

	<b>Lloydminster Catholic School Division – Administrative Procedures</b>	
	<b>AP 560 – Nutrition</b>	
Related LCSD AP's	AP 560 – Appendix Food and Nutrition Guidelines	
Form(s)		
References:	The Education Act, 1995 sections 85, 87, 175	
Received by the Board: August, 2022		Update: August, 2022

### Background

The Division values healthy nutrition 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.

### Procedures

1. All schools are expected to promote, model, and educate students about health-related nutrition.
2. All food served to students through Lloydminster Catholic Schools, including fundraising, sales, canteen/cafeteria, LCSD food programs, school events, etc. will follow the guidelines and categories outlined in Appendix A.
  - a. The Community Education Coordinator will coordinate and be responsible for the nutritional choices in LCSD programs including Lunch Program, Breakfast Program, Before/After School Program, Salad Bar, and LCSD Outreach.
  - b. The Chief Financial Officer will coordinate and be responsible for the nutritional choices in Holy Rosary High School cafeteria.
  - c. The school principal will coordinate and be responsible for the nutritional choices provided at school events, team events, and sales/fundraising.
3. Principals annually review AP 560 (Appendix A) with School Community Councils.
  - a. The School Community Councils yearly plans will be aligned with these guidelines.
  - b. School Community Council education on nutrition is supported by the Community Education Coordinator.
4. When using public funds LCSD will demonstrate its commitment to health by providing nutritionally sound choices to staff.
5. The Community Education Coordinator will provide school personnel with current and updated nutritional information annually (including Appendix A)

6. The Community Education Coordinator will review the administration procedure 560 Food and Nutrition Guidelines and submit recommendations to the Deputy Director of Education by March 30th of each year.

## **AP 560 Appendix A – FOOD AND NUTRITION GUIDELINES AND CATEGORIES**

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### **1. 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 School Events or Canteen/Cafeteria

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

- Potato chips, Cheezies
- Chocolate bars, Candy
- Pop, Slushies
- Fruit flavored snacks
- Processed/Convenience foods - Pizza pops, canned ravioli, prepackaged subs, kraft dinner cups, instant noodles, etc.

#### Lunch Programs

100% of LCSD Lunch Programs run by LCSD 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 offer to purchase eggs, 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, Rewards, and Celebrations in Classrooms

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 incentives, rewards, or celebrations, only foods and beverages from the “Choose Most Often” and “Choose Sometimes” lists only will be provided for students.

When a food item is donated to the classroom to share (ie birthday cupcake, cookies, etc.) and the teacher is unaware of the nutritional value/preparation, the item may be individually wrapped and sent home for the parent to decide on the serving to their child.

### Special Classroom/Team 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.

### 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.)

### Food Services and Religious Practice

All food services provided to students under the auspices of our Catholic School Division shall be in alignment with the teachings and traditions of the Catholic Church to demonstrate parallel religious practice. For example, and in particular:

- *Lenten Period:* Abstinence from eating meat, with the exception of fish products, is to be observed on Fridays throughout the Lenten period.
- *Ash Wednesday:* Abstinence from eating meat (excluding fish products) is to be observed on Ash Wednesday. Also, students and staff will be encouraged to fast (ie. miss one meal) on Ash Wednesday.

## **2. Healthy Food Categories**

Healthy food categories are listed in the Saskatchewan Ministry of Education’s nutrition standards for Saskatchewan schools. Use these food selection categories to make better food choices for meals and snacks, school events and celebrations, team and classroom celebrations, special food days, fundraisers, cafeterias, vending machines, meetings or staff provided food.

### “Choose Most Often”

- Choose these foods every day or “Most Often”. These foods are fresh vegetables and fruit, whole grain products, pasteurized and unsweetened milk and alternatives, lean meats, fish poultry, eggs and meat alternatives such as lentils, beans and tofu. They are generally lower in fat, sugar and salt and higher in fibre than choose sometimes foods.

