



ADMINISTRATIVE PROCEDURE	
<i>Approval Date</i> January 2012	<i>Replacing</i> All previous procedures
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<i>Contact Person/Department</i> Director of Education	<i>Identification</i> ES-5051

NUTRITION – CREATING A HEALTHY NUTRITION ENVIRONMENT

1.0 PURPOSE

Trillium Lakelands District School Board believes consistent healthy eating messages and healthy food choices are important in order to promote a positive effect on health, growth and intellectual development.

1.1 Trillium Lakelands District School Board recognizes:

- 1.1.1 the direct relationship between healthy eating of our students and their academic achievement;
- 1.1.2 that healthy eating helps to support student learning;
- 1.1.3 that healthy eating enhances physical, emotional, social, and intellectual development;
- 1.1.4 that well-nourished students are able to concentrate better, retain and apply information more effectively, and are more likely to demonstrate positive behaviours and relationships with peers;
- 1.1.5 that students across our system from all backgrounds and circumstances do not consistently receive adequate nutrition to support their learning and developmental needs, and that this may inhibit levels of achievement and well-being among students in our schools.

1.2 Trillium Lakelands District School Board is committed to ensuring that consistent healthy eating messages and healthy food choices are promoted in our worksites. Trillium Lakelands District School Board will:

- 1.2.1 model healthy food and beverage choices;
- 1.2.2 provide opportunities for staff wellness.

1.3 The Board is therefore committed to ensuring that students and staff have equitable access to healthy food choices, and that they have opportunities to develop an appreciation for the value of proper nutrition as an integral part of their present and future lives.

2.0 REFERENCES AND RELATED DOCUMENTS

- 2.1. Related Board Policies and Procedures are:
 - 2.1.1. TLDSB Fundraising Policy ES-5005 and Procedure ES-5006, Feb 2006
 - 2.1.2. TLDSB Anaphylactic Reactions Procedure OP-6510
- 2.2. Related Ministry of Education Documents:
 - 2.2.1. Ministry of Education Policy/Program Memorandum No. 150 School Food and Beverage Policy (PPM 150)
 - 2.2.2. Ontario Curriculum: Health and Physical Education, Family Studies
- 2.3. Relevant sections of the Education Statutes and Regulations of Ontario
 - 2.3.1. S.265 Duties of Principals: Care of Pupils
- 2.4. Other Resources:
 - 2.4.1. Call to Action: Creating a Healthy School Nutrition Environment, Ontario Society of Nutrition Professional in Public Health School Nutrition Workgroup Steering Committee, 2004
 - 2.4.2. Ontario Physical and Health Education Association (OPHEA) - Health and Physical Education Curriculum Support binders, - Grade 1 -12
 - 2.4.3. Eating Well with Canada's Food Guide, Health Canada, 2007

3.0 TERMS AND DEFINITIONS

- 3.1. Healthy choices are food and beverages of maximum nutritional value. These foods are:
 - 3.1.1. Good or excellent sources of important nutrients (e.g., vitamins, minerals, protein and fibre);
 - 3.1.2. Generally low in added fat, sugar and/or salt;
 - 3.1.3. Found within one of the four food groups in Eating Well with Canada's Food Guide;
 - 3.1.4. Generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives.
 - 3.1.5. For a listing of healthy food and beverage choices, please see Appendix A entitled *Healthy Food Choices for Special School Events and Alternative Reward Ideas*

- 3.2. Unhealthy choices are food and beverages of minimal nutritional value. These foods:
 - 3.2.1. May provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories;
 - 3.2.2. Tend to be highly processed with added colouring, deep fried, high in hydrogenated fats or contain trans-fat. Trans fats are formed in foods when liquid fats are made into solid fats through a process called hydrogenation. Consumption of trans fat increases the risk of developing heart disease.
 - 3.2.3. Are classified as not permitted for sale according to PPM 150.

