



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

Policy n° 2008-MR-03:	Healthy Eating & Active Living Policy GOAL: To establish the framework in which the Sir Wilfrid Laurier School Board and its schools will fulfill their respective responsibilities in accordance with the document with the MELS Framework Policy on Healthy Eating and Active Living.	
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SECTION I: NUTRITION AND FOOD SERVICES, SCHOOL MENUS, VENDING MACHINES, HEALTHY SNACKS AND LUNCH BOXES

1.0 GENERAL GOAL

- 1.1 The general goal of the nutrition policy of the Sir Wilfrid Laurier School board is to motivate students to eat properly by offering, on the one hand, food services favouring the consumption of nutritious foods and, on the other hand, by modifying their attitudes and behaviour towards healthy foods.

Adopting and maintaining healthy eating habits, and engaging in regular physical activity, are key to young people's personal and social development, since a healthy lifestyle and educational success go hand in hand. In fact, it has been shown that a healthy diet has a positive effect not only on young people's development and well-being, but on learning as well, and that regular physical activity promotes concentration, a factor associated with educational success.

2.0 SPECIFIC GOALS

- 2.1 The specific goals of the policy are:
- 2.1.1 To define the qualitative and quantitative requirements of foods supplied in the food services, as defined by the various government agencies.
 - 2.1.2 To ensure the integration of guidelines and recommendations in matters of nutrition as defined by the various responsible health ministries.
 - 2.1.3 To establish the responsibilities of the School Board and of the various intermediaries in the application of this policy.

3.0 GENERAL PRINCIPLES

- 3.1 The document "Going the healthy route at school" published by the Ministère de l'Éducation du Loisir et du Sport (MELS December 2006) is an integral part of this policy [Going to the Healthy Route at School](#)
- 3.2 The Canadian Food Guide is also referred to in this Policy [Canada's Food Guide](#)

4.0 IMPLEMENTATION

- 4.1 The policy is applicable to all elementary, secondary schools and competency development centres of the Sir Wilfrid Laurier School Board and applies to all food distribution.
- 4.2 The School Board ensures the organization, the control and the evaluation of the application of this nutrition policy.
- 4.3 Each food service provider must have the proper operating licenses or authorizations, in accordance with the municipal and provincial rules in force, in their respective jurisdiction. The catering employees will receive pertinent training as per MAPAQ requirements.
- 4.4 The full course meal, adapted to the clientele, should meet one third of the daily nutrition requirements listed in the Canadian Food Guide (January 2007): Vegetables and fruits, Grain products, Milk and Alternatives, Meat and alternatives.

- 4.5 The food service provider will offer the complementary items including milk, juice, fruits, raw vegetables, will be made available to students who wish to complete their lunch box.
- 4.6 The following items do not conform to the **GOING THE HEALTHY ROUTE AT SCHOOL** recommendations in matters of nutrition and their sale at schools is prohibited.
- 4.6.1 Foods with high fat content such as the following (but not limited to):
- Deep fried potatoes
 - Donuts
 - Pastries with cream. Flaky dough
 - Chips, nachos
- 4.6.2 The use of deep fryers is forbidden.
- 4.6.3 Sugar concentrated foods such as the following, but not limited to (all products in which sugar is listed as the first ingredient in the ingredient list):
- All varieties of candy and medicated lozenges
 - Sweet pastries (sugar pie, jelly turnover, etc.)
 - Wrapped commercial type cakes
 - Many varieties of chocolate bars: milk, black, butterscotch, nuts, etc.
 - Commercial type biscuit: marshmallow, with cream, covered with chocolate, etc.
 - Slush
 - Fruit beverages
 - Soft drink beverages and sugar sweetened beverages
 - Cereals coated with sugar
 - Coated peanuts and nuts
 - Butterscotch popcorn
 - Chewing gum
 - Jam, jelly
 - Canned fruit with high sugar content in the syrup
- 4.6.4 Food with high salt content such as the following (but not limited to):
- salted peanuts and nuts
 - pretzels
 - cheese sticks or tortillas
- 4.6.5 Energy drinks, high-caffeine drinks and alcohol are prohibited.
- 4.7 Schools must take into consideration allergies of their student population and will develop plans for food allergies.

SHARING OF RESPONSIBILITIES

4.8 SCHOOL BOARD

The application of the nutrition and food services section of this policy is the responsibility of the Material Resources services in cooperation with school administrations to insure:

- That the service provided meets the needs of the school's clientele.
- The quality control of services offered;

- The variety of items offered, the choice of full menus including all the items on the daily menus and all the complementary meals, as well as the schedule of their use;
- The determination of the selling price requested from the students, of all the products offered, after analysis of the caterer's demands;
- The hygiene of the food services.

