



**Ministry of
Education**

School Food and Beverage Policy

OCDSB

May 2010



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WELCOME / INTRODUCTION

- Opening Comments
- Champlain Declaration Healthy Schools 2020 – CCPN
- Presentation on the P/PM 150
 - Introduction and Background
 - School Food and Beverage Policy
 - Nutrition Standards
 - Implementation
 - Resources
- Q & A



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Purpose

The purpose of the presentation is to provide an overview of:

- the rationale for a School Food and Beverage Policy
- The Ministry of Education's Healthy Schools initiatives
- the School Food and Beverage Policy
- the Nutrition Standards
- implementation strategies
- resources to help implement the policy.





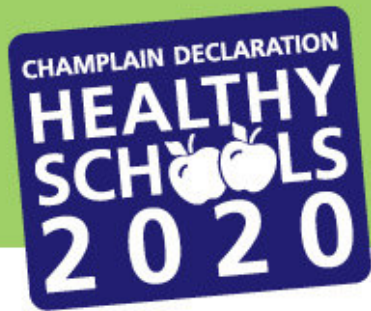
CHAMPLAIN DECLARATION
**HEALTHY
SCHOOLS**
2020

*Working Together to Facilitate Healthy
School Nutrition Environments*

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THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK



Today's Reality...



“Can Johnny come out and eat?”

*Childhood obesity rates have **tripled** over the past 25 years.*

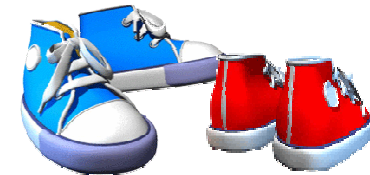
*Children today could be the first generation with **shorter life expectancy** than their parents.*





Why the School Environment?

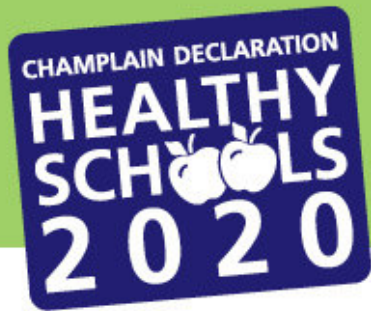
Active kids are fit to learn.



*Research shows that there is a clear link between **good nutrition** and **school performance**.*

*Schools are the **ideal settings** to establish & promote **healthy eating practices** in children & adolescents.*





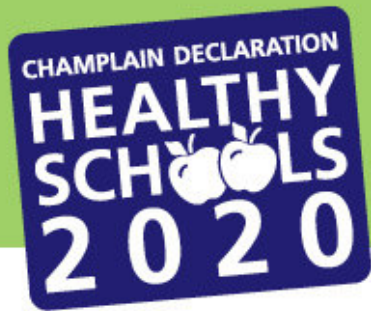
Working in Partnership!

School Boards



Health Partners





Our Response...



THE CHAMPLAIN DECLARATION:

A Call to Action for Physically Active & Healthy Eating Environments in Schools

VISION STATEMENT:

The nine School Boards in the Champlain District of Ontario, in partnership with the Champlain Cardiovascular Disease Prevention Network (CCPN), commit to creating healthy school environments so that school-aged children (aged 4 to 18) in the Champlain District can be physically active and can make healthy food choices at school on a daily basis.

The Champlain Declaration:

A commitment to working together to create healthy school environments





School Board Priority Areas for Action

1. Healthy nutrition environments, with an immediate focus on the following elements:
 - a. Healthy fundraising
 - b. Healthy classroom rewards
 - c. *Healthy lunch programs & food service contracts***
2. Principal and teacher training to support implementation of physical activity and nutrition-related actions

(as determined at November 5, 2009 Steering Committee meeting)





NEW SCHOOL FOOD AND BEVERAGE POLICY COMING TO ONTARIO SCHOOLS

JANUARY 2010

Ontario schools will soon have a healthier approach to selling lunches, snacks and drinks. This winter, the School Food and Beverage policy (PPM 150) is being introduced to ensure that healthy food and beverages are sold in schools.

The policy applies to food and beverages sold:

- in all venues on school property, such as cafeterias, vending machines and tuck shops
- through all programs, including catered lunch programs, and
- at all events on school property, including bake sales and sports events.