4.0 ADMINISTRATIVE PROCEDURE

4.1 NUTRITION EDUCATION

- 4.1.1 A sequential, comprehensive nutrition education curriculum shall begin in kindergarten and continue through secondary school. This education shall include the curriculum expectations as outlined in the Ontario Curriculum as well as opportunities presented by planned events and incidents in the classroom.
- 4.1.2 Staff are encouraged to model healthy eating practices, especially when students are present.
- 4.1.3 The principal will form partnerships with the local Health Unit dieticians in an ongoing effort to educate staff, parents, and the school community about:
 - a) School food and beverage policy (PPM 150);
 - b) Healthy fundraising;
 - c) student nutrition programs;
 - d) any other nutrition related questions.
- 4.1.4 The principal will encourage teaching staff to involve the Health Unit dieticians to support and provide resources and consultation for the delivery of curriculum related to nutrition.
- 4.1.5 Each school will encourage parental engagement in making changes to reflect a healthy school nutrition environment.

4.2 NUTRITION PRACTICES IN TLDSB

- 4.2.1 When food is provided at meetings, workshops, school council, etc., healthy food and beverage choices must be available.
- 4.2.2 If food is used as part of a classroom celebration, staff members are expected to emphasize healthy food and beverage choices.
- 4.2.3 Food should not be used as a reward or incentive for positive classroom behaviour, achievement or participation.

- 4.2.4 When food is provided at school/Board sponsored special events, healthy food and beverage choices will be encouraged. Please see Appendix A and B.
- 4.2.5 When food is sold at school/Board sponsored special events, food and beverage choices must comply with School Food and Beverage Policy (PPM 150).

4.3 MONITORING COMPLIANCE

- 4.3.1 The principal shall ensure that existing school policies/guidelines related to the sale of food and beverages in schools meet the requirements of the School Food and Beverage Policy (PPM 150).
- 4.3.2 The principal shall communicate the status of compliance to the School Food and Beverage Policy (PPM 150) Please see Appendix D.
- 4.3.3 TLDSB will monitor compliance of Food Service Providers under contract by the Board.
- 4.3.4 All other food service providers contracted by the school must report compliance to the Board. Please see Appendix D.

4.4 STUDENT NUTRITION PROGRAMS

- 4.4.1 The principal will encourage the development of a student nutrition program (healthy snacks, breakfast program) in his or her school. These programs will be developed in consultation with the school council and a public health dietician, Ministry of Children and Youth Services nutrition standards.
- 4.4.2 TLDSB will provide a mechanism to co-ordinate, review and evaluate the implementation and effectiveness of student nutrition programs in the system, and to make changes where necessary.

4.5 FUNDRAISING

- 4.5.1 School sponsored fundraising activities should promote non-food items. Please see Appendix C.
- 4.5.2 School principals will ensure that food and beverages sold to students in order to raise funds complies with the School and Beverage Policy (PPM 150).
- 4.5.3 Schools which have food and beverage vending machines must ensure that the items sold comply with the standards outlined in The Ministry of Education's School Food and Beverage Policy (PPM 150). Schools which have their own contract for these vending machines must report compliance with PPM 150 annually. Please see Appendix D.

4.6 FOOD SAFETY

- 4.6.1 Trillium Lakelands District School Board recognizes that food allergies exist in our schools and work sites. Please refer to *TLDSB Anaphylactic Reactions Procedure OP-6510*

- 4.6.2 School principals must ensure that all food preparation follows safe food handling practices. Principals are encouraged to work with their local Health Unit to access food safety training and complete any necessary documentation to ensure the special event meets food safety standards.

5.0 APPENDICES

- 5.1 Appendix A – Healthy Food Choices for Special School Events / Alternative Reward Ideas
- 5.2 Appendix B – Meal Appeal Chart: Healthy Food Items for Special School Events
- 5.3 Appendix C – Healthy Fundraising – It is Possible
- 5.4 Appendix D – Monitoring Compliance

Healthy Food and Beverage Choices for Special School Events and Alternative Reward Ideas

An Implementation Resource for Nutrition – Creating a Healthy Nutrition Environment Policy and Procedure:

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An Implementation Resource for TLDSB Nutrition Policy and Procedure

Introduction

Schools are an ideal setting to promote healthy eating because children spend a significant amount of time there. School years are an influential time in a child's development, a time when lifelong eating patterns are formed" (WHO, 1998). Students receive nutrition education in the classroom (formal curriculum) and during school events that offer food (hidden curriculum) such as dances, track and field days, school nourishment programs, classroom celebrations, etc. It is essential that these "food" opportunities reinforce the healthy eating messages that they learn in the classroom. When planning special events, celebrations or rewards that involve food in your school, refer to Board Policy and Procedure: Nutrition in TLDSB Schools ES-5050 & ES-5051 for appropriate choices.