4.9 SCHOOL ADMINISTRATION

The school administration, in collaboration with Material Resources and the caterer, are responsible for the following:

- the quality and operation of the food service.
- the maintenance, the cleanliness, atmosphere and comfort of the eating area.
- the promotion of good nutrition by facilitating easy access, proper schedules and attractive menus.

4.10 FOOD SERVICE PROVIDER

This policy is an integral part of the contract established between the School Board and the Food Service Provider, who is bound to respect and follow it. The caterer must also ensure that the menus and the selling prices are posted in the school, in a place accessible to students. A specific clause to this effect appears in the Food Service Provider's contract.

4.11 EFFECTIVE DATE

The Sir Wilfrid Laurier School Board policy applies for the duration of the contract.

5.0 ORIENTATIONS AND PRIORITIES OF THIS POLICY

Meals served must meet the qualitative and quantitative requirements as specified in the working documents (article 3.0), and the food service providers must give priority to the following elements:

- 5.1 Offer meals that include foods from each of the four food groups of Canada's Food Guide: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.
- 5.2 Prepare a main course accompanied by at least one vegetable.
- 5.3 Provide a variety of fruits and vegetables.
- 5.4 Provide a variety of 100% pure (unsweetened) fruit juices and vegetable juices, in addition to milk and water.
- 5.5 Give priority to whole grain products (oats, bran, wheat, rye...)
- 5.6 Offer desserts made with fruit, milk products and whole grain products; avoid desserts that have a high fat or sugar content.
- 5.7 Reduce the fat content of meats. Trim all visible fat before cooking. Drain meat after cooking and remove all trimmable fat from the surface when cooked meat has been refrigerated.

- 5.8 Use low-fat or non-fat cooking methods, such as steaming, baking, braising, poaching, grilling or roasting. Avoid using cream in recipes and avoid adding fat to cooked food before serving.
- 5.9 Avoid products containing saturated or hydrogenated fats (trans fats), such as shortening, hydrogenated oil, lard, tallow, palm or palm kernel oil.
- 5.10 Avoid using butter or margarine for cooking. Use vegetable cooking oils that can withstand high heat (e.g. canola, corn, soybean, sunflower, virgin and extra-virgin olive oil). Avoid using peanut or nut oil as it could contain traces of protein that can cause allergic reaction.
- 5.11 Use non hydrogenated margarine for spreading. Replace part of mayonnaise in dips and dressing with plain yogurt.
- 5.12 Eliminate french fries. However, natural baked potatoes are permitted.
- 5.13 Eliminate frying and deep-frying, and avoid commercial or pre-fried breaded foods. Use toasted whole-grain breadcrumbs for chicken nuggets or fish fillets, etc.
- 5.14 Replace delicatessen meats (e.g. bacon, sausages, pepperoni, salami, bologna, mock chicken), which contain a significant amount of fat and sodium, with cold meats (e.g. turkey, ham, eye of round, pastrami, chicken and roast beef).
- 5.15 Offer at least once a week, a meal that includes unfried, unbreaded fish (e.g. haddock, cod, salmon, sole, tuna, tilapia, trout, turbot) to increase variety and provide essential fats.
- 5.16 Eliminate products in which sugar or a sugar substitute (e.g. sucrose, fructose, dextrose, glucose-fructose, invert sugar, malt, syrup or corn syrup) is the first ingredient listed.
- 5.17 Eliminate sugar-sweetened and artificially sweetened (diet) soft drinks as well as sugar sweetened beverages.
- 5.18 Avoid high fat, high sugar desserts and snacks (e.g. pastries, cakes, pies, donuts, ice cream, chocolate bars with less than 70% cocoa).
- 5.19 At fundraisers or special events, or on school trips and outings, sell or offer food and beverages that comply with the Framework Policy.

The above are extracts from the MELS Framework Policy on Healthy Eating and Active Living.

6. FOOD SERVICE PROVIDER'S OBLIGATION

- 6.1 Each food service provider will have to obtain an operating permit from the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ).
- 6.2 Each food service provider will have to obtain a \$5,000,000 liability insurance policy if food is prepared on site.
- 6.3 Each food service provider will have to forward a copy of the MAPAQ permit and proof of insurance to the Board Office (Material Resources Department), in order to be authorized to operate the cafeteria in 2008-2009 and beyond.