The policy, which includes new nutrition standards, was announced in January 2010. Schools must be in full compliance beginning September 1, 2011, at the start of the 2011-12 school year. This will give schools and boards a phase-in period to ensure that they are ready.

The nutrition standards are based on the principles of healthy eating outlined in Canada's Food Guide.



Introduction and Background

SECTION 1



The Need for Action . . .

Rising childhood obesity rates may cause this generation of children to have shorter lives than their parents.

-Standing Committee on Health, House of Commons, 2007

The rate of obesity among 12-17 year old Canadian adolescents has almost tripled over the past 25 years going from approximately 3% in 1978/79 to 9% in 2004.

-Canadian Community Health Survey, 2004

In Ontario, 28% of children and youth are either overweight or obese.

-Canadian Community Health Survey, 2004

Obesity costs Ontario approximately \$1.6 billion annually.

-Katzmarzyk, 2003



The Link . . .

Research shows that:

➤ Health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy.

-Storey, 2009

➤ Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development.

-CDC, 1996



Background – Policy Development

Nutrition Standards for Schools Committee (NSSC) formed by the Ministry of Education in 2008 to:

- provide expert advice on a school food and beverage policy and school nutrition standards.

The NSSC included representatives from:

- the Ministry's Healthy Schools Working Table (the Ministry's advisory group on healthy schools issues composed of education and school-based health organizations)
- public health professionals
- food industry.





School Food and Beverage Policy SECTION 2



School Food and Beverage Policy

The School Food and Beverage Policy applies to:

- all publicly-funded elementary and secondary schools in Ontario.
- food and beverages sold in all venues (e.g., cafeterias, vending machines, tuck shops/canteens), through all programs (e.g., catered lunch programs), and at all events (e.g., bake sales, sporting events) on school premises for school purposes.



School Food and Beverage Policy *(cont'd)*

The 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 and not for resale in schools
- 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 after school hours for a non-school-related event)
- sold for fundraising activities that occur off school premises
- sold in staff rooms.

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School Food and Beverage Policy *(cont'd)*

Exemptions for Special-Event Days:

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.

School principals:

- must consult with the school council prior to designating a day as a special-event day
- are encouraged to consult with their students when selecting special-event days.

Notwithstanding this exemption, on special-event days, schools are encouraged to sell food and beverages that meet the nutrition standards set out in the policy.

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School Food and Beverage Policy *(cont'd)*

School boards and schools are required to:

- comply with the Trans Fat Standards (O.Reg. 200/08)
- take into consideration strategies developed under the school board's policy on anaphylaxis
- practice safe food handling and storage
- ensure students have access to drinking water
- take into consideration the diversity of students and staff in order to accommodate religious and/or cultural needs.



School Food and Beverage Policy *(cont'd)*

chool boards and schools are encouraged to:

- offer, when available and where possible, food and beverages that are produced in Ontario
- be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps)
- avoid offering food or beverages as a reward or an incentive for good behaviour, achievement or participation.



School Food and Beverage Policy *(cont'd)*

Implementation:

- School boards must be in full compliance with the policy by September 1, 2011.
- School boards are encouraged to implement the policy as soon as possible.

School boards are encouraged to consult with their board of health to implement the nutrition standards. Under Ontario Public Health Standards, 2008, boards of health have a mandate to work with school boards and schools on healthy eating.

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School Food and Beverage Policy *(cont'd)*

Monitoring:

- School boards are responsible for monitoring the implementation of this policy.
- At the end of the 2010–11 school year, school boards will be required to attest that they are in full compliance with the School Food and Beverage Policy by September 1, 2011.





Nutrition Standards

SECTION 3



Nutrition Standards *(cont'd)*

The nutrition standards set out the criteria that food and beverages must meet in order to be sold in schools. All food and beverages fit into one of the following categories:

Sell Most

Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.

Sell Less

Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the *Sell Most* category.

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 (e.g., deep-fried and other fried foods, confectionery).

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Nutrition Standards *(cont'd)*

Often, a food or beverage product can fit into all three categories, depending on its nutritional value.

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.