Guidelines for Coordinating Healthy Food Items for Special Events

When organizing a special event or celebration in your school please refer to the following guidelines:

- Follow Eating Well with Canada's Food Guide and choose mostly foods of Maximum Nutritional Value*
- No foods of Minimum Nutritional Value* should be offered
- Include a variety of fruit and vegetables
- Serve 100 % whole grain products
- Choose lean meats or alternatives
- Choose food items low in saturated and trans fat (% DV of 10% or less*)
- Offer water, milk (2% M.F. or less), or 100% fruit/vegetable juice

***Foods of Maximum Nutritional Value:** These foods are

- Good or excellent source of important nutrients (e.g., vitamins, minerals, protein and fibre).
- Generally low in added fat, sugar and/or salt.
- Found within one of the four food groups in Eating Well with Canada's Food Guide.
- Generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives.

***Foods of Minimum Nutritional Value:** These foods

- May provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories.
- Tend to be highly processed (e.g., with added colouring, deep fried, high in hydrogenated fats)

***% Daily Value (DV):** Read food labels! % D V on a label puts nutrients on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food.

*The School Food and Beverage Policy (PPM 150) is the minimum standard and allows schools up to a maximum of 10 special event days. The spirit of the TLDSB Nutrition Policy expects that schools will continue to create an environment where foods of maximum nutritional value are emphasized at all venues, through all programs and at all events.

Food and Beverage Items of *Minimum Nutritional Value* that *Should Not* be Served/Sold in the School or at Special School Events

Food	Examples
Mixed Foods/ Entrées	<ul style="list-style-type: none"> • Hot dogs, corndogs or pogos • Battered/breaded and fried items (e.g. French fries, fish, fish burgers or sticks, rib on a bun, onion rings, chicken nuggets or burgers, chicken, zucchini, mushrooms, cheese) • Processed, previously deep fried and oven-heated commercial products (e.g. chicken nuggets, chicken fingers, fries) • Higher fat processed lunch meats (e.g. sausages, macaroni loaf, salami, pepperoni, bologna, wieners) • Donairs • Egg rolls • Poutine • Pastry-based pita pockets • Sausage rolls • Chicken wings • Dried instant noodles and single serve dried soup mixes
Baked Goods	<ul style="list-style-type: none"> • Donuts • Pastries – turnovers, Danishes, croissants • Cakes or cupcakes • Tarts • Pie • Novelty Cakes • Cookies with sweet filling, icing and/or chocolate • Crisp rice cereal squares
Processed or Snack Foods	<ul style="list-style-type: none"> • Granola bars dipped in chocolate or yogurt, or with chocolate chips, marshmallows • Candy – hard, soft, chewy, etc. • Liquorice • Artificial fruit snacks and roll-ups • Chocolate • Gum (with sugar) • Corn nuts • Sesame snaps • Fruit chips • Fruit Jells or jellied desserts • Popcorn • Meal replacement bars, protein bars or energy bars <hr/> <ul style="list-style-type: none"> • Chips – potato, corn, wheat or multigrain • Cheesiest and flavoured puffs • Chocolate bars

Frozen Novelties	<ul style="list-style-type: none"> • Milkshakes (higher fat) • Eggnogs • Popsicles • Freezies • Sherbet • Frozen novelties (e.g. drumsticks, ice cream)
Beverages	<ul style="list-style-type: none"> • Hot chocolate made with water • Meal replacement shakes or beverages • Iced tea (all flavours) • Energy drinks (e.g. Red Bull) or herbal drinks • Pop - regular and diet • Flavoured waters with added sugar • Sports drinks • Sweetened “fruit” beverages (e.g. drinks, aides, cocktails, punches) • Sloshes (with added sugar) • Lemonades

Food for thought: *Serving healthy foods makes a powerful statement. Action speaks louder than words. The following are suggestions to replace the usual pepperoni pizzas, freezies, hot dogs, pop, chips etc.*

