

## AP 560 – NUTRITION

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### Background

The Division values healthy lifestyles and supports an environment that will promote healthy food choices. These guidelines will increase access to health-promoting, safe and reasonably priced foods and beverages served and sold in the Lloydminster Catholic Schools, making the healthy choice the easy choice in the school setting. The desired outcome is that Division schools will meet or exceed these targeted guidelines.

### *Healthy Foods for My School*

Foods listed in the Saskatchewan Ministry of Health's *Healthy foods for my school*, include: "Choose Most Often" or "Choose Sometime". In addition, we have included a "Not to be Served/Sold" category. Use these food selection categories to make better food choices for meals & snacks, school & classroom celebrations, special food days, fundraisers, cafeterias, vending machines, meetings or staff rooms.

#### "Choose Most Often"

- ◆ Choose these foods everyday or "Most Often". Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamins A, C, D and are high in fibre. They are generally low in fat, sugar and salt.

#### "Choose Sometime"

- ◆ If a food from this category is served, balance it with a food from "Choose Most Often" category. "Choose Sometimes" items should be limited in serving.
- ◆ Most of these foods are sources of one or more of the nutrients iron, calcium, vitamins A, C, D, but are also high in fat, sugar or salt or low in fibre. This makes them less nutritious.

#### "Not to be Served /Sold"

- ◆ These foods are not to be served or sold to students at anytime.

### Food and Beverage Guidelines

#### Portion Sizes

Schools will serve and sell appropriate portions of food and beverages as recommended by the *Canada's Food Guide*. Then on occasion, when a food is offered and not on the "Choose Most" or "Choose Sometimes" list, portion sizes will be significantly reduced.

#### Promotion and Pricing

"Choose Most Often" foods should be priced competitively so that healthy foods are the easy choice. Foods and beverages from the "Choose Most Often" food lists will be promoted and displayed more prominently. (I.e. counter-top display, eye-level).

Vending Machines

Vending machines will provide choice of bottled water, 100% fruit and/or 100% vegetable juices and milk.

Canteens/Concessions

Any canteen operated in the schools of LCSD serving food to LCSD students shall provide a selection of items consisting of a minimum of 50% from the “Choose Most Often” list and no more than 50% from the “Choose Sometime” list.

Not to be Served/Sold at Elementary Schools

The following foods are not to be sold or served to students at anytime:

- ◆ Potato chips, Cheezies
- ◆ Chocolate bars, Candy
- ◆ Pop, Slushies
- ◆ Fruit flavored snacks

Elementary Lunch Programs

- ◆ 100% of Elementary lunch programs run by School or School Community Councils will be from the “Choose Most Often” and “Choose Sometimes” lists. With the majority of the ingredients of what is being served in the meal are from the “Choose Most Often” list. Lunches will strive to meet the 4 food groups.

High School Cafeteria

- ◆ Cafeteria will price non-healthy foods higher than healthy foods to make healthy foods the easier choice.
- ◆ Concession items are limited to certain days per week with minimal unhealthy choices, reducing opportunity to purchase non-healthy foods.
- ◆ Nutrition breaks offered in morning to purchase granola bars, muffins, fruit cups and veggie cups.

Fundraising

School fundraising campaigns involving food or beverages organized by and through LCSD schools will include the majority of items from the “Choose Most Often” and “Choose Sometime” food lists. A maximum of 2 school fundraisers per year are allowed to have items that are not on these two lists.

Incentives and Rewards in Classrooms

Pre-amble: The Lloydminster Catholic School Division recognizes the importance of providing healthy food and beverage choices for its students. As such, it realizes the value of celebrating student success and accomplishment in ways that promote healthy lifestyles and positive re-enforcement of making good choices.

- ◆ Whenever possible LCSD staff members will recognize student achievement and accomplishments (both individually and collectively) with intrinsic rewards that promote self motivation and personal responsibility for learning.

- ◆ When served as rewards, only foods and beverages from the “Choose Most Often” and “Choose Sometimes” lists only will be provided for students.

#### Field Trips

- ◆ When planning field trips, organizers will choose locations where “Choose Most Often” and “Choose Sometime” foods and beverages are offered.

#### Special Student Events

- ◆ When providing food and beverages to students in a classroom environment, foods will be offered from the “Choose Most Often” and “Choose Sometimes” lists. If an item is provided from the do not serve/or sell list, it must be offered with healthy food alternatives from “Choose Most Often” and portion sizes must be smaller.

#### School Wide Functions

- ◆ Any school wide function in LCSD will provide a selection of items consisting of a minimum of 50% from the “Choose Most Often” list and no more than 50% from the “Choose Sometime” list. (e.g. parent conferences, orientations, open houses, celebration of learning, etc.)