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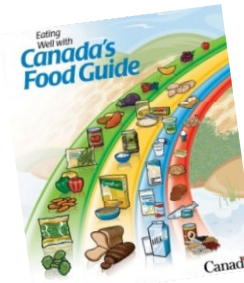


Nutrition Standards *(cont'd)*

The nutrition standards are divided into two sections: food and beverages.

Food is divided into six groups (the first four food groups are from Canada's Food Guide):

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives
- Mixed Dishes
- Miscellaneous Items



Beverages are divided according to the type of school:

- Elementary Schools
- Secondary Schools



Reading the Nutrition Standards

Food or Beverage Group

Grain Products

The Categories

Sub-Group
Products with a similar nutrient profile.

Tips
Generic tips for each food and beverage group.

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

Footnotes
Additional explanatory notes identified in the nutrition criteria and examples.

* 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.

Nutrition Standards – Vegetables and Fruit

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
- See the section “Nutrition Standards for Beverages” for the nutrition criteria for vegetable and fruit juices and juice blends.
- 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, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

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

*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.



Nutrition Standards – Grain Products

• Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
 • 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, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

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



Nutrition Standards – Mixed Dishes

Many products offered for sale in schools include more than one major ingredient. These are grouped as Mixed Dishes.

Mixed Dishes With a Nutrition Facts Table are assessed differently than Mixed Dishes Without a Nutrition Facts Table.



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Nutrition Standards – Mixed Dishes *(cont'd)*

For Mixed Dishes With a Nutrition Facts Table, you will need to compare the food label information with the nutrition criteria in the nutrition standards.



Nutrition Standards – Mixed Dishes *(cont'd)*

Note: Mixed dishes are products that contain more than one major ingredient.

Mixed Dishes With a Nutrition Facts Table

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list provided by the supplier.
- 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, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10g and Saturated fat: ≤ 5g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 10g	Fat: ≤ 15g and Saturated fat: ≤ 7g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 7g	Fat: > 15g or Saturated fat: > 7g or Sodium: > 960mg or Fibre: < 2g or Protein: < 7g
Soups	Fat: ≤ 3g and Sodium: ≤ 720mg and Fibre: ≥ 2g	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 720mg	Fat: > 5g or Saturated fat: > 2g or Sodium: > 720mg
Side Dishes (e.g., grain and/or vegetable salads)	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg and Fibre: ≥ 2g	Fat: ≤ 7g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg	Fat: > 7g or Saturated fat: > 2g or Sodium: > 360mg



Nutrition Standards – Mixed Dishes *(cont'd)*

Mixed Dishes Without a Nutrition Facts Table			
<ul style="list-style-type: none"> • For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups. • 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, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. 			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., 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.
Soups	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.
Side Dishes (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.



Nutrition Standards – Miscellaneous Items

Miscellaneous Items	
Minor Ingredients	
<ul style="list-style-type: none"> • The following are considered minor ingredients and are to be used in limited amounts, as defined under "Serving Size". • Choose products that are lower in fat and/or sodium. 	
Ingredients	Serving Size
Condiments and Spreads	≤ 15ml (1 tbsp)
Gravies and Sauces	≤ 60ml (4 tbsp)
Dips	≤ 30ml (2 tbsp)
Fats	≤ 5ml (1 tsp)
Oils and Dressings	≤ 15ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15ml (1 tbsp)
Not Permitted for Sale: Confectionery (Examples)	
Candy Chocolate Energy bars Licorice Gum Gummies Popsicles and freezies, if not prepared with 100% juice	



Nutrition Standards

Beverages – Elementary Schools

Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.

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

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

**DV = Daily Value. |



Reading a Nutrition Facts Table

Serving Size
Apply the nutrition standards to the serving size listed on the Nutrition Facts table.

Core Nutrients
The 13 core nutrients are mandatory in the Nutrition Facts table and are always listed in the same order.

Ingredient List
In the example above, whole grain wheat is the first ingredient. The first ingredient on the ingredient list is sometimes used to determine how a food product fits into the nutrition standards.