Food and Beverage Items of *Maximum Nutritional Value* that *can be Served/Sold* in the School or at Special School Events

Snack Ideas (*Dances, classroom celebrations, school open houses, Track and Field, Chess tournaments, funfairs, etc.*)

- Whole fruit/fruit tray with a low fat yogurt dip
- Fruit kebabs
- Sliced water melon
- Canned fruit (in its own juice)
- Frozen fruit with yogurt
- Fruit & Yogurt Parfaits (use clear cups, layer vanilla yogurt with fruit chunks, top with low fat granola)
- Vegetable trays with lower fat dip
- Hummus with whole grain pita or crackers
- Cheese with whole grain crackers, breadsticks
- Apple sauce and oatmeal cookie
- Trail mix made with high fibre cereal and pretzels (Recipe attached)
- Low fat and low sugar muffins (Recipe attached)
- Party sandwich trays (please refer to hot meals for special events)
- Hot chocolate made with real milk (2% M.F. or less) (Recipe attached)
- Yogurt cups
- Cheese strings
- Yogurt based drinks (15% DV of Calcium) and 2% M.F. or less
- Fruit smoothies
- Soy beverage

Food Should Not be Used to Reward Good Behaviour

Rewarding children in the classroom should not involve candy and other foods of Minimum Nutritional Value that can undermine children’s health and reinforce unhealthy eating habits. Schools should practice the healthy eating messages as well as teaching them. Providing food based on performance or behaviour connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instil lifetime habits of rewarding or comforting themselves with food behaviours associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times. Since few studies have been conducted on the effect of using food rewards on children’s long-term eating habits, the best policy is not to use food to reward children for good behaviour or academic performance. At minimum, children should not be rewarded using foods of minimum nutritional value.

Schools can help to promote a healthy learning environment by using only non-food rewards when they choose to recognize positive behavior or classroom success.

Examples of Beneficial (and inexpensive) Rewards for Children

SOCIAL REWARDS	RECOGNITION	PRIVILEGES	REWARDS FOR A CLASS
<ul style="list-style-type: none"> • “Social rewards” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. • Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. • These types of social rewards affirm a child’s worth as a person. 	<ul style="list-style-type: none"> • Trophy, plaque, ribbon, or certificate in recognition of achievement • Sticker with an affirming message (e.g. “Great job”). • Recognizing a child’s achievement on the school-wide morning announcements • A note from the teacher to the student commending his or her achievement 	<ul style="list-style-type: none"> • Going first • Choosing a class activity • Helping the teacher • Sitting by friends or in a special seat next to or at the teacher’s desk • Teaching the class • Playing an educational computer or other game 	<ul style="list-style-type: none"> • Extra recess • Eating lunch outdoors • Reading outdoors • Dancing to music • Playing a game or doing a puzzle together • “Free choice” time at the end of the day • A song, dance, or performance by the teacher or students.

Sports equipment and athletic gear	Toys/trinkets	Token or point system	School supplies
<ul style="list-style-type: none"> • Paddleballs • Frisbees • Water bottles • NERF balls • Hula hoop • Head and wrist sweat bands • Jump rope 	<ul style="list-style-type: none"> • Stickers • Yo-yos • Rubber balls • Finger puppets • Stuffed animals • Plastic or rubber figurines • Toy cars, trucks, helicopters, or airplanes • Plastic sliding puzzles or other puzzle games • Gliders • Magnifying glasses • Spinning tops • Marbles • Playing cards • Stretchy animals • Bubble fluid with wand • Inflatable toys (balls, animals) 	<p>Whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:</p> <ul style="list-style-type: none"> • Gift certificate to a bookstore or sporting goods store • Movie pass or rental gift certificate • Ticket to sporting event • Book • Magazine subscription • Step counter (pedometer) • Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball • Children can be given fake money; tokens, stars, or a chart can be used to keep track of the points they have earned. • A point system also may be used for an entire class to earn a reward. 	<ul style="list-style-type: none"> • Pencils: coloured, with logos, or other decorations • Pens • Erasers • Notepads/notebooks • Boxes of crayons • Stencils • Stamps • Plastic scissors • Bookmarks • Highlighters • Pencil sharpeners, grips, or boxes • Gift certificate to the school store

