

## **NUTRITION**

### **POLICY**

**CODE: J 5.7**

In keeping with its mission the London District Catholic School Board believes that creating healthy school nutrition environments is vital to the physical and mental health of each student. Subsequently, healthy school nutrition environments are necessary to improve the potential for students to learn.

The London District Catholic School Board recognizes the importance of the school and other stakeholders in the development of healthy school nutrition environments for its students.

Therefore, the London District Catholic School Board is committed to supporting healthy school nutrition environments for all students in all schools.

This policy and the procedures that accompany this policy are intended to support principals, teachers, students, parents and members of the community in the implementation of healthy school nutrition environments.

Adopted: December 12, 2005

## NUTRITION

### REGULATIONS

CODE: J 5.7-R

### BACKGROUND

“The school years are an influential time in a child’s development, a time when life-long eating patterns are formed (World Health Organization [WHO], 1998. The early years are the most appropriate time to establish healthy eating patterns since children’s eating behaviours carry into adulthood. Children and youth spend significant amount of time in the school environment. As a result, schools provide the most effective and efficient way to reach almost all children and adolescents, as well as school personnel and families (WHO, 1998).” *OSNPPH, 2004.*

“It is incumbent upon the school system to foster healthy eating habits and to protect students from the influence of those who profit from children’s growing consumption of foods with Minimal Nutritional Value (Center for Science in the Public Interest [CPSI], 2003a). To ensure a positive eating environment, parents, school administrators, teachers, cafeteria staff and other role models need to work together. Schools should be safe havens where students can access healthy food away from the unrestricted market place with its intense marketing and ready availability of foods with Minimal Nutritional Value (National Consensus Panel on School Nutrition, 2002).” *OSNPPH, 2004.*

According to the OSNPPH School Nutrition Workgroup there are 9 essential elements of healthy nutritional practices in schools.

1. Food and nutrition policies to support healthy eating.
2. Nutrition education for students.
3. Nutrition education for staff provided by registered dietitians.
4. Healthy, reasonably priced and culturally appropriate food choices available in schools.
5. Positive role modeling of healthy eating by school staff.
6. Student, parent and community education about healthy eating.
7. School nourishment programs.
8. Safe food practices and allergy-safe environment.
9. Appropriate scheduling of nutrition breaks.

### PREAMBLE

The London District Catholic School Board is committed to supporting a healthy school nutrition environment for all students enrolled in its schools. As a result of this, the LDCSB encourages each school to provide, where possible, “maximum” nutritional value foods and beverages to its students and to reduce the amount of “minimum” nutritional value foods and beverage choices (see appendix A – Table 7).

The procedures outlined below comply with the document “Call to Action: Creating a Healthy School Nutrition Environment”, March 2004. The Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee created this document.

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### **REGULATIONS (continued)**

**CODE: J 5.7-R**

#### **1.0 Meetings – Board, School, School Council etc.**

- 1.1 When food is served at meetings (board, school, Catholic School Council etc.) the emphasis should be placed on foods and beverages with maximum or moderate nutritional value (Table 7 – Call to Action, OSNPPH, 2004).
- 1.2 Staff members are encouraged to role model healthy eating when students are present.

#### **2.0 Fundraisers**

- 2.1 It is recommended that non-food items be selected for fundraisers as often as possible.
- 2.2 If food is chosen as a fundraiser item, the emphasis where possible should be placed on foods with maximum to moderate nutritional value.

#### **3.0 Food Service Providers**

- 3.1 The Board will work with food service providers in an effort to provide healthy foods for students and to ensure that the healthy choices are favourably priced.

#### **4.0 Cafeterias, Canteens, Tuck Shops and Hot Lunch Programs**

- 4.1 All schools serving or selling foods and beverages should work toward a standard of maximum to moderate nutritional value foods. If a food from the minimum food value list is offered it should be balanced with selections from the maximum, and moderate value foods lists. For example, fruit and milk must be served with hot dogs.
- 4.2 Ensure menus are planned with input from students and include local, cultural and ethnic favourites of students.

#### **5.0 Classrooms**

- 5.1 In order to model healthy eating habits in schools, teachers should be encouraged not to use foods from the minimum nutrition value list as a classroom reward.
- 5.2 If food is used as part of a celebration, the emphasis should be placed on foods with moderate and maximum nutritional value.