Nutrition Facts / Valeur nutritive	
Serving Size (10 g) / Portion (10 g)	
Servings Per Container / Portions par contenant	
Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 50	
Fat / Lipides 4 g	6 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2 %
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Ingredient List

% Daily Value
Use the % Daily Value (DV) to determine if a product has a little or a lot of a nutrient. The % DV is also helpful in making comparisons between products.

Trans Fat
The formula to determine if a food or beverage product meets the trans fat requirement is:

$$\frac{\text{Trans Fat (g)}}{\text{Fat (g)}} \times 100 = \% \text{ of fat from trans fat}$$


Activity #1

Applying the Nutrition Standards Categorizing Food and Beverages

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Classifying Food and Beverages

Product	Group	Sub-Group	Category	Notes
<p><u>EXAMPLE #1</u> Cheese – Cheese string (21g – 1 cheese string)</p>	Milk and Alternatives	Cheese	Sell Most	Fat – OK Sodium – OK Calcium – OK
<p><u>Example #2</u> Bread – Hot dog bun</p>	Grain Products	Bread	Sell Less	Ingredient List – whole grain not the first item Sodium – Too high Fibre – Too low
<p><u>Example #3</u> Milk – 1% chocolate (250mL – 1 small carton)</p>	Milk and Milk-based Beverages		Sell Most	Fat – OK Sugar – OK Calcium – OK



Classifying Food and Beverages

Spaghetti with Meatballs - Mixed Dish without a Nutrition Facts Table

Product	Group	Sub-Group	Category	Notes
Pasta – Spaghetti (1 cup cooked)	Grain Products	Pasta, rice and other grains	Sell Most	Fat – OK Saturated Fat – OK Sodium – OK
Tomato Sauce (1/2 cup)	Vegetables and Fruit	Canned tomatoes and tomato based products	Sell Most	Fat – OK Sodium – OK
Meatballs (4 Meatballs)	Meat and Alternatives	Fresh and Frozen Meat	Sell Less	Fat – Too High Sodium - OK
Parmesan Cheese (1 Tbsp)	Miscellaneous Items	Minor Ingredients - Other	Permitted	Permitted

Categorizing Food and Beverages

To determine which category a specific food or beverage fits, follow these three steps:

Step 1 – Compare the total fat and trans fat amounts (in grams) on your product's Nutrition Facts table with the Trans Fat Standards. If your product does not meet the Trans Fat Standards, it is *Not Permitted for Sale* (do not proceed to Step 2).

Step 2 – Identify the group and sub-group in the nutrition standards that your product fits into (see the [A-Z Food and Beverage List](#)).

Step 3 – Compare the relevant information on your product's food label (i.e., the Nutrition Facts table and ingredient list) with the nutrition criteria in the nutrition standards. Your product will fit into one of the following categories: *Sell Most*, *Sell Less*, or *Not Permitted for Sale*.

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The 80/20 Rule

Once you have determined which category your product fits into, you will need to ensure that the products offered for sale in all venues, through all programs, and at all events, meet the 80/20 rule.

Step 4 – Assess each venue, program, and event to determine if the food and beverages offered for sale meet the 80/20 rule.



The 80/20 Rule *(cont'd)*

When assessing the food and beverage choices offered for sale, remember:

- All food choices are assessed together.
- All beverage choices are assessed together.
- Food choices are assessed separately from beverage choices.



The 80/20 Rule *(cont'd)*

Sell Most

≥80%

Products in this category must make up *at least 80 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

Sell Less

≤20%

Products in this category must make up *no more than 20 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

Not Permitted For Sale

0%

Food and beverages in this category must not be sold in schools.

The 80/20 rule is based on the number of products offered for sale, not the number of products sold.



Food/Beverage Choices

A food/beverage choice is a specific type that is offered for sale. Examples of choices are:

- An apple is one food choice and an orange is another food choice.
- A Red Delicious apple is one food choice and a McIntosh apple is another food choice.
- A 1% plain milk is one beverage choice and a 1% chocolate milk is another beverage choice.

However, five apples of the same variety (e.g., five Empire apples) are not considered five food choices. They are considered one food choice for the purposes of calculating the 80/20 rule.