*Adapted from Center for Science in the Public Interest:
http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf*

No Time, Volunteers, Kitchen Space to Try Some of These Healthy Food Suggestions

With limited time, funds, large retail store food selection, volunteers, and kitchen space, schools may need to be resourceful and creative to provide healthy alternatives for their students. The following tips have been successful in other TLDSB schools:

- Support local businesses. They appreciate the business. Inform them of the Nutrition Policy and provide them with a copy of these guidelines. Let them know that only healthy foods can be offered in schools and they must follow the nutrition policy. Try negotiating with a local restaurant, bakery or food producer for discount prices on healthier items.

- Call the local grocery or general store and inquire about their services. Ask if they can cater fruit & vegetable trays or healthy pizzas, mini-sub, fruit smoothies, or other items similar to the larger chain grocery stores.
- If your school does not have the facilities for food preparation, try partnering with a local church or service group that has an approved kitchen facility and someone trained in safe food handling. Consult with your local Health Unit to ensure food safety standards are met when doing any kind of food preparation.

Making sure the food you serve is safe

When planning a Special Event at your school please contact the Environmental Health Department at your local Health Unit. Your Health Unit might require you to submit a Special Events permit form. Also remember, food allergies can be very serious especially in children; always check to see if any student has allergies.

Conclusion

If you need assistance in implementation of the TLDSB Nutrition Policy please contact the Public Health Dietician at your local Health Unit.

Muskoka Area: 705-684-9090 ext. 7768

City of Kawartha Lakes and Haliburton areas: 705-324-3569 ext. 300

Healthy Recipes

Carrot Bran Muffins - Makes 12 servings

Preheat oven to 400°F (200°C)

One 12-cup muffin tin, greased or paper-lined

1¼ cups	Whole-wheat flour	300ml
1¼ cups	high fibre bran cereal	300ml
1tsp	baking powder	5ml
1tsp	baking soda	5ml
1tsp	ground cinnamon	5ml
½ tsp	ground nutmeg	2ml
½ tsp	salt	2ml
2	eggs	2
1¼ cup	grated carrots	300ml
¾ cup	buttermilk	175ml
1/3 cup	packed brown sugar	75ml
3 tbsp.	vegetable oil	45ml

1. In a large bowl, combine, flour, cereal, baking powder, baking soda, cinnamon, nutmeg, and salt.
2. In a separate bowl, beat eggs thoroughly; blend in carrots, buttermilk, brown sugar, and vegetable oil. Add to dry ingredients, stirring just until moistened.
3. Spoon batter into greased paper-lined muffin cups, filling about three-quarters full. Bake in preheated oven for about 20 minutes or until tops of muffins spring back when lightly touched.

Trail Mix/Party Mix - Makes 10 servings.

1 cup	unsweetened, bite sized whole wheat square cereal	250ml
1 cup	unsweetened corn or rice square cereal	250ml
1 cup	unsweetened toasted O's cereal	250ml
1 cup	round, baked, unsalted or reduced salt pretzels	250ml
1-2 tbsp	vegetable oil	15-30ml
½ tsp	Worcestershire sauce	2ml
dash	garlic powder	dash

1. In a large oven proof bowl add whole-wheat squares, rice, or corn squares. Finish with toasted O's on top.
2. Mix oil, Worcestershire sauce, salt, and garlic powder.
3. With toasted O's on top pour oil mix over cereal and toss well.
4. Place bowl in 350 F (180 C) oven.
5. Toss every 5 minutes until crisp or approximately 25-30 minutes.
*STAY CLOSE TO THE OVEN BECAUSE IT CAN EASILY BURN.
6. Let cool. Stir in pretzels, crackers, and peanuts.
7. Store in an airtight container.

For a quick and easy version of this trail mix just combine a variety of breakfast cereals that have 2 grams of fibre or more per serving and serve

Mexican Hot Chocolate - Makes 5 servings

5 cups	Milk	1.25L
½ cup	granulated sugar	125ml
½ cup	water	125ml
1/3 cup	unsweetened cocoa powder	75ml
½ tsp	ground cinnamon	2ml
1/2tsp	vanilla	2ml

1. In a large saucepan, over medium heat, heat sugar, water, cocoa powder and cinnamon until sugar dissolves. Add milk; heat until steaming (do not boil). Remove from heat and stir in vanilla and almond extract.