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### **REGULATIONS (continued)**

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#### **6.0 Vending Machines**

- 6.1 The London District Catholic School Board will ensure that it complies with PPM No. 135, "Healthy Foods and Beverages in Elementary School Vending Machines."

#### **7.0 School Nutrition in Healthy Schools Committees**

- 7.1 It is recommended that all schools in the LDCSB form a School Nutrition Advisory Committee with a mandate to plan, design and evaluate efforts to achieve a Healthy School Nutrition Environment. (If the above is not possible in a particular school, it will be encouraged to include a school nutrition focus as an integral component of the Healthy Schools Committee.) This committee shall be comprised of parents, students, teaching staff, non-teaching staff, and the principal or principal designate. The committee shall also keep in contact with local school health professionals.

#### **8.0 Nutrition Education for Students, Parents, and Staff**

- 8.1 In addition to the required nutrition education as outlined in the Ontario Curriculum guidelines, opportunities to promote nutrition in planned events and classroom activities should be considered.
- 8.2 In order to educate parents and the wider community about nutrition, and involve them in activities that promote the practice of healthy eating, school newsletters will incorporate practical suggestions for healthy nutritional practices for its students while they are at school.
- 8.3 The LDCSB will partner with the local boards of health to provide necessary in-service workshops reflecting the nutrition education needs of its staff. This may be accomplished by having a presentation from a Registered Dietitian on an Early Dismissal Day.
- 8.4 Whenever possible educational staff will be encouraged to obtain teaching materials and information about nutrition from the local Public Health Department.

#### **9.0 Safe Food Environment**

- 9.1 All schools should provide a 15 to 20 minute nutritional break for all students during the lunch times. As well, schools should ensure that there is adequate time for all students to wash their hands before eating.
- 9.2 In order to reduce the risk for all students who suffer from severe and life threatening food allergies to peanuts and/or tree nuts (anaphylaxis) all schools in the LDCSB will be deemed to be peanut or tree nut-aware schools.

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### **REGULATIONS (continued)**

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- 9.3 The Board will collaborate with local public health departments to acquire information regarding allergy-safe environments.
- 9.4 The Board will work with local public health departments to ensure that nutrition and food safety training for food services staff, including volunteers, is available.

### **10.0 Student Nourishment Programs**

- 10.1 The LDCSB will explore the need for a board-wide coordinator of Student Nourishment Programs subject to funding by the Ministry of Children and Youth Services.
- 10.2 Schools with nourishment programs will follow the nutrition and food safety guidelines developed by the Ministry of Children and Youth Services for Student Nourishment Programs.

**Table 7** Classification of Foods with Maximum, Moderate and Minimum Nutritional Value

<i>Canada's Food Guide to Healthy Eating</i> Food Groups	<b>Foods with Maximum Nutritional Value</b>	<b>Foods with Moderate Nutritional Value</b>	<b>Foods with Minimum Nutritional Value</b>
	<p>These foods are:</p> <ul style="list-style-type: none"> <li>• good or excellent sources of important nutrients (e.g., vitamins, minerals, protein and fibre)</li> <li>• generally low in added fat, sugar and/or salt</li> <li>• found within one of the four food groups in <i>Canada's Food Guide to Healthy Eating</i></li> <li>• generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives</li> </ul>	<p>These foods are:</p> <ul style="list-style-type: none"> <li>• sources of nutrients (e.g., vitamins, minerals, protein and fibre)</li> <li>• sometimes high in fat, sugar, salt and/or excessive calories, generally as a result of processing. Some of these foods are difficult to classify because of the brand and/or their method of preparation and the portion size offered (e.g., commercial cake-style muffin, versus whole grain muffin with reduced fat and sugar)</li> <li>• found within one of the four food groups in <i>Canada's Food Guide to Healthy Eating</i></li> </ul>	<p>These foods:</p> <ul style="list-style-type: none"> <li>• may provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories</li> <li>• tend to be highly processed (e.g., with added colouring, deep fried, high in hydrogenated fats)</li> <li>• may belong in the "Other Food" category in <i>Canada's Food Guide to Healthy Eating</i></li> </ul>
<b>Grains</b>	<b>Maximum Nutritional Value Examples</b>	<b>Moderate Nutritional Value Examples</b>	<b>Minimum Nutritional Value Examples</b>
Cereals	<ul style="list-style-type: none"> <li>• cereal: whole grain, low-fat, good source of fibre</li> <li>• porridge: regular cooking oatmeal, unflavoured</li> </ul>	<ul style="list-style-type: none"> <li>• cereal: source of fibre, flake or crisp types</li> <li>• porridge: instant flavoured oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• cereal: sugar-coated or candied</li> <li>• regular granola</li> </ul>
Pasta/Rice/Bread	<ul style="list-style-type: none"> <li>• whole wheat, whole grain, and multigrain breads: pita, English muffins, bagels, rolls, buns, roti, tortilla, bannock</li> <li>• whole wheat pasta, noodles</li> <li>• couscous, bulgur</li> <li>• brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• white enriched breads: pita, English muffins, bagels, rolls, buns, roti, tortilla, bannock</li> <li>• white pasta, noodles, rice noodles</li> <li>• white rice, enriched</li> </ul>	