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Activity #2

Applying the 80/20 Rule

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The 80/20 Rule – Activity

Monday - Chicken Day

- Chicken and rice (meal made up of the Sell Most category)
- Green beans (Sell Most)
- Tube yogurt (Sell Most)
- Chocolate Milk 1% (Sell Most)

Food:

3 Sell Most (100%)
0 Sell Less (0%)

Beverage:

1 Sell Most (100%)
0 Sell Less (0%)

Tuesday – Vegetarian Burger:

- Veggie burger (meal made up of Sell Most category)
- Carrots (Sell Most)
- Apple (Sell Most)
- Bottled water (Sell Most)

Wednesday – Sandwich Day:

- Ham sandwich (meal made up of sell less)
- Celery (Sell Most)
- Banana (Sell Most)
- Milk 2% (Sell Most)



The 80/20 Rule - Activity

Monday - Chicken Day

- Chicken and rice (meal made up of the Sell Most category)
- Green beans (Sell Most)
- Tube yogurt (Sell Most)
- Chocolate Milk 1% (Sell Most)

Tuesday – Vegetarian Burger:

- Veggie burger (meal made up of Sell Most category)
- Carrots (Sell Most)
- Apple (Sell Most)
- Bottled water (Sell Most)

Food:

3 Sell Most (100%)
0 Sell Less (0%)

Beverage:

1 Sell Most (100%)
0 Sell Less (0%)

Wednesday – Sandwich Day:

- Ham sandwich (meal made up of sell less)
- Celery (Sell Most)
- Banana (Sell Most)
- Milk 2% (Sell Most)

The 80/20 Rule - Activity

Monday - Chicken Day

- Chicken and rice (meal made up of the Sell Most category)
- Green beans (Sell Most)
- Tube yogurt (Sell Most)
- Chocolate Milk 1% (Sell Most)

Tuesday – Vegetarian Burger:

- Veggie burger (meal made up of Sell Most category)
- Carrots (Sell Most)
- Apple (Sell Most)
- Bottled water (Sell Most)

Wednesday – Sandwich Day:

- Ham sandwich (meal made up of sell less)
- Celery (Sell Most)
- Banana (Sell Most)
- Milk 2% (Sell Most)

Food:

2 Sell Most (67%)

1 Sell Less (33%)

Beverage:

1 Sell Most (100%)

0 Sell Less (0%)

**Change is
required
to the
menu**



Implementation

SECTION 4



Implementation

The school board and school principal play important leadership roles in ensuring that all Ministry of Education policies are implemented.

Effective planning at both the school board and school level will assist with the implementation of the School Food and Beverage Policy.

School boards and schools are encouraged to designate a lead representative to take responsibility for the planning, implementation and monitoring of the School Food and Beverage Policy.

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Implementation – School Boards

The school board is responsible for:

- providing training to school board staff, school principals, and school staff and individuals involved in the implementation to establish a common understanding of the policy
- ensuring that existing school board policies/guidelines related to the sale of food and beverages in schools meet the requirements of the policy
- ensuring all contracts related to the sale of food and beverages meet the requirements of the policy
- monitoring each school's compliance with the policy.



Implementation – School Boards *(cont'd)*

The school board is encouraged to:

- involve a broad range of representatives in the planning, implementation, and monitoring of the policy
- promote the use of the *Foundations for a Healthy School* framework to establish a comprehensive approach to healthy eating
- communicate the requirements to all groups or individuals involved in the sale of food and/or beverages in schools
- celebrate and communicate successes throughout the implementation process.



Practices to Support Implementation Align with the Curriculum

Practices that can help connect the healthy eating messages in the curriculum with the School Food and Beverage Policy:

- Plan and implement curriculum lessons that connect the policy to the expectations in the curriculum using available resources from OPH and other related organizations.
- Provide hands-on experiences to help students make real connections between what they learn in the classroom and their own lives. Involve students in promoting key messages related to healthy eating (e.g., announcements, posters, class presentations).



Practices to Support Implementation Work with Community Partners

The implementation plan should include ways to communicate with all individuals involved in the sale of food and beverages in the school (e.g., food service providers, volunteers, parents, school council, school staff, local business) to ensure that they are aware of the requirements of the policy.



