



**Western School Board
of Prince Edward Island**

Policy: EF
Subject: Nutrition

Approval Date: June 2005
Revision Date: September 2008
Review Date: September 2011

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Policy Statement: The Western School Board believes that nutrition has a significant impact on the health and academic achievement rates of students. Good nutrition and physical activity are essential for healthy growth and development, and reduce the risk of conditions such as obesity, heart disease, cancer, diabetes and osteoporosis. The Board believes it is critical to establish healthy eating behaviours in childhood so as to provide children and youth with the opportunity to develop healthy eating behaviours for life. Healthy eating behaviours begin at home in early childhood and later become a cooperative effort between the home and the school.

The Board mandates schools to maintain supportive environments which promote healthy food choices, both in the foods available at school and through educational programs. The Board provides, through regulation, guidelines to assist in carrying out this policy.

The Board and administrators recognize that **access to positive food choices** and the **quality of food available** at school are important determinants of healthy eating in children. This will be achieved by providing healthy, safe, and reasonably priced food and beverage choices in school food programs, vending machines, and canteens as well as using healthy food choices or non-food items for fundraising activities.

The Board believes that **nutrition education** is important and is most effective if a comprehensive approach involving the school and broader community is used. Teachers and school staff are a valuable resource in helping students understand the relationship between nutrition, health and physical activity and developing the knowledge, positive attitudes and skills necessary to make healthy food choices for life.

While recognizing that parents are ultimately responsible for their child's nutritional health, schools should work with their parent groups and other community partners to encourage and support parents to:

- ensure that their children eat a healthy breakfast,
- pack healthy lunches, and
- eat healthy meals at home.

The following regulations are set out to assist schools to achieve the objectives of the Western School Board Nutrition Policy. These were identified in consultation with lead schools in the Western School Board. There are several documents available to support schools with adherence to these regulations; these are listed at the end of the “Regulations” section.

Regulations:

1.0 Student Access to Food

Programming

- All schools will continue to participate in and promote the PEI School Milk Program.
- All schools are encouraged to stock an emergency food cupboard with healthy choices for students in need.
- Schools are encouraged to provide breakfast or snack programs when a need is identified, which will:
 - ◆ be open to all students but will not be promoted as a replacement for breakfast eaten at home; and
 - ◆ will follow Best Practice Standards from *Breakfast for Learning*. (Appendix A)

2.0 Pricing

Schools will support healthy food choices by pricing approaches which encourage students to choose healthy foods over less healthy foods when food is sold at school.

3.0 Promotion

Schools will work to develop an environment that promotes healthy eating by:

- promoting and/or advertising only healthy food choices (those in the “Foods to Serve Most Often” (Appendix B) and “Foods to Serve Sometimes” (Appendix C) lists in the *Guide to Food Choices*
- not accepting advertising of food products for unhealthy food choices (those in the “Foods to Serve Least Often” list (Appendix D).
- displaying attractive, current promotional materials (e.g. posters, displays, etc) related to healthy eating throughout schools.
- carrying materials that support the Nutrition Policy and Regulations in school resource centres (e.g. books, videos, pamphlets).
- participating in PEI Healthy Eating Alliance and Nutrition Month activities, where possible.

4.0 Time to Eat

Schools should:

- allow a minimum of 20 minutes for students to eat lunch;
- encourage that foods are eaten after outside play, whenever possible.

5.0 Student Choice

- Administrators and parent groups should involve students in planning school food choices.
- Students should be encouraged to choose food from the “Foods to Serve Most Often” and “Foods to Serve Sometimes”.

6.0 Quality of Food Available at School

Criteria for Food and Beverages Available in Vending Machines, Canteens, Cafeterias, School Lunch, Breakfast Programs, and Snack Programs

- Foods and beverages sold or made available at school for lunch, canteen, and snack programs will be selected from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists and will emphasize vegetables and fruit; lower fat white and chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.
- Foods would rarely come from the *Foods to Serve Least Often List*
- All food and beverages in vending machines which are accessible to students will be selected from the “Healthy Vending Machine and Canteen Foods” list (Appendix E). Vending machines will not be used to sell carbonated soft drinks, fruit drinks, fruit juices with less than 100% juice, or sports drinks.
- Schools will manage and operate vending machines in accordance with the terms of this Policy.
- Energy drinks, such as Red Bull, Full Throttle, Rockstar, Amp, Stoked, SoBe Adrenaline Rush and the like are prohibited from being on School Board property.
- Teachers and administrators will encourage students to drink water.
- Schools should try to use local products first, where possible.