Grains	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Crackers and Snacks	<ul style="list-style-type: none"> <li>• crackers: whole grain, lower fat content, such as whole wheat soda, rye flat breads</li> <li>• popcorn: air popped, unflavoured</li> </ul>	<ul style="list-style-type: none"> <li>• crackers: white flour soda, unflavoured rice crackers or cakes</li> <li>• pretzels</li> <li>• popcorn: microwaved, light</li> <li>• some types of plain cereal/granola bars (nutritional quality depends on the type of ingredients and relative proportions of whole grains, added fats and sugars)</li> </ul>	<ul style="list-style-type: none"> <li>• crackers: high fat, pastry types</li> <li>• granola bars: chocolate covered and/or with marshmallows</li> </ul>
Baked Goods		<ul style="list-style-type: none"> <li>• lower fat muffins and fruit loaves such as banana loaf (nutritional quality depends on the type of ingredients and relative proportions of whole grains, added fats and sugars)</li> <li>• cookies: whole grain, fruit bars, oatmeal, gingersnaps, graham wafers</li> </ul>	<ul style="list-style-type: none"> <li>• muffins, fruit loaves, and dessert breads made with commercially prepared mixes</li> <li>• pastries, danishes, cakes, packaged snack cakes, doughnuts, croissants</li> <li>• pies</li> <li>• cookies: with cream fillings, chocolate, and icing</li> </ul>
Vegetables and Fruit	<ul style="list-style-type: none"> <li>• baked or mashed potato</li> <li>• fresh, frozen, canned vegetables and fruit prepared without added sugar or salt</li> <li>• canned fruit: in its own juice, unsweetened</li> <li>• 100% unsweetened fruit juice</li> <li>• frozen fruit juice bar with 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• dried fruit</li> <li>• canned fruit in syrup</li> <li>• 100% fruit leathers</li> <li>• salsa</li> <li>• fruit compote</li> </ul>	<ul style="list-style-type: none"> <li>• fruit drinks, punches, cocktails, "ades", blends</li> <li>• French fries or poutine</li> <li>• vegetables: breaded, fried, in cream or cheese sauces</li> </ul>

Table 7 (cont'd)