Monitoring

Monitoring should be part of your school board and school implementation plan. Implementation should be ongoing so that a principal can confirm with the school board that their school complies with the policy.





Resources

SECTION 5



Resources

Ministry of Education

- School Food and Beverage Policy Resource Guide
 - Includes a policy overview, a detailed explanation of the nutrition standards, implementation strategies and a variety of templates, tips and other tools.
- Online learning modules
 - Five interactive learning modules, designed to enable users to focus on topics of their choice and apply the online tools to their own school environment.
- Quick Reference Guide
 - For use as a portable resource for purchasing food and beverages to sell in a school.

Visit: www.ontario.ca/healthyschools



Supports Available

Boards of Health (Ottawa Public Health)

- Administer health promotion and disease prevention programs to inform and educate Ontarians about the importance of healthy eating, healthy weights, active living, tobacco-free living and smoke-free environments.
- Offer varying levels of service to support healthy schools depending on local capacity and needs.

- Contacts:

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Public Health Nutritionist

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Pascale Messier, RD

Public Health Dietician

Tel.: 613-580-6744, ext. 23772

Email: pascale.messier@ottawa.ca

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Supports Available

EatRight Ontario (ERO)

- Offers three easy ways to access free advice on healthy eating, food and nutrition:
 - Talk to a Registered Dietitian toll-free at **1-877-510-5102**
 - Send your questions to “Email a Registered Dietitian” at www.ontario.ca/eatright
 - Find healthy eating information online at www.ontario.ca/eatright
- Registered Dietitians regularly update the ERO website with articles, tips and recipes. Nutrition tools such as videos on label reading offer interactive resources to support the development of healthy eating habits.



Next steps – OPH Training

- OPH will offer training on the nutrition policy in June to food providers and interested parents. Numerous sessions are planned with various dates, times, locations and language.
- Training goal: food providers have a better understanding of what is expected in PPM 150 and are able to choose ingredients, set menus and meal plans that meet the policy.



Next steps - OCDSB

Vending services:

Letter of Compliance

(to indicate compliance with the School Food and Beverage policy as of September 1, 2011 for all vending in OCDSB schools)

- Requested from Ventrex and Best's Vending Services



Next steps - OCDSB

Food providers:

Letter of Compliance

(to indicate compliance with the School Food and Beverage policy as of September 1, 2011 for food and beverages offered in OCDSB elementary schools)



Requested from prequalified food providers

FUNchboxes

The Lunch Lady

L'Enterprise Mazzola

Bytown Catering

Mommy's Yummies

Rajinish Sharma

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Next steps - OCDSB

Elementary schools

Each elementary school will be required to do due diligence with respect to obtaining Letters of Compliance from any other food and/or beverage providers used within your school.

Letter of Compliance templates will be provided.





CHAMPLAIN DECLARATION
**HEALTHY
SCHOOLS**
2020

Next Steps

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THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK



School Board Workshops... more to come!

WHY?

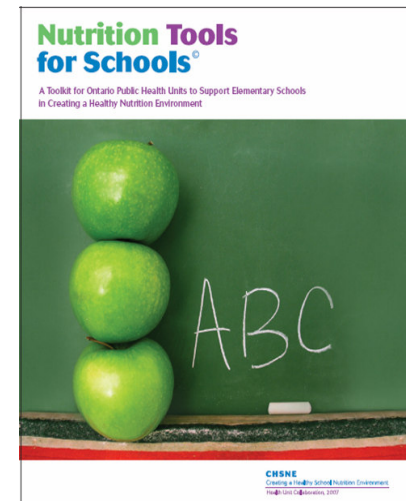
- To inspire champion principals & teachers
- To support implementation of nutrition priority areas

WHAT?

- Focus on healthy rewards, healthy fundraising
- Resources, ideas, and facilitation supports

WHEN?

- Fall 2010 – sign up forms available





School Baseline Survey

Purpose

- To assess current activity in the nutrition priority areas
- To use this information to track progress and set goals and targets moving forward

Format

- Online survey (approx. 15 minutes)

Target Audience

- All school principals

Timelines

- Survey link to be circulated via email this week
- Accessible for 3 weeks

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Contact us!

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Questions & Answers

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Thank you!

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