

<b>Procedure Title</b>	<b>School Food and Beverages</b>		
<b>Date of Issue</b>	June 21, 2011	<b>Related Policy</b>	BP 6803-D; BP 6804-D
<b>Revision Dates</b>	September 28, 2016	<b>Related Forms</b>	AF 6813
<b>Review Date</b>		<b>Originator</b>	Administrative Council
<b>References</b>			
Policy/Program Memorandum 150 "School Food and Beverage Policy"; "Eating Well with Canada's Food Guide"; Bill 8 Healthy Foods for Healthy Schools Act 2008, Ministry of Education; O. Reg. 200/08-Trans Fat Standards, Ministry of Education; Nutrition Tools for Schools, CHSNE, Health Unit collaboration, 2007; BP 6303-D & AP 6303-D "Equity and Inclusive Education"; AP 6304-D "Religious Accommodation"; Ministry of Education "Foundations for a Healthy School", 2014; BP 6802-D "Student Health Support (the Provision of Medical and/or Physical Assistance within the School)"; AP 6804-D "Anaphylaxis (Life-Threatening Allergic Reaction)"; K-12 School Effectiveness Framework, Ministry of Education, 2013			
<b>Procedure:</b>			

## **1.0 RATIONALE**

- 1.1 This administrative procedure provides direction to principals, teachers, parent groups, students and volunteers on the choice of foods for sale or distribution in schools. It promotes a healthy school nutrition environment and supports healthy eating. Nutrition standards (Appendix A) detailed in this procedure are based on the principles of healthy eating as outlined in Canada's Food Guide.
- 1.2 It is expected that the implementation of this administrative procedure will:
- i. assist students to make healthy food choices through the provision of and promotion of nutritious foods;
  - ii. through education reinforce and support student's ability to understand the value of nutrition and healthy choices;
  - iii. encourage throughout the system a more positive attitude towards healthy eating; and
  - iv. promote safe handling and preparation of food.

## **2.0 PROCEDURE**

### **2.1 General**

- 2.1.1 Bluewater District School Board nutrition standards apply to all food and beverages sold:
- i. Through all programs (e.g., catered lunch programs);
  - ii. In all venues (e.g., cafeteria, vending machines); and
  - iii. At all events (e.g., special food events, sporting events)
- 2.1.2 Bluewater District School Board nutrition standards do not apply to food and beverages that are:
- i. Offered in schools to students at no cost;
  - ii. Brought from home or purchased off school premises and are not for resale in schools;
  - iii. Available for purchase during field trips off of school premises;
  - iv. Sold in schools for non-school purposes (i.e., community use of schools for non-school-related event);
  - v. Sold in fundraising activities that occur off of school premises; and
  - vi. Sold in staff rooms.