### “Choose Sometime”

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

### “Choose Most Often”

#### **Grain Products**

The first ingredient is a whole grain, enriched wheat flour or rice. When comparing grain products, choose the ones with more fibre.

Such as:

- Whole grain bread, tortillas, pita bread, baked bannock, pitas, English muffins, tortillas
- Whole grain pasta
- Whole grain unsweetened or low sugar cereal
- Brown or wild rice
- Unsweetened oatmeal

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

#### **Vegetable and Fruit**

The first ingredient is a vegetable or fruit. Sugar is not the first (sugar comes from many forms such as honey, molasses, fruit juice, and fruit concentrate).

Such as:

- Fresh vegetables and fruit
- Frozen vegetables or fruit without added sugar, salt, fat or sauces
- Unsweetened applesauce

*Choose dark green and orange vegetables first!*

#### **Milk and Alternatives**

The first ingredient is milk or a milk product, not including cream. Milk products have no sugar added and be low in fat. With alternatives water can be the first ingredient and the second ingredient is soy.

Such as:

- Skim, 1%, 2% milk
- Plain and unsweetened yogurt
- Fortified, unflavored soy beverages
- Cottage cheese with low fat content
- Cheeses with low fat content

*Choose milk daily for vitamin D*

### **Meat and Alternatives**

The first ingredient listed is meat (beef, pork, chicken, fish, wild meat, etc.), a legume (lentils, chickpeas, kidney beans, etc.), nut, seed, tofu or soy. These foods need to be lean, with no breading and prepared with little or no added fat, salt, or sugar.

Such as:

- Roasted, baked or grilled meat
- Fish and seafood fresh or frozen, not battered or fried
- Lean ground meat
- Wild meat
- Cooked eggs
- Canned tuna, salmon, chicken with no salt or oil added
- Cooked dried beans, lentils, and peas
- Unsweetened and unsalted seeds, nuts and nut butters

*Include a variety of fish and meat alternatives, such as beans and lentils.*

**OFFER WATER FOR THIRST!**

### **“Choose Sometimes”**

#### **Grain Products**

- Enriched (white) bread, buns, pita bread, tortillas, bannock
- Long grain rice, rice cakes
- Enriched (white) pasta
- Granola bars (not coated)
- Muffins and loaves
- Pancakes/ waffles
- Rice cakes, crackers

#### **Vegetable and Fruit**

- Canned or frozen vegetables and fruits
- 100% unsweetened vegetable and fruit juices
- Low sodium canned vegetable soup
- Dried fruits, 100% fruit leathers, 100% fruit or vegetable bars

#### **Milk and Alternatives**

- Whole milk
- Flavored or chocolate milk, yogurt and yogurt drinks
- Pudding made with milk
- Cheese, cheese strings, and cheese slices
- Fortified, flavored soy beverages

#### **Meat and Alternatives**

- Lean deli meat such as ham and turkey
- Breaded fish, meat and chicken
- Salted and sweetened seeds, nuts and nut butters
- Canned beans and beans with sauce

### **Mixed Dishes**

To serve these foods more often use ingredients from the “Choose Most Often” category and must contain at least two food groups from Canada’s Food Guide. 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.

Mixed dishes contain foods from at least two of the four food groups according to Canada’s Food Guide. Such as:

- Subs, pita sandwiches, wraps
- Fruit or yogurt smoothies
- Canned soup or stew
- Pizza, soft tacos, quesadillas, or fajitas
- Stir fry meat and vegetables
- Casseroles, pasta and pasta salads with vegetables
- Snack kits (tuna/crackers)

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

Nourishing Minds full rating scales are available at: [www.education.gov.sk.ca/nourishing-minds/](http://www.education.gov.sk.ca/nourishing-minds/)

Health Canada: Eating well with Canada’s Food Guide [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

Recipe Analyzer at [www.eattracker.ca](http://www.eattracker.ca)