7.0 Special Functions

Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days. Schools are encouraged to offer healthy foods or non-food items as a reward to students for good behaviour, achievement, or participation in fund-raising activities.

8.0 Fundraising

Fundraising activities by schools and parent groups should emphasize non-food products or healthy food choices from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists.

9.0 Food Safety

- Administrators will ensure that school staff and parent volunteers are familiar with safe food handling practices.
- Schools will adhere to the Provincial Anaphylaxis Policy.
- Students should wash their hands properly before eating.

10.0 Nutrition Education

10.1 Curriculum

- The Board will work with the Department of Education and community partners to promote the further development and enhancement of a current, relevant nutrition education curriculum and enhance the resources available to teachers to support their nutrition education activities.
- Schools should use a comprehensive approach to nutrition education involving the whole school community (families, individuals and organizations in the community) and nutrition education activities to positively influence students' nutrition knowledge, attitudes, skills and eating habits.
- When possible, schools should incorporate nutrition education into other subject areas and outside classroom activities.
- Schools will support opportunities for staff development and training for effective delivery of nutrition curriculum.

10.2 Role Models

Recognizing the importance of role modelling in promoting healthy eating, teachers, administrators, and school staff should act as positive role models to promote healthy eating within the classroom and office environment.

Supportive Documents Available:

- Fund-raising Alternatives
- Microwave Safety
- Peanut Alternatives
- Practical suggestions for emergency food cupboard
- Lunch program options
- Plain language document explaining the guidelines for parents (one page)
- Short summary piece available for schools to use in their newsletters and handbook
- A comprehensive Q&A document that provides the rationale for each item of the guidelines.

Breakfast for Learning (Appendix A)

Programs and Events: Best Practices Project

Beginning in 2000, *BREAKFAST FOR LEARNING* invited communities to participate in discussions to support quality delivery of child nutrition programs throughout the country. This country-wide consultation, in association with several partners and funded by Health Canada, provided participants with the opportunity to share their experiences and stories, successes and challenges, and their own best practices.

At the end of this process, a national conference was held in Ottawa. Child nutrition volunteers and community leaders from across the country met to develop consistent, country-wide guidelines for best practices that ultimately ensure nutritional health for our children.

Keys to Success

The next several years were spent analyzing, evaluating and piloting these standards. The best practices required an effective, accessible and barrier-free delivery vehicle that allowed programs to implement and self-assess at their own pace - resulting in the Keys to Success program.

In September 2006, Keys to Success was launched through the Eat Right! Be Bright! the Club - a one-stop interactive website dedicated to child nutrition. Through the Club site, hundreds of programs have registered and are working through the Keys - achieving excellence in child nutrition!

Keys at a Glance

Key 1: Menu for Learning - Food Quality

Key 2: Effective Program Management - Partnerships and Collaboration

Key 3: Who is Served - Access & Participation

Key 4: Staff and Volunteers - Inclusive and Efficient

Key 5: Creating a Positive Environment for Children - Safe, Nurturing and Fun

Key 6: Money Matters - Financial Accountability

Key 7: Measuring Success - Evaluation

To access and learn more about Keys to Success, visit our [Eat Right! Be Bright! the Club site](#)

Guide to Food Choices

This *Guide to Food Choices* accompanies the Western School Board Nutrition Policy. It consists of three (3) food lists which have been developed based on ***Eating Well with Canada's Food Guide***.

The three lists are:

- 1) *Foods to Serve Most Often;*
- 2) *Foods to Serve Sometimes;* and
- 3) *Foods to Serve Least Often.*

A list of Healthier Vending Machine and Canteen Foods and Beverages is also included. These lists are meant to assist schools and food service providers in selecting healthy choices for when foods and beverages are available (e.g. cafeteria, canteen, breakfast program, emergency food cupboard, etc.). These food lists can also be circulated to parents for use as a guide for students and parents when selecting foods for lunches.

Note: The food lists are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home.

Legend for the following charts:

bold = new foods added to original food list

■ = nutrition criteria

**Foods to Serve Most Often:
Serve These Foods Daily**

These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruit. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), and are generally low in fat, sugar and sodium (salt). **These foods are primarily found in the four food groups of Eating Well with Canada's Food Guide.**

Use These Nutrition Criteria:

- Total Fat: Maximum 5 g per serving of Grain Products, Vegetables & Fruit and Milk & Alternatives
Maximum 10 g per serving of Meat and Alternatives or Combination Foods
- Saturated Fat: Maximum 3 g per serving
- Trans Fat Free: Maximum 0.5 g per serving
- Fibre: Minimum 2 g per serving
- Sugar: Maximum 10 g per serving
(excludes natural sugar from fresh fruit, 100% fruit juice and fluid milk)
- Sodium: Maximum 200 mg per serving; Maximum 480 mg per combination foods

Note: 100% fruit juices and lower fat (2% or less) flavoured milks may contain a maximum of 28g sugar per 250 mL serving.