### **Procedures**

1. The Principal will be responsible for the implementation and monitoring of these guidelines.
2. The School personnel will be provided with websites and links to support the creation healthy school nutrition environments.(Appendix B)
3. The Principal will make the resource binder: Healthy Foods in Schools Tool Kit – Making healthy Choices the Easy Choice, available to all staff.
4. The Community Development Coordinator will coordinate and be responsible for the implementation of these guidelines for LCSD Breakfast and After School Care Programs.
5. The School Community Councils yearly plans will be aligned with these guidelines.
6. The LCSD Food and Nutrition Committee will review the administration procedure 560 Food and Nutrition Guidelines and submit recommendations to the Director by May 15th of each year.

Reference: Sections 85, 87, 108, 109, 175 Education Act

**AP 560 Appendix – FOOD AND NUTRITION GUIDELINES**

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**“Choose Most Often”****Grain Products**

- ◆ Whole grain, whole wheat or multi-grain buns, bread, bagels, pitas, English muffins, tortillas
- ◆ Baked whole wheat bannock
- ◆ Cold/ hot cereal with greater than 2 g fibre, sugar is not first ingredient
- ◆ Granola/cereal bars, not dipped and less than 12 g sugar
- ◆ Baked goods with less than 10 g fat and less than 12 g sugar
- ◆ Whole grain, bran muffins, pancakes, loaves, waffles
- ◆ Wild rice, brown rice
- ◆ Whole wheat pasta, noodles
- ◆ Barley
- ◆ Whole wheat couscous

*Whole grain products are preferred over enriched grain products.*

**Vegetable and Fruit**

- ◆ Fresh vegetables and fruit
- ◆ Frozen/canned vegetables and fruit without sugar added or salt
- ◆ Unsweetened applesauce
- ◆ Frozen 100% fruit juice bars
- ◆ Baked, boiled or mashed potatoes
- ◆ Vegetable soups
- ◆ Salad: tossed, coleslaw, fruit or vegetable (low fat dressing)

*Choose dark green and orange ones first!*

**Milk and Alternatives**

- ◆ Skim, 1%, 2% milk
- ◆ Milk based soups
- ◆ Cottage cheese
- ◆ Smoothies made with yogurt and milk
- ◆ Cheese, cheese strings with less than 20% M.F.
- ◆ Yogurt (plain, unsweetened, or low fat)
- ◆ Fortified Soy beverages

**Meat and Alternatives**

- ◆ Fresh or frozen, lean chicken, turkey, beef, pork
- ◆ Fish and seafood fresh or frozen, not battered or fried
- ◆ Lean or extra lean ground meat
- ◆ Wild meat
- ◆ Canned tuna, salmon, chicken, ham, crab
- ◆ Dried peas, beans and lentils

*OFFER WATER FOR THIRST!*

**“Choose Sometimes”**

**Grain Products**

- ◆ Enriched bread, pita, bagels, tortillas, English muffins, or bannock
- ◆ Biscuits, scones, breadsticks
- ◆ Cold/hot cereal made with whole grain or enriched flour or rice and 12 g or less sugar
- ◆ Long grain rice, rice cakes
- ◆ Enriched (white) pasta
- ◆ Crackers made with whole grain/enriched white flour or rice with less than 480mg sodium
- ◆ Granola/cereal bars, not dipped with less than 12 g sugar
- ◆ Baked goods with less than 10g fat and less than 12 g sugar
- ◆ Muffins
- ◆ Pancakes/ waffles
- ◆ Plain popcorn, sesame bars, rice cakes
- ◆ Pretzels

**Vegetable and Fruit**

- ◆ Canned vegetables and fruits
- ◆ 100% vegetable and fruit juices
- ◆ Canned vegetable soups with less than 480 mg sodium
- ◆ Dried fruits
- ◆ Salsa
- ◆ Fruit and vegetable bars and leathers – check label for vegetable and fruit as the first ingredient
- ◆ Fruit crisps, cobblers

**Milk and Alternatives**

- ◆ Whole milk flavored milks, smoothies
- ◆ Milkshakes, fruit shakes
- ◆ Hot chocolate made with milk
- ◆ Cheese
- ◆ Cheese slices
- ◆ Processed cheese slices
- ◆ Flavored yogurt
- ◆ Yogurt drinks
- ◆ Milk puddings, custards
- ◆ Frozen yogurt
- ◆ Ice milk

**Meat and Alternatives**

- ◆ Lean deli meat (turkey, chicken, ham, corned beef, pastrami)
- ◆ Lean preformed hamburger patties
- ◆ Breaded fish or fillets with less than 15 g fat
- ◆ Nuts and seeds-salted, sweetened

- ◆ Processed meats
- ◆ Canned beans with less than 480g

### **“Choose Sometimes”**

**Combination Foods:** Pizza, pasta salad, taco salad, submarine sandwiches.

*To serve these foods more often use ingredients from the “Choose Most Often” category*

**Prepared Mixed Dishes:** Product must contain at least **two food groups**. Preference should be given to food items with **a vegetable listed in the first three ingredients**. Most recommended products should have a meat, milk or alternative to provide protein. When there is a grain to be served, use whole wheat bread.