ANNEX TO SECTION I
QUALITATIVE AND QUANTATIVE FOOD REQUIREMENTS
FULL COURSE MEAL (1/3 OF NUTRITIONAL NEEDS)
To include the 4 Food Groups

FOOD ITEMS	SPECIFICATIONS	QUANTITIES
Soup	Skimmed meat or vegetable broth, including noodles and/or vegetables, cream soup, legumes, etc Creamed soup 50% including milk	170 ml 285 ml
Full course Meals - regular - special	Meat (85% lean) or poultry giblets Poultry Fish Egg Legume Stretched Meal or Casserole or Stretched meal of meat, poultry, fish, egg, legume (including food of the other two groups of the C.F.G.) Twice a week	75 g of cooked protein ingredient or 85g of uncooked protein ingredient 55g of cooked protein ingredient
Vegetable Main course has to include a side order of at least one vegetable.	Cooked or raw, preferably fresh or frozen Refer to guide: NUTRITION EN MILIEU SCOLAIRE, 1 st part, page 6	125 ml Raw food plate: 125ml; minimum weight 60g Dip: 30ml
Vegetable Juice	Tomato juice, vegetable juice	200 ml
Potato or substitute	Potato, pasta, rice, couscous, bulgur, millet, quinoa, etc. Preferably whole grain	125 ml cooked
Bread	Whole grain Enriched white	2 slices (70g)
Fruit	- fresh, whole, minimum of 3 varieties - canned - in cubes - 6 inches (15cm) plate (minimum of 3 varieties of fruits) Refer to guide: NUTRITION EN MILIEU SCOLAIRE, 1 st part, page 6	Average size 125 ml (including 2/3 of fresh fruits and 1/3 of canned fruits) 125ml of solid
Fruit juice	Pre-wrapped portion without sugar added - Long lasting conservation (U.H.T.) - With no additives	200 ml
Milk	Pre-wrapped portion - Partially skimmed - Skimmed Chocolate - Partially skimmed (1%) Flavoured milk has to contain less than 30g of sugar per 250ml	200 ml or 500ml 200 ml or 500ml

Homemade dessert	Homemade, prepared with a minimum of fat and sugar (e.g. muffins, cookies, banana bread, carrot cake, cereal bars, etc) 1 variety of home-made dessert per day – rotation during the week	6 cm x 8 cm x 5 cm
Sandwich	Daily varieties made with: Whole wheat or enriched white bread <u>or</u> Sesame seed bun 100% non-hydrogenated margarine Sliced meat, meat, poultry, fish (whole, in part, in salad), cheese <u>or</u> Eggs (whole, in part, in salad)	2 slices or 70g 8cm diameter bun 1 teaspoon 55 g 1-2
Super sandwich	Sandwich made with: crusty bread, enriched white or whole grain, pita, submarine bread Meat, poultry, fish, whole or in part, in salad, egg, cheese	70g bread 1 of 6" 75 g of cooked protein ingredient
Cold Plate	Basic ingredients: - meat, poultry, fish, eggs, cheese, legume - potato or equivalent - vegetables or fruits (minimum of 3 varieties)	75g of cooked protein ingredient 125ml 125ml
Small salad	Lettuce Cabbage Raw vegetables	Minimum: 250 ml 125 ml 125 ml
Crusty bread with peanut butter (with peanut, remember to comply with school guidelines concerning food allergies)	Individual slice Peanut butter	35g baked bread 15 ml
Bagel	Plain, with fruits	10cm diameter
Crackers	Soda, melba,... individual package Preferably whole grain Less than 250mg of sodium per 30g of crackers	2/package
Cheese		20 to 30 g (individual portion)
Hard boiled egg	Grade A / medium or large size	1-2
Fruit Jell-O	With 60 ml of fresh and/or canned fruit	125 ml
Mild-based desserts	Home-made: tapioca, rice, milk pudding	125 ml
Ice cream, milk or frozen yogurt	Pre-portioned: with milk ingredients as the 1 st ingredients, without nuts Bar, cone shape	Commercial type of 100-150ml
Yogurt	Natural, fruity or liquid Less than 2% milk fat	175g

Whole grain cereal bars (with peanut, remember to comply with school guidelines concerning food allergies)	Whole grain based; sugar (or an equivalent) not being the first ingredient	28 g (1 bar)
Biscuit	Flat cake type or dry cookie with low sugar content	10 cm diameter (or 30g) 60g uncooked pastry dough
Muffin	Home-made: bran, nuts, raisins, oatmeal, etc with Low sugar content	5 cm diameter 70g uncooked pastry dough
Cereal	Oatmeal, cream of wheat, bran, shredded wheat, etc. With marshmallow cooked-type bar	Cold: 30g - Hot: 175ml 35g
Peanut butter (Remember to comply with school guidelines concerning food allergies)	Individual portion	15 ml (1 tablespoon)
Peanuts and nuts (Remember to comply with school guidelines concerning food allergies)	Natural, unsalted	45 g
Margarine	Non hydrogenated, salted 100% vegetable oil	5g-7g individual portion
Tea, coffee, herbal tea		170 ml 285ml
Water	Spring water natural or carbonated Mineral salts: maximum 1000 P.P.M. per individual portion	355 ml

NOTE: Foodstuffs not mentioned or not corresponding to the specifications of the present article of the nutrition policy and the sale of meals grouped for promotion may be served in the food services, with prior and official authorization of the responsible party for the School Board.