Grain Products	Vegetables and Fruit	Milk and Alternatives	Meat and Alternatives	Combination Foods
<ul style="list-style-type: none"> • <i>Whole grain or whole wheat breads, buns, rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, roti, waffles pancakes or pizza dough</i> • Low fat, high fibre muffins with vegetables or fruit • Cookies (made with oatmeal or dried fruit and whole wheat flour) • Whole grain, whole wheat crackers, breadsticks or flatbreads (low fat) • Whole grain, unsweetened or low-sugar ready-to-eat cold cereals (e.g. Corn Flakes®, Shreddies®, etc.) • Hot cereals (e.g. oatmeal) • Rice cakes, plain popcorn • Corn bread • Whole wheat noodles or pasta • Brown or wild rice • Barley, bulger or other whole grains • Noodle or rice soup (homemade or canned low fat/low salt) 	<ul style="list-style-type: none"> ▶ Fresh vegetables and fruits ▶ 100% fruit or vegetable juice or 100% juice blends ▶ Canned fruit (packed in juice or water) ▶ Dried Fruit (e.g. raisins, cranberries) ▶ Applesauce or applesauce-fruit blend products (no sugar added) ▶ Frozen fruit (no sugar added) ▶ Frozen fruit bars (100% real fruit juice) ▶ Fruit smoothies (made with real fruit or 100% fruit juice) ▶ Frozen vegetables (no added fat) ▶ Tomato sauce ▶ Vegetable soups (homemade, frozen or canned low fat/low salt) ▶ Vegetables stir-fried ▶ Salsa ▶ Baked, boiled or mashed potatoes with little or no fat ▶ Green salads (without high fat dressing) 	<ul style="list-style-type: none"> ▶ White or chocolate milk (2% milk fat or less) ▶ Flavoured milks (2% milk fat or less, ≤ 28g sugar/ 250mL) ▶ Soya Beverages (original and flavoured, 2% milk fat or less) ▶ Fresh or frozen yogurt (2% milk fat or less) ▶ Yogurt Tubes (2% milk fat or less) ▶ Cheese (20% milk fat or less; e.g. part skim mozzarella, cheddar) ▶ Cheese strings (20% milk fat or less) ▶ Milk-based soups and chowders (2% milk fat or less; homemade, or canned low fat/low salt) ▶ Smoothies made with milk products 2% milk fat or less 	<ul style="list-style-type: none"> ▶ ★Chicken or turkey (unbattered) ▶ ★ Fish or seafood (fresh or frozen unbattered) ▶ Lean or extra lean beef or pork ▶ Lean deli meats (ham, chicken, turkey, roast beef) ▶ Meatballs or Meatloaf ▶ Canned fish (packed in water) ▶ Eggs or egg substitutes ▶ Tofu ▶ Legumes (e.g. beans, peas and lentils) ▶ Bean Based dips (e.g. Hummus) ▶ Peanut butter ▶ Soy nut or almond butter ▶ Nuts and seeds (unsalted) ▶ Cottage cheese (2% milk fat or less) <p>★Choose baked or broiled meat and fish; not battered or fried</p>	<ul style="list-style-type: none"> ▶ Chicken/Beef/ Vegetable Stirfrys ▶ Fajitas, Quesadillas, Soft Tacos (made with whole wheat wrap) ▶ Wraps/Pitas (made with whole wheat shell) ▶ Submarine/ sandwiches with lean deli meats made with whole grain breads ▶ Grilled cheese sandwich (made with whole wheat bread, low fat cheese) ▶ Meatballs and brown rice ▶ Spaghetti or macaroni and cheese (made with whole wheat noodles) ▶ Sheppards Pie ▶ Cabbage Rolls ▶ Salads (vegetable, pasta, etc.) ▶ Soup, Stew or Chili ▶ Cheese/Veggie/Chicken Pizza made on whole wheat crust ▶ Panzarotti with vegetables and low fat cheese ▶ Souvlaki, tzatziki ▶ Falafel (not fried) ▶ Yogurt and fruit parfaits ▶ Trail mix

**Foods to Serve Sometimes:
Serve These Foods No More Than 2 Times Per Week**

The foods featured on this list are also healthy choices, but they may be higher in calories, fat, sugar, sodium (salt) or more processed than the foods found on the "Foods to Serve Most Often" list.

