



Huron-Superior Catholic

DISTRICT SCHOOL BOARD

PROCEDURAL GUIDELINES SCHOOL FOOD AND BEVERAGE

This Procedural Guideline outlines a comprehensive approach to the sale of food and beverages in schools province-wide, and details how these standards will be adhered to in schools of the Huron-Superior Catholic District School Board. It reinforces the knowledge, skills and attitudes regarding healthy eating that are developed through various subjects in the Ontario curriculum.

The nutrition standards apply to all food and beverages sold in all venues, through all programs, and at all events. The standards **do not** apply to food and beverages that are:

- offered in schools to students at no cost;
- brought from home or purchased off school premises and are not for resale in schools;
- available for purchase during field trips off school premises;
- sold in schools for non-school purposes (sold by an outside organization that is using the gym after school hours);
- sold for fundraising activities that occur off school premises;
- sold in staff rooms

NUTRITION STANDARDS

The nutrition standards embody the principles of healthy eating outlined in *Canada's Food Guide (See related forms)*, and are intended to ensure that the food and beverages sold in schools contribute to students' healthy growth and development. The nutrition standards for food and beverages are set out within the following two sections:

1. Nutrition Standards for Food

Food is divided into "Vegetables and Fruit", "Grain Products", "Milk and Alternatives", and "Meat and Alternatives", following **Canada's Food Guide**. In addition, there is also a "Mixed Dishes" category, for products that contain more than one major ingredient, and a "Miscellaneous Items" category, for items that are to be used in limited amounts, and for confectionery, which is not permitted for sale.

2. Nutrition Standards for Beverages

Standards for beverages are provided separately for elementary and secondary schools (See "School Food and Beverage Policy: Quick Reference Guide, 2010").

Nutrition criteria for food and beverages are provided in the following three categories:

- *Sell Most (>80%):* Products in this category are the healthiest options and have lower amounts of fat, sugar and/or sodium. They must make up *at least 80 per cent* of all food choices available for sale in all venues, through all programs and at all events. The same requirement applies to beverage choices.
- *Sell Less (<20%):* Products in this category have slightly higher amounts of fat, sugar and/or sodium than food and beverages in the “Sell Most” category. They must make up *no more than 20 per cent* 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.
- *Not Permitted for Sale:* Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium. Food and beverages in this category may not be sold in schools.

EXEMPTION FOR SPECIAL-EVENT DAYS

The school principal may designate up to ten days during the school year as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards in this memorandum. The school principal must consult with the catholic school council and is encouraged to consult with their students prior to designating a day as a special-event day. Even on special-event days, schools are encouraged to sell food and beverages that meet the nutrition standards.

ADDITIONAL REQUIREMENTS

The following requirements must also be met:

- Compliance with Regulation 200/08, “Trans Fat Standards” and any other applicable regulations made under the Education Act.
- Principals must take into consideration strategies developed under the school board’s policy on anaphylaxis to reduce the risk of exposure.
- Food and beverages must be prepared, served and stored in accordance with Regulation 562, “Food Premises.”
- Schools will ensure that students have access to drinking water during the school day.
- The diversity of students and staff must be taken into consideration in order to accommodate religious and/or cultural needs.

PRACTICES FOR CONSIDERATION

Schools should take into consideration the following when food or beverages are sold or provided:

- Offer, when available and where possible, food and beverages produced in Ontario.
- Be environmentally aware: reduce food waste, reuse containers, recycle food scraps.
- Avoid offering food or beverages as a reward or incentive for good behaviour, achievement or participation.
- Make use of the healthy schools committee (or build on an existing committee), to help implement the School Food and Beverage Policy.

Implementation Supports and Resources for Schools:

- Health Canada's Food Guide
- [Healthy Food for Healthy Schools Act, 2008](#)
- [PPM 150: School Food and Beverage Policy, October, 2010](#)
- [School Food and Beverage Resource Guide, 2010](#)
- [School Food and Beverage Quick Reference Guide, 2010](#)
- [Ontario School Food and Beverage Policy, Elementary Teacher Resource Guide, 2011](#)
- [Ontario School Food and Beverage Policy, Secondary Teacher Resource Guide, 2012](#)