#### **When choosing Prepared Mixed Dishes**

- ◆ Subs, wraps pitas
- ◆ Sloppy Joes
- ◆ Soft tacos
- ◆ Baked potatoes with low fat topping
- ◆ Smoothies made with milk and fruit
- ◆ Quesadillas with less than 3 g fat
- ◆ Pasta dishes with less than 3 g fat
- ◆ Pizza, calzones, fajitas with less than 3 g fat
- ◆ Casseroles containing vegetables
- ◆ Stir-fry
- ◆ Pasta and pasta salad with vegetables
- ◆ Snack kits (tuna/crackers, pizza)
- ◆ Trail mix with nuts and fruit
- ◆ Canned soups/stews with less than 960 mg of sodium
- ◆ Chunky soups/bean soups with less than 3 g fat and 960 mg sodium

*To serve these foods more often use ingredients from the “Choose Most Often” category*

#### **Condiments – These foods should be used in small amounts (e.g. 1-2 teaspoons).**

- ◆ Syrups, honey
- ◆ Jams, jellies
- ◆ Cream, whipping cream
- ◆ White and brown sugar
- ◆ Salad dressing, vegetable dips
- ◆ Gravy
- ◆ Sour cream
- ◆ Ketchup, mustard, relish
- ◆ Pickles
- ◆ Soya sauce
- ◆ Bacon Bits

### **“Not to be Served or Sold at Elementary Schools”**

These foods are not to be sold or served to students at any time.

- ◆ Potato chips, Cheezies
- ◆ Chocolate bars
- ◆ Candy
- ◆ Pop, Slushies
- ◆ Fruit flavored snacks

**There are many resources that offer information in making better food choices for school fundraising, canteens, vending machines, classroom parties, or special events.**

Saskatchewan Ministry of Education “Nourishing Minds” handbook Towards Comprehensive School Community Health: Nutrition Policy Development in Saskatchewan Schools

<http://www.education.gov.sk.ca/nourishing-minds>

Government of Canada, Health Canada, (2007). Eating well with Canada’s Food Guide and Canada’s Food Guide, First Nations, Inuit and Métis [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

Saskatchewan School Boards Association, Research Report #04-01, (2004). *Nutrition Guidelines for Schools* [www.saskschoolboards.ca/old/ResearchAndDevelopment/ResearchReports/StudentsDiverseNeeds/04-01.pdf](http://www.saskschoolboards.ca/old/ResearchAndDevelopment/ResearchReports/StudentsDiverseNeeds/04-01.pdf)

Saskatchewan Ministry of Health’s *Healthy Foods for My School* [www.health.gov.sk.ca/healthy-foods-for-my-school](http://www.health.gov.sk.ca/healthy-foods-for-my-school)

Active Healthy Kids Canada, (2006). *Canada’s Report Card on Physical Activity for Children and Youth* retrieved April 2009 from:  
<http://www.activehealthykids.ca/ecms.ashx/ArchivedReportCards/Full-ReportCard-2006.pdf>

Canadian School Health: *Communities and Schools Promoting Health* retrieved April 2009 from:  
[www.safehealthyschools.org/shpolicies/principles\\_why.htm](http://www.safehealthyschools.org/shpolicies/principles_why.htm)

Government of Alberta, (2008). *Alberta Nutrition Guidelines for Children and Youth*.  
[www.education.alberta.ca/teachers/resources/connection/archive/october2008/curriculum/wellness](http://www.education.alberta.ca/teachers/resources/connection/archive/october2008/curriculum/wellness)

Government of Manitoba, Healthy Child Manitoba; Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies [www.gov.mb.ca/healthyschools/foodsinschools](http://www.gov.mb.ca/healthyschools/foodsinschools)

September 2008; Dieticians of Canada; The Inside Story: An overview of School Nutrition Policies in Canada

Dieticians of Canada, Practice-based Evidence in Nutrition (PEN). School Health; 2007 (retrieved January 6, 2009) [www.dieteticsatwork.com/pen](http://www.dieteticsatwork.com/pen)

Reference: Sections 85, 87, 108, 109, 175 Education Act