

**In Process of Being
Revised -**

**to comply with
Food and Nutrition Policy
for Nova Scotia Public Schools**

CHIGNECTO-CENTRAL
REGIONAL SCHOOL BOARD

POLICY #OS-G-17

FOODS IN SCHOOLS

[BOARD MINUTE # 12-04, Page 3]

The Chignecto-Central Regional School Board believes there is a positive relationship between healthy nutrition and physical, emotional, social and intellectual development. Accordingly, the Board recognizes that it has a responsibility to promote and support good nutrition in Regional schools.

To this end, the Board expects the Superintendent of Schools (or designate) to prepare, implement and monitor guidelines, procedures and standards that will:

- share the responsibility with parents and the school community in encouraging nutritious eating as part of a healthy lifestyle;
- teach children to make appropriate food choices on their own;
- provide an environment that will support healthy food choices;
- build attitudes and skills towards healthy eating;
- provide an environment allowing opportunities to eat healthy snacks; and,
- promote adherence to the directions of *Canada's Food Guide to Healthy Eating* and *Canada's Guidelines for Healthy Eating*.

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ADMINISTRATIVE GUIDELINES

The following guidelines should be considered when establishing healthy food programs in Regional schools.

1. Promote a variety of healthy food choices by:
 - providing students with a wide range of healthy food choices;
 - making healthy food choices available in accordance with *Canada's Food Guide*;
 - providing alternatives to processed foods, and eliminating foods high in fat, salt, caffeine and sugar;
 - displaying educational materials related to healthy food choices; and,
 - providing affordable, nutritious food.

2. In order to promote the consumption of healthy foods, and to facilitate the enjoyment of all foods in moderation, the following guidelines shall apply for elementary, middle and high schools.

The **ABC guidelines**: **A** – *anytime serve*; **B** – *be cautious when serving*; **C** – *cut down*; are recommended:

Grades P – 5	provide a wide variety of healthy food choices. (See <i>Appendix A</i> for examples.)
Grades 6 – 8	provide a wide variety of healthy food choices with less nutritious items available only on a minimal basis. (See <i>Appendix A</i> for examples.)
Grades 9 – 12	a wide variety of healthy foods should predominate, limited exposure to less nutritious food items. (See <i>Appendix A</i> for examples.)

3. Provide opportunity for students to regularly consume water during the school day.

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4. Prepare and serve foods in accordance with food safety standards as outlined by the *Department of Agriculture, Marketing and Fisheries*. This will require a *Food Establishment License*. (Food Safety Specialists from the *Department of Agriculture, Marketing and Fisheries* are available to work with individual schools to ensure food safety standards are met.)
Any employee responsible for preparing and serving food must have successfully completed a food handler's course. Employees must have access to one-day *Workplace Hazardous Materials Information System* (WHMIS) training.
6. Schools are expected to encourage students to eat a healthy breakfast at home as a start to their school day. If they so choose, schools may offer a nutritious snack alternative *i.e.* breakfast or muffin program.
7. Ensure that students are provided with a clean place to eat. Schools are to use placemats or disinfectant wipes to ensure cleanliness if students must eat lunch at their desks. If food is to be transported to classrooms from the kitchen, food service carts are recommended.
8. Schools are encouraged to choose fundraising activities, rewards and incentive programs which do not compromise students' healthy food choices. (See *Appendix B* for examples.)
9. It is the responsibility of the child and their family to make informed food choices from the food available at the school. Ensure that food service staff/volunteers are made aware of food allergies and guidelines for supporting children with food-related chronic diseases (e.g. diabetes and celiac disease).
10. As part of their *Parent Teacher Group* or *School Advisory Council*, schools are encouraged to include nutrition as a healthy lifestyle issue.
11. Schools are encouraged to access the school public health nutritionist for available resources.
12. Menus offered by school cafeterias shall be submitted for review every 24 months to Public Health services for feedback.

Distribution

All Policy and Procedure Manual holders

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**THE ABC'S OF
FOODS IN SCHOOLS**

In order to promote the consumption of healthy foods, and to facilitate the enjoyment of all foods in moderation, the following guidelines shall apply for elementary, middle and high schools under the jurisdiction of the Chignecto-Central Regional School Board.

Recommended ABC Serving Guidelines:

- **A – Anytime**
- **B – Be cautious when serving (sometimes foods)**
- **C – Cut down serving (limit)**

ABC GUIDELINES:	A	“ANYTIME”	FOOD GROUP
ITEM:			
bagel, preferably whole wheat			Grain Products
bread or toast			Grain Products
bread sticks			Grain Products
cereal (Corn Flakes, Special K, Rice Krispies, Cheerios)			Grain Products
cheeses (hard, preferably low in fat varieties)			Milk Products
chicken (grilled)			
chicken fajitas			
chili made with meat and beans			
chowder (corn)			Vegetables & Fruit
chowder (fish)			
cookies (digestive)			Grain Products
crackers (whole wheat)			Grain Products
eggs			Meat & Alternatives
fig bars			
fish (steamed/baked)			Meat & Alternatives
fruit (canned, in juice)			Vegetables & Fruit
fruit (fresh)			Vegetables & Fruit
fruit juice (unsweetened)			Vegetables & Fruit
fruit parfait			Vegetables & Fruit
fruit smoothies			Vegetables & Fruit
hamburgers, prepared using lean ground beef, from scratch			Meat & Alternatives
milk, skim, 1%, 2%, chocolate, whole			
muffins, plain or with berries or fruit, preferably whole grain type			Grain Products
nuts (unsalted)			Meat & Alternatives