Use These Nutrition Criteria:

Total Fat:	Maximum 10 g per serving
Saturated Fat:	Maximum 6 g per serving
Trans Fat Free:	Maximum 0.5 g per serving
Fibre:	Less than 2g per serving
Sugar:	Maximum 20 g per serving (excludes natural sugar from fruit and dairy)
Sodium:	Maximum 480 mg per serving; Maximum 1000mg per combination food.

Grain Products	Vegetables and Fruit	Milk and Alternatives	Meat and Alternatives	Combination Foods
<ul style="list-style-type: none"> ▶ White, 60% whole wheat, enriched breads, buns rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, waffles, pancakes or pizza dough ▶ Bread stuffing ▶ Loaf breads or sweet breads (banana, zucchini, pumpkin) ▶ Sweetened cereal made with oats or whole grains (e.g. Instant Oatmeal, Honey Nut Cheerios®, etc) ▶ Cereal bars and granola bars (low fat) ▶ Cereal snack mix ▶ Non whole grain crackers ▶ Low fat cookies ▶ Graham wafers or digestive cookies ▶ Melba toast or white bread sticks ▶ Biscuits, Scones, or bannock ▶ Pretzels ▶ Fruit bars (e.g. fig newtons) ▶ Date squares ▶ White or flavoured Noodles or pasta ▶ White rice or rice noodles ▶ Couscous ▶ Noodle or rice soup (canned or instant "baked type") 	<ul style="list-style-type: none"> ▶ Canned fruit (in light syrup) ▶ 100% fruit/veggie leathers or bars (no sugar added) ▶ Applesauce or fruit blends with sugar added ▶ Fruit crisps (e.g. apple, strawberry-rhubarb) ▶ Canned vegetables, drained ▶ Vegetables with sauces (e.g. cheese sauce) ▶ Vegetable soup (canned, frozen, regular) ▶ Oven baked french fries 	<ul style="list-style-type: none"> ▶ Whole milk ▶ Ice milk ▶ Hot chocolate made with milk (2% milk fat or less) ▶ Milk based puddings ▶ Yogurt and yogurt drinks (more than 2% milk fat) ▶ Frozen yogurt (more than 2% milk fat) ▶ Yogurt dips ▶ Cheese (>20% milk fat and <32% milk fat) ▶ Processed cheese products (e.g. slices, spreads) ▶ Custards 	<ul style="list-style-type: none"> ▶ Lower fat hotdogs or veggie dogs ▶ Baked chicken or veggie burgers or nuggets; battered and not fried ▶ Baked fish; battered and not fried ▶ Fish canned in oil ▶ Baked ham ▶ Nuts and seeds (salted) 	<ul style="list-style-type: none"> ▶ Lasagna ▶ Macaroni and Cheese (made with white noodles) ▶ Pastas made with cream sauces ▶ Bacon, Lettuce and Tomato(BLT) sandwiches ▶ Grilled Cheese (made with white bread) ▶ "Salad-type" sandwiches made with full fat mayonnaise (e.g. egg, tuna, chicken) ▶ Soups, canned; regular ▶ Pizza with lean meats (ham or ground beef) made on white crust ▶ Hard tacos ▶ Sloppy Joes ▶ Garlic bread, garlic slice, garlic fingers ▶ Quiche <p>* Choose no more than 2 combination foods from this list per week</p>

**Foods to Serve Least Often:
Serve These Foods Infrequently
(No more than 2 Times Per Month)**

Choose no more than 1 item up to 2 times per month

The foods on this list tend to be quite high in fat, sugar, sodium(salt), calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet.