## 2.2 System Expectations

- 2.2.1 Educators can teach and model healthy lifestyles and ensure that the provision of nutritious choices is a message consistent with nutrition teaching in the classroom.
- 2.2.2 Principals will review Board Policy BP 6802-D “Student Health Support (the Provision of Medical and/or Physical Assistance within the School)” and Administrative Procedure AP 6804-D “Anaphylaxis (Life-Threatening Allergic Reaction)” and take into consideration necessary strategies to reduce the risk of exposure to anaphylactic causative agents.
- 2.2.3 Availability and portions of food and beverage choices to students should be reflective of the Nutrition Standards described in Appendix A (based on the *School Food and Beverage Policy, Resource Guide (2010), Ministry of Education*) to assist them to make appropriate choices to develop and maintain healthy eating habits.
- 2.2.4 Students must have access to drinking water during the school day.
- 2.2.5 Pop, candy bars, doughnuts, chips and similar items should not be provided except on rare occasions. Food choices should support healthy eating as defined by Bluewater District School Board’s Nutrition Standards (see Appendix A).
- 2.2.6 Special-event days should include a menu that incorporates healthy food choices. Notwithstanding this, the school principal may designate up to ten days (or fewer, as determined by the school board) during the school year as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards outlined in this procedure. School principals must consult with their School Council (as defined by R.R.O 2010, Reg. 612 (amended by O.Reg. 330/10), s. 3(1)) prior to designating a day as a special-event day. School principals are encouraged to consult with their students in making these decisions.
- 2.2.7 Food Service agreements should include clauses that require that cafeteria employees be certified in safe food handling; and that a variety of nutritious foods and beverages will be made available to encourage students to make healthy food choices.
- 2.2.8 School vending machines, or other in-school sources, should offer healthy food and beverage choices.
- 2.2.9 When school groups or teams are fund-raising they should consider items other than foods with low nutritional value (see Appendix B “Alternative Fundraising Ideas”).
- 2.2.10 The diversity of staff and students must be taken into consideration at all times in order to provide religious/cultural accommodation(s) when/where appropriate (BP 6303-D and AP 6303-D “Equity and Inclusive Education” and AP 6304-D “Religious Accommodation”).
- 2.2.11 Bluewater District School Board will comply with Ontario Regulation 200/08 “Trans Fat Standards”, Health Protection and Promotion Act Regulation 562 “Food Premises”, and any other applicable legislation made under the Education Act.
- 2.2.12 Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.
- 2.2.13 When at all possible the following should be taken into consideration when food and/or beverages are sold or provided in schools:
  - i. Offer, when available and where possible, food and beverages that are produced in Ontario.
  - ii. Be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps).
  - iii. Avoid offering food or beverages as a reward or an incentive for good behaviour, achievement, or participation.

- 2.2.14 Schools principals can refer to *Foundations for a Healthy School, Ministry of Education, 2014*, at <http://www.edu.gov.on.ca/eng/healthyschools/resourceF4HS.pdf>, which is a resource designed to promote and support student well-being, and which aligns with the *K-12 School Effectiveness Framework, Ministry of Education, 2013*.

**2.3 Nutrition Standards (Appendix A (from School Food and Beverage Policy Resource Guide 2010, Ministry of Education))**

- 2.3.1 There are 6 specific standards for food (apply to both elementary & secondary schools):

- i. Vegetables and Fruit
- ii. Grain Products
- iii. Milk and Alternatives
- iv. Meat and Alternatives
- v. Mixed Dishes - products that contain more than one major ingredient (e.g., pizza, pasta, soup, salads, and sandwiches)
- vi. Miscellaneous Items - products that are to be used in limited amounts (e.g., condiments, sauces, dips, oils, dressings) and confectionery, which is not permitted for sale (e.g., candy, chocolate).

- 2.3.2 Nutrition standards for beverages are provided separately for elementary schools and secondary schools.

- 2.3.3 Bluewater District School Board nutrition criteria are provided in the following three categories:

**HEALTHIEST (Sell Most,  $\geq 80\%$ )**

- i. Healthiest options
- ii. Generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium
- iii. Must make up at least 80 per cent of all food choices that are available for sale within Bluewater District School Board schools.

**HEALTHY (Sell Less,  $\leq 20\%$ )**

- i. Slightly higher amounts of fat, sugar and/or sodium in comparison to the HEALTHIEST options.
- ii. Cannot make up more than 20 per cent of all food choices that are available for sale within Bluewater District School Board schools.

**NOT PERMITTED FOR SALE**

- i. Generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium.
- ii. Food and beverages in this category are not permitted to be sold in Bluewater District School Board schools.

It is understood that often food or beverage will fit into a combination of the above categories (depending upon the item's nutritional value). Under these circumstances it will be necessary to read the food label and compare this information with the nutrition criteria provided in Appendix A.

In addition to the Nutrition Standards set out in this procedure it is also expected that all food that is sold in schools will meet the standards of Ontario Regulation 200/08, Trans Fat Standards (Education Act).