For more health recipes that meet the School Food and Beverage PPM 150, refer to *Bake it Up: Tasty treats for healthier school bake sales* at Eatright Ontario www.eatrightontario.ca

Meal Appeal: Healthy Food Items for Special School Events

Soft Taco or Wrap, Bagel or Pita Sandwiches, Burgers (beef, chicken or fish)



- Choose whole grain items
- Two vegetable choices should be included
- Lean meats make for ideal Meat and Alternatives choices (eg. roast beef, grilled chicken, lean ground beef*, ham, turkey, tuna canned in water*, back bacon, refried beans or hummus)
- Modest amounts of mustard and pickles are acceptable. Serve no more than 5 mL / 1 tsp of the following: sauce, dressing, mayonnaise or non-hydrogenated margarine

Subs, Wraps, Bagels or Pita Sandwiches



- Choose whole wheat items
- Sandwiches should include at least two vegetable choices (eg. lettuce, tomatoes, cucumbers, etc.)
- Recommended Meat and Alternatives choices are: lean ham, turkey, chicken, tuna, roast beef and hummus. Pepperoni, bologna and other higher-fat processed meats are not recommended
- Modest amounts of mustard and pickles are acceptable. Serve no more than 5 mL / 1 tsp of the following: sauce, dressing, mayonnaise or non-hydrogenated margarine

Salads / Cold Plate



- Serve with whole grain or whole wheat items such as bread or pita
- Include at least two Vegetable choices. If serving cold plate, it is acceptable to offer a serving of fresh fruit or canned fruit (packed in juice or light syrup)
- Choose leaner Meat and Alternatives (eg. black beans, chick peas, eggs, lean ham, turkey, tuna canned in water*, chicken or roast beef) to go with salad
- Limit salad dressing to no more than 15 mL / 1tbsp

SNACKS

Try these healthy items at the next dance, classroom celebration, school open house, etc.

- Whole fruit/fruit tray with low-fat yogurt dip
- Fruit kebabs
- Sliced watermelon
- Fruit with yogurt
- Canned fruit (in its own juice)
- Frozen fruit with yogurt
- Fruit and yogurt parfaits (use clear cups, layer vanilla yogurt with fruit chunks, top with low-fat granola)
- Vegetable trays with lower fat dip
- Hummus with whole grain pita or crackers
- Cheese with whole grain crackers or breadsticks
- Apple sauce and oatmeal cookie
- Oatmeal cranberry cookies with milk or yogurt
- Trail mix made with high fiber cereal and pretzels
- Low-fat and sugar muffins
- Party sandwich trays
- Hot chocolate made with real milk (2% M.F. or less)
- Yogurt cups
- Cheese strings
- Yogurt-based drinks (15% DV of Calcium) and 2% M.F. or less
- Fruit smoothies
- Soy beverage

Pizza

- Pizza crust should be whole wheat
- Besides tomato sauce, add at least one more Vegetables and Fruit choice
- Meat and Alternatives choices include: ham, grilled chicken and lean ground beef



Soups, Stews, Chili or Pasta



- Serve with a whole wheat roll, whole wheat crackers or other whole grain product
- Provide a serving of Vegetables and Fruit. This can include a serving of fresh fruit or canned fruit (packed in juice or light syrup)
- Recommended Meat and Alternatives choices include: lean ground beef, turkey, chicken, baked beans, black beans, chick peas, lentils or any other legumes

Mini-Pizzas, Grilled Cheese Sandwiches, Tuna Melts



- Breads, English muffins or tortilla shells should be whole grain
- Provide a serving of Vegetables and Fruit with the meal. This can include a serving of fresh fruit or canned fruit (packed in juice or light syrup)
- Leaner meat should be used in the meal. Recommended Meat and Alternatives choices include: turkey, chicken, roast beef and tuna canned in water*

On the Side

Remember that lower-fat milk (skim, 1% or 2%), lower-fat yogurt (2% MF or less) and lower-fat block cheese (15-20% MF) make great additions to any meal!