<b>Milk Products</b>	<b>Maximum Nutritional Value Examples</b>	<b>Moderate Nutritional Value Examples</b>	<b>Minimum Nutritional Value Examples</b>
Milk	<ul style="list-style-type: none"> <li>• milk: white, chocolate or flavoured, 2% MF or less</li> <li>• hot chocolate made with milk, 2% MF or less</li> <li>• soy beverage: fortified, low fat</li> </ul>	<ul style="list-style-type: none"> <li>• milk: homogenized</li> <li>• milkshakes, depending on ingredients</li> <li>• soy beverage: fortified, regular</li> </ul>	<ul style="list-style-type: none"> <li>• milkshakes: flavoured, (e.g., chocolate bar flavours)</li> <li>• eggnog</li> </ul>
Cheese	<ul style="list-style-type: none"> <li>• part-skim block cheese, cheese strings, 20% MF or less</li> <li>• cottage, 2% MF or less</li> </ul>	<ul style="list-style-type: none"> <li>• regular block cheese and string cheese, 21% MF or more</li> </ul>	<ul style="list-style-type: none"> <li>• processed cheese slices</li> <li>• spread</li> </ul>
Yogurt and Puddings	<ul style="list-style-type: none"> <li>• smoothies made with yogurt or milk, 2% MF or less, and fruit</li> <li>• yogurt: 2% MF or less</li> <li>• yogurt drinks, 2% MF or less</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt: more than 2% MF or with added granola</li> <li>• puddings made with milk</li> </ul>	
Frozen Desserts and Snacks		<ul style="list-style-type: none"> <li>• frozen yogurt, depending on the brand</li> </ul>	<ul style="list-style-type: none"> <li>• frozen yogurt, depending on the brand</li> <li>• ice cream</li> </ul>
<b>Meats and Alternatives</b>	<b>Maximum Nutritional Value Examples</b>	<b>Moderate Nutritional Value Examples</b>	<b>Minimum Nutritional Value Examples</b>
Meat	<ul style="list-style-type: none"> <li>• lean beef, veal, poultry, pork, lamb: baked, grilled, roasted</li> </ul>	<ul style="list-style-type: none"> <li>• lean lunch meats: ham, turkey, roast beef, pastrami</li> <li>• back bacon</li> </ul>	<ul style="list-style-type: none"> <li>• wieners</li> <li>• pepperoni slices or sticks</li> <li>• lunch meats: sausages, bologna, mock chicken, macaroni loaf, salami, kielbasa, side bacon</li> <li>• meat: battered, breaded or fried</li> </ul>
Fish	<ul style="list-style-type: none"> <li>• baked, grilled (not battered or breaded)</li> <li>• canned, packed in water</li> </ul>	<ul style="list-style-type: none"> <li>• canned, in oil</li> </ul>	<ul style="list-style-type: none"> <li>• fish sticks</li> <li>• fish: battered, breaded or fried</li> </ul>
Legumes	<ul style="list-style-type: none"> <li>• dried beans, peas and lentils: cooked</li> <li>• hummus</li> <li>• nuts, seeds, nut butters</li> <li>• peanut butter made with no hydrogenated fat</li> <li>• roasted soy beans</li> </ul>	<ul style="list-style-type: none"> <li>• peanut butter with added sugar and fat</li> </ul>	

Meats and Alternatives	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Eggs	<ul style="list-style-type: none"> <li>• hard boiled, poached, scrambled, with no added fat</li> </ul>	<ul style="list-style-type: none"> <li>• fried</li> </ul>	
Soy Products	<ul style="list-style-type: none"> <li>• tofu</li> <li>• soy-based alternatives</li> <li>• dried bean curd</li> </ul>		
Other Category	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Beverages			<ul style="list-style-type: none"> <li>• sports drinks</li> <li>• tea, iced tea, coffee</li> <li>• fruit-flavoured drinks and slushes</li> <li>• pop, diet pop, fruit sodas</li> <li>• instant hot chocolate made with water</li> </ul>
Snack Foods			<ul style="list-style-type: none"> <li>• flavoured cheese puffs, corn chips</li> <li>• sherbet</li> <li>• marshmallows</li> <li>• chewy fruit snacks</li> <li>• flavoured popcorn, potato chips</li> <li>• chocolate, candy, gum</li> </ul>
Condiments, Spreads and Miscellaneous Food Items	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
			<ul style="list-style-type: none"> <li>• flavoured jelly powders</li> <li>• frozen ice treats such as ice pops</li> <li>• syrups, honey, jam, jelly</li> <li>• ice cream treats such as bars, cones</li> <li>• sour cream</li> <li>• whipped cream</li> <li>• cream cheese</li> <li>• non-dairy whipped toppings and creamers</li> <li>• instant noodle soups</li> <li>• gravy</li> <li>• cream</li> <li>• ketchup, mustard, relish</li> <li>• butter, margarine</li> </ul>
Mixed Dishes	Consult a Registered Dietitian to assess if serving mixed dishes in schools is appropriate.		