# APPENDIX A: Nutrition Standards for Ontario Schools (PPM 150 School Food and Beverage Policy Resource Guide, 2010)

## NUTRITION STANDARDS FOR FOOD (ELEMENTARY & SECONDARY SCHOOLS)

VEGETABLES and FRUIT			
	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
<b>Fresh, Frozen, Canned, and Dried Vegetables and Fruit</b>	Vegetable or fruit is the first item on the ingredient list <b>and</b> Fat: ≤ 3g <b>and</b> Sodium: ≤ 360mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Fresh or frozen vegetables with little or no added salt</li><li>• Fresh or frozen fruit with no added sugar</li><li>• Canned vegetables</li><li>• Canned fruit packed in juice or light syrup</li><li>• Unsweetened apple sauce</li><li>• Some low-fat frozen potato products, including French fries</li><li>• Some dried fruit and 100% fruit leathers*</li></ul>	Vegetable or fruit is the first item on the ingredient list <b>and</b> Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Some dried fruit and 100% fruit leathers</li><li>• Lightly seasoned or sauced vegetables and fruit</li><li>• Some prepared mixed vegetables</li></ul>	Sugar** is the first item on the ingredient list <b>or</b> Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables</li><li>• Some packaged frozen and deep-fried potato products, including hash browns and French fries</li><li>• Some fruit snacks made with juice (e.g., gummies, fruit rolls)</li></ul>
<b>Canned Tomatoes and Tomato-Based Products</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Some whole, crushed, or diced tomatoes</li><li>• Some pasta sauce</li></ul>		Fat: > 3g <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Whole, crushed, or diced tomatoes that are higher in fat or sodium</li><li>• Pasta sauce that is higher in fat or sodium</li></ul>
<b>Vegetable and Fruit Chips</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 240mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot)</li><li>• Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear)</li></ul>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Some vegetable chips (e.g., potato, carrot)</li><li>• Some fruit chips (e.g., banana, apple, pear)</li></ul>	Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>• Some vegetable chips that are higher in fat or sodium</li><li>• Some fruit chips that are higher in fat or sodium</li></ul>

\*Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

\*\*Look for other words for sugar, such as *glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey, and concentrated fruit juice*.

GRAIN PRODUCTS			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Bread</b>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>• Whole grain pizza dough and flatbread</li> </ul>	<p>Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>• White (enriched) pizza dough</li> </ul>	<p>Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• White breads that are higher in fat or sodium</li> <li>• Some cheese breads, scones, and biscuits</li> </ul>
<b>Pasta, Rice and Other Grains</b>	<p>Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Whole wheat or white (enriched) pasta, including couscous</li> <li>• White, brown, and wild rice, rice noodles, and soba noodles</li> <li>• Quinoa, bulgur, wheat berries, spelt, and other whole grains</li> </ul>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some pasta, rice, and other grains</li> </ul>	<p>Fat: &gt; 5g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium</li> </ul>
<b>Baked Goods</b>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some muffins, cookies, grain-based bars</li> <li>• Some whole grain waffles and pancakes</li> </ul>	<p>Fat: ≤ 10g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some muffins, cookies, grain-based bars, snacks</li> <li>• Some waffles and pancakes</li> </ul>	<p>Fat: &gt; 10g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Fibre: &lt; 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries</li> <li>• Some cookies and squares</li> </ul>
<b>Grain-Based Snacks</b>	<p>Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some whole grain crackers, pita chips, and flatbreads</li> <li>• Some packaged crackers and popcorn</li> </ul>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some crackers, pretzels, and popcorn</li> </ul>	<p>Fat: &gt; 5g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Crackers, pretzels, and popcorn higher in fat and sodium</li> <li>• Most corn chips and other snack mixes</li> </ul>

GRAIN PRODUCTS			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Cereals	<p>Whole grain is the first item on the ingredient list  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre</li> </ul>		<p>Whole grain is <i>not</i> the first item on the ingredient list  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Fibre: &lt; 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some breakfast cereals</li> </ul>