ABC GUIDELINES:**ITEM:****A****"ANYTIME"****FOOD GROUP**

pasta dishes made with tomato sauce & vegetables

Grain Products

pasta primavera

Grain Products

pizza (vegetarian or Hawaiian)

potatoes

Vegetables & Fruit

potatoes

rice (steamed)

Grain Products

sandwich plate

Vegetables & Fruit

sandwiches made with whole wheat bread & e.g. ham, turkey, tuna

soups (homemade or canned with vegetables)

water

stir fry (meat, veggies, rice)

sunflower seeds (unsalted)

Meat & Alternatives

tuna noodle casserole

Grain Products

vegetables (fresh)

Vegetables & Fruit

vegetarian hotdogs

veggie burgers

veggies (steamed)

Vegetables & Fruit

water

water (soda)

wraps made with tortilla, veggies & meat/chicken

Grain Products

yogurt (plain or with fruit)

Milk Products

ABC GUIDELINES:**ITEM:****B****"BE CAUTIOUS WHEN SERVING"****FOOD GROUP**

beef tacos

cheese & crackers

cheese (processed) with crackers

Milk Products

chicken burger

Meat & Alternatives

chicken nuggets/fingers

cookies (oatmeal, bran)

Grain Products

crackers (vegetable, Ritz, Bretons, etc.)

Grain Products

fruit (canned, in syrup)

Vegetables & Fruit

fruit (dried with nuts)

Vegetables & Fruit

fruit (dried raisins, dried apricots, etc.)

Vegetables & Fruit

Fruitopia

granola bars (plain, with or without added nuts)

Grain Products

hamburger (with cheese)

Meat & Alternatives

ice cream (plain)

Milk Products

juices (sweetened)

Vegetables & Fruit

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ABC GUIDELINES:**ITEM:****B****“BE CAUTIOUS WHEN SERVING”****FOOD GROUP**

lemonade

nuts/seeds (salted)

Meat & Alternatives

panzerotti with meat, cheese & vegetables

potatoes (hash browns)

Vegetables & Fruit

potatoes (mashed with gravy)

Vegetables & Fruit

pudding

pudding (canned/flavoured)

Rice Krispie squares

salad (Caesar)

Vegetables & Fruit

shepherd's pie

taters

Vegetables & Fruit

tea biscuits

Vegetables & Fruit

vegetable fried rice

Grain Products

yogurt (frozen)

Grain Products

yogurt (sweetened, frozen)

Milk Products

yogurt drinks

Milk Products

ABC GUIDELINES:**ITEMS:****C****“CUT DOWN SERVING – (LIMIT)”**

breath mints

cake

fish (fried)

french fries, spicy fries

nachos & cheese

noodles (canned) *i.e.*

Alphaggetti, Zoodles

candy, fudge, suckers

cheese or corn puffs

frozen flavoured ice

fruit drinks

onion rings

panzerotti with meat &

cheese

chicken (fried e.g. KFC)

chocolate bars

fruit roll-ups

fun fruits

pizza pops or pockets

pop – all, including sugar

free

cinnamon rolls

cookies (oreo, chocolate

chip, fudgeo, etc.)

garlic bread or fingers

granola bars (dipped, &

those with added

chocolate chips or

marshmallows)

popsicles

potato chips

cough drops

crispers

grilled cheese sandwich

gum (all varieties

including sugar free)

poutine

sesame seed snaps

deep-fried foods

donair

donair pizza

doughnuts

hotdogs

ice cream novelties

Jell-O

Kraft dinner

soups (canned)

soups (instant)

sweet rolls, pies

turnovers

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FUNDRAISING ACTIVITIES

REWARDS AND INCENTIVE PROGRAMS FOR SCHOOLS

FUNDRAISING ACTIVITIES:

Schools may wish to consider these fundraising suggestions as healthy alternatives to the traditional chocolate bar and/or cookie campaigns:

- | | | | |
|--------------------------------|------------|--|--|
| Fun Fairs: spring flings | | Magazines | |
| fall fiestas | | Adopt-a-book programs | |
| School-wide cookbooks | | Sleigh rides | |
| Plant sales | | Community / family suppers | |
| Principal / Teacher challenges | | Games night / band night | |
| Sporting activities: | | Sport tournaments <i>i.e.</i> basketball, soccer, etc. | |
| - basketball games | } students | Talent night | |
| - soccer games | | vs. | Leadership events at secondary schools |
| - volleyball games | | parents | Christmas tree sales |
| Family dances / swims / skates | | Poinsettia sales | |
| Raffles of donated items | | Wreath sales | |
| School-crested clothing | | Christmas ornament sales | |
| Wrapping paper | | Coffee houses | |
| Greeting cards | | | |

REWARDS / INCENTIVES:

- | | |
|--|---|
| Books | Class activities in the gym / classroom |
| Stickers | Class visits |
| Pencils | Healthy classroom snacks: |
| Extra computer time | - fruit |
| Extra reading time | - vegetables |
| Time to read with a “buddy” in another grade | - cheese and crackers |
| Afternoon / extra recess time | - popcorn |