

HEALTHY FOODS IN SCHOOLS AND OFFICES REGULATIONS

Children need healthy food for growth and development. It is expected that students be taught the principles of healthy eating as part of the school program. In addition, school meals or snack programs should provide students with the energy required to learn and to be physically active each day. Children also learn from what role models say and do. The school environment must support this learning by promoting nutritious and dentally acceptable food choices in canteens, cafeterias, classrooms and offices.

This policy does not impact on lunches, snacks, etc. that students or staff members are bringing from home. It is hoped that this policy will encourage students and staff to begin thinking about healthier food choices in their day to day life both in and out of school.

1. The FLBSD Healthy Foods Steering Committee will be comprised of a trustee, coordinator of curriculum, dietitian, public health nurse, and others as required.

2. Foods sold and/or served Reston Collegiate including fundraising activities shall incorporate the principles outlined in Canada's Food Guide to Healthy Eating and will follow the "Choose and Serve Most Often" list and the "Serve Least Often" list. A suggested serving sizes list is included as a guideline.

3. Beverage vending machines will have 50% product in the form of 100% unsweetened fruit juices/vegetable juices and/or water.

4. Food product vending machines will have 50% product chosen from attachment #1 Choose and Serve Most Often List.

5. Schools will be responsible for developing their own agreements to operate a canteen/cafeteria; however the successful tender will need to utilize the FLBSD Healthy Foods Policy.

6. Individuals operating a food service in schools will be required to have the Food Safe course.

7. The Healthy Foods Committee will assist the local school administration in making decisions regarding food allergies for the local school.

8. An implementation guide to assist schools in the Healthy Foods policy will be developed by the FLBSD Healthy Foods Steering committee and will include evaluation tools, menu planning, sanitation code information, fundraising suggestions, marketing and promotions of healthy eating suggestions.

“Choose and Serve Most Often” List

Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamins A, C, or D and are generally low in fat, sugar and salt.

Grain Products: Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes,

muffins, rice cakes, graham crackers, pasta, tortillas, unsweetened or low sugar breakfast cereals, popcorn (light), crackers, taco shells, rice.

****emphasize whole wheat and whole grain products****

Vegetables and Fruit Fresh fruit, fresh vegetables, canned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads.

Milk Products 2% and 1% whole or chocolate milk, yogurt, cheese slices, cheese sticks, milk based puddings, individual cheese portions.

Meat & Alternatives Canned fish, lean meat, fish, poultry, tuna and cracker packages, peanut butter and cracker packages, cheese and breadsticks or cracker packages, peanut butter, eggs, legumes, (dried peas/beans/or lentils).

Sauces, toppings

Garnishes & dips Syrup, honey, jam, salsa, tomato sauce, low or non fat dressings, spreads, mayonnaise, dips.

Sweets Fruit bars (fig, apple, raspberry), graham crackers, cereal bars (multi-grain, low fat)

Serve Least Often” List

**** only 2 servings in a week from this list****

Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamins A, C, or D but are also high in fat, sugar, or salt. If serving these foods, combine them with foods from the “Choose and Serve Most Often” list.

Grain Products Cookies (made with oatmeal, peanut butter or dried fruit)

Vegetables & Fruit Fruit in light syrup

Milk Products Flavoured milks, yogurt drinks, ice cream, frozen ice cream treats.

Meat & Alternatives Wieners, sausages, cold cuts, luncheon meats, bacon, pepperoni sticks, nuts, seeds, pizza pops, pizza

Other Cake, sticky buns, flavoured gelatin (Jello), flavoured fruit drinks, hot chocolate, frozen ice pops, frozen ice cream treats (drumsticks), packaged instant soups, packaged noodle soup

Sweets Crispy rice squares

Suggested Serving Sizes”

Controlled portion sizes will help to decrease fat and excessive caloric intake. Examples of appropriate portion sizes are listed below:

Grain Products:	Muffins	6.5 cm (2.75 inches) diameter
	Bagels	maximum 9 cm (3.5 inches) diameter
	Cookies	small 5-6 cm (2-2.5 inches) diameter
	Cake	5 cm (2 inch) squares
	Crackers	20 grams

Vegetables and Fruit	Juice	250 ml (1 cup)
	Fresh Fruit	one piece
	Canned Fruit	125 ml (1/2 cup)

	Fresh Vegetables	125 ml (1/2 cup)
	Dried Fruit	40 grams
Milk Products	Milk	250 ml (1 cup)
	Yogurt	175 ml (3/4 cup)
	Cheese	30-50 grams
	Milk Puddings	125 ml (1/2 cup)
	Ice cream	125 ml (1/2 cup)
Meat & Alternatives	Sandwich meats	30-50 gram slices
	Meat Servings	100-125 gram portions (hamburger, chicken, turkey)
Other	Low fat salad dressings	15-30 ml (1-2 tbsp)
	Mayonnaise	15 ml (1 tbsp)
	Honey, jam	10-15 ml (2-3 tsp)
Sweets	Cereal bars	30-40 grams