MILK AND ALTERNATIVES			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Yogurt/Kefir	<p>Fat: ≤ 3.25% M.F.* or ≤ 3g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Plain and flavoured yogurt, yogurt tubes</li> </ul>		<p>Fat: &gt; 3.25% M.F. or &gt; 3g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Yogurt higher in fat, such as Balkan-style</li> </ul>
Cheese**	<p>Fat: ≤ 20% M.F.  <b>and</b> Sodium: ≤ 360mg  <b>and</b> Calcium: ≥ 15% DV***</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta</li> </ul>	<p>Sodium: ≤ 480mg  <b>and</b> Calcium: ≥ 15% DV</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Most hard and soft, non-processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda; cottage cheese, cheese curds, and cheese strings</li> </ul>	<p>Sodium: &gt; 480mg  <b>or</b> Calcium: &lt; 15% DV</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some processed cheese products</li> <li>Most cream cheese</li> </ul>
Milk-Based Desserts		<p>Fat: ≤ 5g  <b>and</b> Sodium: ≤ 360mg  <b>and</b> Calcium: ≥ 5% DV</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some frozen yogurt, puddings, custards, ice milk, gelato</li> </ul>	<p>Fat: &gt; 5g  <b>or</b> Sodium: &gt; 360mg  <b>or</b> Calcium: &lt; 5% DV</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some puddings</li> <li>Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches</li> </ul>

\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*Encourage selection of lower-fat cheese options.

\*\*\*DV = Daily Value.

MEAT AND ALTERNATIVES			
	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
<b>Fresh and Frozen Meat</b>	Fat: ≤ 10g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Extra-lean ground meat</li> <li>• Lean beef, goat, lamb, pork, or poultry</li> <li>• Some breaded chicken strips and nuggets</li> <li>• Some lean meatballs</li> <li>• Some lean hamburger patties</li> </ul>	Fat: ≤ 14g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Lean ground meat</li> <li>• Beef, goat, lamb, pork, or poultry</li> <li>• Some breaded chicken strips and nuggets</li> <li>• Some meatballs</li> <li>• Some hamburger patties</li> </ul>	Fat: > 14g <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs</li> <li>• Some wieners</li> <li>• Most pepperoni sticks</li> <li>• Most beef/turkey jerk products</li> </ul>
<b>Deli (Sandwich) Meat</b>	Fat: ≤ 5g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	Fat: ≤ 5g <b>and</b> Sodium: ≤ 600mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	Fat: > 5g <b>or</b> Sodium: > 600mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Deli meat higher in fat or sodium</li> </ul>
<b>Fish</b>	Fat: ≤ 8g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Fresh, frozen, or canned fish</li> </ul>	Fat: ≤ 12g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some frozen, breaded fish (e.g., fish sticks)</li> <li>• Fresh, frozen, or canned fish</li> </ul>	Fat: > 12g <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some breaded or battered fish higher in added fat or sodium</li> <li>• Fresh or frozen fish with a higher mercury content*</li> </ul>
<b>Eggs</b>	Fat: ≤ 7g <b>and</b> Sodium: ≤ 480mg		Fat: > 7g <b>or</b> Sodium: > 480mg
<b>Nuts, Protein Butters and Seeds</b>	Not coated with candy, chocolate, sugar, or yogurt <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower</li> <li>• Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (papas)</li> </ul>		Coated with candy, chocolate, sugar, and/or yogurt <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Coated nuts</li> <li>• Some roasted and salted nuts</li> </ul>

MEAT AND ALTERNATIVES			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Meat Alternatives (such as Tofu, Beans and Lentils)</b>	Fat: ≤ 8g <b>and</b> Sodium: ≤ 480mg <b>and</b> Protein: ≥ 10g  <b>Examples:</b> <ul style="list-style-type: none"> <li>Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu and tempeh</li> <li>Beans and lentils</li> </ul>		Fat: > 8g <b>or</b> Sodium: > 480mg <b>or</b> Protein: < 10g  <b>Examples:</b> <ul style="list-style-type: none"> <li>Some vegetarian products high in sodium</li> <li>Some meat alternatives that are higher in fat or sodium or lower in protein</li> </ul>

\*Certain types of fish may contain levels of mercury that can be harmful to human health. Fish caught in local lakes and streams may have different levels of mercury from those found in stores. Canned "light" tuna contains less mercury than "white" or "albacore" tuna, and salmon generally has low levels of mercury. See Health Canada's website for continually updated information and a list of fish with low levels of mercury, at <http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/envIRON/mercur/cons-adv-etud-eng.php>.