*Choose lean meats (no more than 17% fat) and deli meats (no more than 10% fat and no more than 480 mg sodium). If offered, meat substitutes for vegetarians and tofu must have less than 10% DV for saturated plus trans fat.

*Use canned flaked, chunk or solid light tuna that contains Skipjack or Tongol varieties that are low in mercury content. Avoid using white or Albacore tuna, which is higher in mercury content.



Healthy fundraising...It is Possible!

Not all schools feel the need to fundraise but many do in order to support some school-wide events and initiatives. Many of the traditional types of fundraisers, such as selling chocolate bars or cookie dough, go against the healthy eating lessons taught in the classroom and do not support efforts of families and community members to eat well.

Benefits

Healthier fundraising:

- Encourages healthier habits (e.g. healthy eating, being physically active)
- Does not contradict classroom healthy eating education
- Generates income for the school
- Demonstrates the school's commitment to student health

There may be a misconception that “healthier” products will not sell or that non-food fundraising activities are too hard to organize. More and more schools are finding healthier fundraising alternatives which are making healthy profits for their school.

Criteria for Fundraising with Food

School sponsored fundraising activities will promote non-food items. If schools choose to raise funds using food, they must ensure that food of Maximum Nutritional Value is used. No foods of Minimum Nutritional Value can be used to raise funds. Foods with Minimum Nutritional Value can be defined as:

- Foods that may provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories
- Foods that tend to be highly processed (e.g. with added colouring, deep fried, high in hydrogenated fats)
- May belong to the “Other Food” category in *Canada's Food Guide to Healthy Eating*
- Examples of some foods with Minimum Nutritional Value: Multi grain chips, rice marshmallow squares, Fruitopia, fruit roll ups, etc.

For more information on categorizing of foods into Maximum, Moderate and Minimal Nutritional Value contact:

- Mary Ellen Deane Public Health Dietician, Simcoe Muskoka District Health Unit 1-705-684-9090
Ext. 7768 maryellen.deane@smdhu.org for schools in Muskoka
- Aisha Malik Public Health Dietician, Haliburton Kawartha Pine Ridge Health Unit, 1- 705-324-3569
Ext. 300 amalik@lindsay.hkpr.on.ca for schools in City of Kawartha Lakes and Haliburton

Fundraising Contacts

The following is a list of some popular school fundraisers and their contact information.

Product	Company Name and Contact Information
8-lb Boxes of Apples	Martin's Family Fruit Farm 1-800-461-2391 E-Mail: apples@golden.net
Homestyle Hearty Bean Soup Mix	Full O' Beans Toronto-area: (905) 451-9214 London-area: (519) 657-0887 E-mail: info@beanladies.com www.beanladies.com
Citrus Fruit	Sunsweet Fundraising Inc. 1-800-268-1250 www.sunsweetfundraising.com
	Sun Harvest Citrus 1-800-248-7870 www.sunharvestcitrus.com
	Sun Groves Florida www.sungroves.com 1-800-672-6438
Cheese	Saputo Cheese Company % Top Fundraisers 1-800-563-7127 E-mail: info@topfundraisers.ca www.topfundraisers.ca
	Bright Cheese 1-519-537-2361 E-mail: fundraiser@bch.on.ca www.bch.on.ca
	Ivanhoe Cheese 1-613-473-4269 www.lvanhoecheese@sympatico.ca
Group of Seven Works of Art	Greenlink Consulting Mary Fitzpatrick 1-416-724-7374 E-mail: fitzpatrmr@rogers.com
Calendars, Holiday Gift Items, Seeds, Bulbs	Third Wave Fundraising 1-888-894-1130 www.thirdwavefundraising.com