Use These Nutrition Criteria:

- Total Fat: More than 10 g per serving
- Saturated Fat: More than 6 g per serving
- Trans Fat Free: Less than 0.5 g per serving
- Fibre: Less than 2g per serving
- Sugar: More than 20 g per serving (excludes natural sugar from fruit, 100% fruit juice & fluid milk)
- Sodium: More than 480 mg per serving; More than 1000mg per combination foods

Grain Products	Vegetables and Fruit	Milk and Alternatives	Meat and Alternatives	Combination Foods	Other
<ul style="list-style-type: none"> ▸ High fat muffins (cake-like, commercially prepared) ▸ Sweetened breakfast cereals ▸ Crackers (not low fat) ▸ Granola bars (dipped, not low fat) ▸ Cookies (commercial or higher fat regular recipe) ▸ Noodles or noodle soup (canned or instant "fried type") ▸ Toaster Pastries, pop tarts 	<ul style="list-style-type: none"> ▸ Fried vegetables ▸ Deep fried French fries ▸ Fruit drinks and juices with less than 100% real fruit juice ▸ Canned fruit in heavy syrup ▸ Fruit pies ▸ Fruit leather (made with less than 100% real fruit) 	<ul style="list-style-type: none"> ▸ Cream soups, regular ▸ Milkshakes ▸ Ice cream, regular ▸ Frozen novelty ice cream (i.e. drum sticks) ▸ Cheese (>32% milk fat) 	<ul style="list-style-type: none"> ▸ Regular fat processed meats (e.g. Pepperoni, salami, bacon, bologna, etc) ▸ Hot dogs, regular ▸ Sausages, regular ▸ Battered/ Breaded, and fried meat, fish or chicken (e.g. deep fried chicken nuggets/ burgers) ▸ Regular ground beef ▸ Sesame snaps 	<ul style="list-style-type: none"> ▸ Pizza with processed meats (e.g. pepperoni, salami, bacon) ▸ Donairs ▸ chicken wings ▸ Egg rolls, fried ▸ Poutine ▸ Fries with the works <p style="text-align: center;"><i>* Choose no more than <u>2</u> combination foods from this list per month</i></p>	<ul style="list-style-type: none"> ▸ Potato or nacho chips ▸ Sun Chips ▸ Chocolate bars ▸ Pastries, pies and cakes ▸ Doughnuts ▸ Squares (eg.brownies) ▸ Candy ▸ Gum ▸ Soft drinks (carbonated soda) ▸ Iced tea ▸ Lemonade ▸ Sweetened fruit drinks ▸ Sports drinks ▸ Energy drinks ▸ Slushies, regular ▸ Popsicles and freezies ▸ Frozen fruit bars (less than 100% real fruit juice) ▸ Hot chocolate made with water ▸ Meal replacement bars, protein/ energy bars

Healthier Vending Machine and Canteen Foods

The foods included on this list are healthy choices that can be included in vending machines or school canteens.

Use These Nutrition Criteria:

Total Fat:	Maximum 5 g per serving
Saturated Fat:	Maximum 3 g per serving
Trans Fat:	Maximum 0.5 g per serving
Sugar:	Maximum 20 g per serving (excludes natural sugar from fresh fruit, 100% fruit juice or fluid milk)
Sodium:	Maximum 480mg per serving

Note: 100% fruit juices and lower fat (2% or less) flavoured milks may contain 28g or less total sugar per 250 mL serving.

Beverages	Snacks
<ul style="list-style-type: none"> ▶ Milk (2% milk fat or less) ▶ Chocolate or Flavoured Milk (2% milk fat or less; ≤ 28 g sugar/250mL) ▶ Soya beverages (original and flavoured, 2% milk fat or less) ▶ 100%fruit or vegetable juices (≤ 28g sugar/250mL) ▶ Water (plain or flavoured) 	<ul style="list-style-type: none"> ▶ Raw vegetables and dip ▶ Fresh fruit - whole, pre-cut with dip, or fruit salad ▶ Fruit cups (packed in juice or water) ▶ Applesauce or applesauce blend cups ▶ Pudding ▶ Fresh or frozen yogurt; yogurt tubes ▶ Frozen fruit juice bars with 100% real fruit juice ▶ Raisins and other dried fruit (e.g. apricots, apple slices, cranberries, pineapple, etc.) ▶ Fruit and veggie bars ▶ Date, raspberry or fig cookies (e.g. fig newtons) ▶ Breadsticks and cheese ▶ Whole grain bread, bagels, rolls and muffins ▶ Pretzels ▶ Baked Chips (eg. Lays, Tortilla) ▶ Salsa portion cups ▶ Rice cakes or rice crisps ▶ Pita puffs/pita minis ▶ Cereal snack mix ▶ Cereal bars ▶ Crackers & Topping (e.g. cheese, peanut butter, jam, etc.) ▶ Cheese strings/portions ▶ Granola bars (low fat, not dipped) ▶ Rice Crispy Squares ▶ Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.) ▶ Tuna snacks ▶ Soup @ Hand ▶ Trail mix (combination of dried cereal, dried fruit, nuts and seeds)