MIXED DISHES WITH A NUTRITION FACTS TABLE			
(Note: Mixed dishes are products that contain more than one major ingredient)			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Fat: ≤ 15g <b>and</b> Saturated fat: ≤ 7g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 7g	Fat: > 15g <b>or</b> Saturated fat: > 7g <b>or</b> Sodium: > 960mg <b>or</b> Fibre: < 2g <b>or</b> Protein: < 7g
<b>Soups</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 720mg <b>and</b> Fibre: ≥ 2g	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 720mg	Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 720mg
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 360mg <b>and</b> Fibre: ≥ 2g	Fat: ≤ 7g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 360mg	Fat: > 7g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 360mg



**MIXED DISHES WITHOUT A NUTRITION FACTS TABLE***(Note: Mixed dishes are products that contain more than one major ingredient)*

	<b>Sell Most (<math>\geq 80\%</math>)</b>	<b>Sell Less (<math>\leq 20\%</math>)</b>	<b>Not Permitted for Sale</b>
	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>
<b>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.
<b>Soups</b>	All major ingredients* are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	All major ingredients* are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.

\*A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is, Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. All pizza toppings are considered major ingredients.

**MISCELLANEOUS ITEMS**

<b>Minor Ingredients</b>	
<ul style="list-style-type: none"> <li>The following are considered minor ingredients and are to be used in limited amounts, as defined under “Serving Size”.</li> <li>Choose products that are lower in fat and/or sodium.</li> </ul>	
<b>Ingredients</b>	<b>Serving Size</b>
Condiments and Spreads	$\leq 15\text{ml}$ (1 tbsp)
Gravies and Sauces	$\leq 60\text{ml}$ (4 tbsp)
Dips	$\leq 30\text{ml}$ (2 tbsp)
Fats	$\leq 5\text{ml}$ (1 tsp)
Oils and Dressings	$\leq 15\text{ml}$ (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	$\leq 15\text{ml}$ (1 tbsp)

**NOT PERMITTED FOR SALE: CONFECTIONARY (Examples)**

Candy  
 Chocolate  
 Energy Bars  
 Licorice  
 Gum  
 Gummies  
 Popsicles and freezies (if not prepared with 100% juice)

**NUTRITION STANDARDS FOR BEVERAGES**

(compare the nutrition criteria below with the Nutrition Facts tables and ingredient list on the food label)

<b>BEVERAGES (ELEMENTARY SCHOOLS)</b>			
	<b>Sell Most (≥ 80%)</b>	<b>Sell Less (≤ 20%)</b>	<b>Not Permitted for Sale</b>
	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>
<b>Water</b>	Plain		
<b>Milk and Milk-Based Beverages (Plain or Flavoured)</b>	Fat: ≤ 2% M.F.* or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV** <b>and</b> Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV <b>or</b> Container size: > 250ml
<b>Yogurt Drinks</b>	Fat: ≤ 3.25% M.F. or ≤ 3g <b>and</b> Container size: ≤ 250ml		Fat: > 3.25% M.F. or > 3g <b>or</b> Container size: > 250ml
<b>Soy/Milk Alternative Beverages (Plain or Flavoured)</b>	Fortified with calcium and vitamin D <b>and</b> Container size: ≤ 250ml		Unfortified <b>or</b> Container size: > 250ml
<b>Juice or Blends: Vegetable or Fruit</b>	100% juice, pulp, or purée <b>and</b> Unsweetened/No sugar added <b>and</b> Container size: ≤ 250ml		< 100% juice, pulp, or purée <b>or</b> Sugar in the ingredient list <b>or</b> Container size: > 250ml
<b>Hot Chocolate</b>	Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV <b>and</b> Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV <b>or</b> Container size: > 250ml
<b>Coffee and Tea</b>			All Coffee and Tea
<b>Iced Tea</b>			All Iced Tea
<b>Energy Drinks</b>			All Energy Drinks
<b>Sports Drinks</b>			All Sports Drinks
<b>Other Beverages</b> (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limade)			All Other Beverages

\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*DV = Daily Value.

