Ministry Policy (PPM 150), HWDSB's Nutrition Policy and Policy Procedure 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 organizations, if they exist.

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.

PROGRESS INDICATORS:

Intended Outcome	Assessment
Schools promote healthy eating and safe food practices for planned events and classroom activities.	Communication to parents will be measured through the annual Parent Voice survey.
Schools will communicate the Ministry Policy (PPM 150), HWDSB's Nutrition Policy and Policy Procedure annually to parents/guardians, students, and the community.	A yearly audit of randomly selected schools, through review of school agenda and website.



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REFERENCES:

Government Documents

Bill 8 – Healthy Food for Healthy Schools Act, 2009

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

Health Protection and Promotion Act., Regulation 562: Food Premises

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

Eating Well with Canada's Food Guide: A Resource for Educators and Communicators, 2011

HWDSB Policies

Educational Excursions

Equity and Inclusive Education

Fundraising

Medical Health Supports

Procurement

Use of Board Facilities