Product	Company Name and Contact Information
Seasonal Greeting Cards, Calendars	Norcard Fundraising Programs 1-800-294-2792 E-mail: inquires@norcard.ca www.norcard.ca
Candles	Scented Treasures Tamala Adams 1-519-846-1991 Muskoka Candles Judy Reid 1-705765-0747
Flower Bulbs	Vesey's Bulbs 1-800-363-7333 http://www.veseys.com/sub.cfm?source=fundraising
Dance-a-thon	Presswood Dance-a-thon: 1-905-454-2609 1-800-336-3583 www.dance-a-thon.ca
Smiles Made Easy unique gift/stationary item	1-519-894-1466 E-mail: info@smilesmadeeasy.com www.smilesmadeeasy.com
School Clothing Line	Hammond Sportswear 1-705-645-2337
Mini First Aid Kits	Ouch Pack Fundraisers 1-888-643-FUND www.ouchpack.com
Magazine Subscriptions	Action Fundraising www.actionfundraising.ca/Magazines.htm magazines@actionf.ca
Shop Card Programs	VISTA Innovative Promotions (V.I.P.) Inc. (705) 722-1098 vistavip@rogers.com
	Preferred One Inc. (416) 863-0307 www.preferredone.ca

For other items and fundraising ideas, search this Canadian fundraising directory:
www.canadianfundraising.com.

Other Fundraising Ideas

The following is a list of ideas for school fundraisers that don't necessarily sell a product but are more events focused.

- Hold a silent auction featuring the time, products or talents of local businesses (e.g. round of golf, haircuts, car safety checkups, manicure etc.)
- Organize a trunk/garage sale in the school parking lot. Have school families purchase a spot to sell their used items and a 10% donation to the school from the income they make that day.
- Ask students to collect pledges for a basketball hoop-shooting event, jump-a-thon, ski-a-thon, bowl-a-thon or walk-a-thon, etc.
- Partner with a local florist or nursery and sell hanging baskets or bedding plants in the spring
- Plan a Community Festival in which students showcase their talents. Charge a nominal fee at the door.

Some information in this document has been adapted from material by CHSNE Health Unit Collaboration for Pilot Testing 2005-06.

MONITORING COMPLIANCE NUTRITION - CREATING A HEALTHY NUTRITION ENVIRONMENT

To the Principal:

1. The School Food and Beverage Policy (PPM 150) requires the principal to communicate the status of compliance with the School Food and Beverage Policy to the school Board.
2. Please record all special events in which the food sold to students does not comply with the regulations and standards outlined in the School Food and Beverage Policy (PPM 150)
3. Principals are required to limit the number of special events which do not comply with Ministry and Board standards to a maximum of 10 days. Special event days will be reviewed annually by the Board Nutrition Committee in an effort to reduce the number of days used.
4. Please forward one completed copy of this form to the Director's office by June 30th and retain one copy at the school or Board location.

Name of School: _____

- This school is in compliance with the standards and regulations outlined in the School Food and Beverage Policy (PPM 150).

Date of Report

Principal's Signature

Special events which do not comply with Ministry standards must be reported on the chart below.

Special Events which do not comply with Ministry standards were held at this school on the following dates:

Special Event (include date and purpose)	Food and Beverage Served



Vending Machine Assessment Tool

Assessment Date: _____ Vending Machine Type/ID: _____
 School: _____ Contact person: _____

Please complete this assessment tool for each vending machine found in your school. These forms must be submitted by June 30th of each year. A copy should be retained for your records at the school or Board location.

PART A

Fill out the information regarding each product sold and then categorize each product as **sell most**, **sell less**, or **not permitted** using the standards outlined in The Ministry of Education’s School Food and Beverage Policy (PPM 150).

Product Name and Company	Flavour/Description	Package Size	Number of Slots Used	Sell Most	Sell Less	Not Permitted For Sale
Total Choices						

Total of Choices:

Total Number of Food Choices Available _____
 Total Number of Beverage Choices Available _____

Vending Machine Assessment Tool

PART B

Assessment

Compare the Total Number of Choices Available to the Number of Choices in the **Sell Most** category.

*The total number of **Sell Most** choices must equal or exceed 80% of the total number of choices available.

*There must be a balance between the number of slots used and the choices available. Each choice should have equal representation in the slots available in the vending machine.

Food

Total Number of Choices Available _____
Total Number of Sell Most Choices _____
% of Sell Most Choices _____

Beverage

Total Number of Choices Available _____
Total Number of Sell Most Choices _____
% of Sell Most Choices _____

- This vending machine is in compliance with the 80/20 rule outlined in the School Food and Beverage Policy (PPM 150).

Date of Report

Principal's Signature