BEVERAGES (SECONDARY SCHOOLS)			
	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Water</b>	Plain		
<b>Milk and Milk-Based Beverages (Plain or Flavoured)</b>	Fat: $\leq 2\%$ M.F. ** or $\leq 5g$ and Sugar: $\leq 28g$ and Calcium: $\geq 25\%$ DV***		Fat: $> 2\%$ M.F. or $> 5g$ or Sugar: $> 28g$ or Calcium: $< 25\%$ DV
<b>Yogurt Drinks</b>	Fat: $\leq 3.25\%$ M.F. or $\leq 3g$		Fat: $> 3.25\%$ M.F. or $> 3g$
<b>Soy/Milk Alternative Beverages (Plain or Flavoured)</b>	Fortified with calcium and vitamin D		Unfortified
<b>Juice or Blends: Vegetable or Fruit</b>	100% juice, pulp, or purée and Unsweetened/No sugar added		$< 100\%$ juice, pulp, or purée or Sugar in the ingredient list
<b>Hot Chocolate</b>	Fat: $\leq 2\%$ M.F. or $\leq 5g$ and Sugar: $\leq 28g$ and Calcium: $\geq 25\%$ DV		Fat: $> 2\%$ M.F. or $> 5g$ or Sugar: $> 28g$ or Calcium: $< 25\%$ DV
<b>Coffee and Tea</b>		Decaffeinated	Caffeinated
<b>Iced Tea</b>		Calories: $\leq 40$ and Decaffeinated	Calories: $> 40$ or Caffeinated
<b>Energy Drinks</b>			All Energy Drinks
<b>Sports Drinks</b>			All Sports Drinks
<b>Other Beverages</b> (e.g., soft drinks; flavoured water; "juice-ades", such as lemonade, limade)		Calories: $\leq 40$ and Caffeine-free	Calories: $> 40$ or with caffeine

\*Milk can be sold in containers that hold multiple servings.

\*\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*\*DV = Daily Value.

**APPENDIX B: Alternative Fundraising Ideas****THINGS YOU CAN SELL**

- |                              |                                      |
|------------------------------|--------------------------------------|
| ✓ Activity Cards             | ✓ License plate frames w/school logo |
| ✓ Bath accessories           | ✓ Magazine subscriptions             |
| ✓ Batteries (re-usable)      | ✓ Mugs                               |
| ✓ Books & calendars          | ✓ Newspaper space/ads                |
| ✓ Brick/stone/tile/memorials | ✓ Personalized stationary            |
| ✓ Calendar                   | ✓ Plants                             |
| ✓ Citrus fruits              | ✓ Pocket calendars                   |
| ✓ Cheese                     | ✓ Raffle donations                   |
| ✓ Cookbooks                  | ✓ Re-usable plastic containers       |
| ✓ Coupon books               | ✓ Scarves                            |
| ✓ Emergency Kits for cars    | ✓ School art drawings                |
| ✓ First aid kits             | ✓ School Frisbees                    |
| ✓ Flower & bulbs             | ✓ School spirit gear & accessories   |
| ✓ Fruit & vegetable baskets  | ✓ Scratch-off cards                  |
| ✓ Fruit smoothies & slushies | ✓ Spirit/seasonal flags              |
| ✓ Gift baskets               | ✓ stuffed animals                    |
| ✓ Gift items                 | ✓ T-shirts & sweatshirts             |
| ✓ Greeting cards             | ✓ Temporary/henna tattoos            |
| ✓ Hats                       | ✓ Valentine's Day flowers            |
| ✓ Healthy snack items        | ✓ Yearbook covers                    |
| ✓ House decorations          | ✓ Yearbook space/monograms           |
| ✓ Jewellery                  |                                      |

**Adapted from [www.nojunkfood.org](http://www.nojunkfood.org)**

**FUNDRAISING CONTACTS** (*Adapted from "Healthy Choices for School Fundraising", Nutrition Tools for Schools, CHSNE, Health Unit collaboration, 2007*):

For fundraising ideas and contacts search this Canadian fundraising directory:

[www.canadianfundraising.com](http://www.canadianfundraising.com).