

<b>STUDENT SERVICES</b>	<b>6000</b>
<b>FOOD AND BEVERAGE PROCEDURES</b>	<b>6050</b>

1. Rationale

This policy will guide Board personnel and school communities in the development of healthy school environments that support student learning and success by encouraging students, staff and parents/guardians to make nutritious and healthy food and beverage choices.

2. Policy

It is the policy of Lakehead District School Board that schools and worksites foster healthy nutrition environments and implement food practices to support the wellness of students and staff in line with the current edition of Canada's Food Guide.

3. Definitions

3.1 Food

Includes both foods and beverages.

3.2 PPM's

Policy/Program Memorandum (PPM) No. 150; School Food and Beverage Policy – Ontario Ministry of Education, 2010.

3.3 Healthy Eating

Eating the recommended types and amounts of food as per Canada's Food Guide, which includes choosing foods from the Serve/Sell Most and Serve/Sell Less categories, as defined below, more often, and may include local, seasonal foods produced in a sustainable manner.

3.4 Policy/Program Memorandum (PPM) Nutrition Standards for Foods

Food is divided into "Vegetables and Fruit", "Whole Grains" and "Protein Foods", following Canada's Food Guide. There are also "Mixed Dishes" for products that contain more than one major ingredient (e.g., pizza, pasta, soup, salads, and sandwiches), and "Miscellaneous Items", for items that are to be used in limited amounts (e.g., condiments, sauces, dips, oils and dressings) and for confectionary, which is not permitted for sale (e.g., candy, chocolate). To determine whether a specific product may be sold in schools, it is necessary to read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria.

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3.5 Serve/Sell Most (> 80%)

Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of saturated fat, sugar and/or sodium. They must make up at least 80% of all food choices that are available for sale or served in all venues, through all programs, and at all events. The same requirement applies to beverage choices (see PPM 150 Appendix Nutrition Standards for Ontario Schools attached).

3.6 Serve/Sell Less (< 20%)

Products in this category may have slightly higher amounts of saturated fat, sugar, and/or sodium than foods and beverages in the “Sell Most” category. They must make up no more than 20% of all food choices that are available for sale or served in all venues, through all programs, and at all events. The same requirement applies to beverage choices (see PPM 150 Appendix Nutrition Standards for Ontario Schools attached).

3.7 Not Permitted for Sale or to be Served

Products in this category generally contain few or no essential nutrients and/or contain high amounts of saturated fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery). Food and beverages in this category may not be sold or served in schools (see PPM 150 Appendix Nutrition Standards for Ontario Schools attached).

3.8 Healthier Cooking Methods

Cooking methods that require little or no added saturated fat or sodium, such as baking, barbecuing, broiling, grilling, microwaving, poaching, roasting, steaming or stir-frying.

3.9 Student Nutrition Programs

A breakfast, early morning meal, snack or lunch program offered by the school for all students which is funded by a combination of financial resources, including parent/guardian contributions, local community fundraising, and provincial funding and which attempt to increase food availability, while also aiming to promote healthy eating and provide a positive social atmosphere for all students and staff.

3.10 Exemptions for Special Event Days

A day designated by the principal of the school on which food and beverages sold or served in schools are exempt from the nutrition standards outlined in PPM 150 and these procedures.

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3.11 Nutrition Education

As outlined in the Ontario Curriculum.

3.12 Fundraising

Any voluntary contribution, sale of goods or services, or event, which is organized and conducted for the purpose of generating funds. Fundraising may occur within the school or outside of the school.

4. Actions Required

4.1 General

It is the responsibility of all schools and worksites of Lakehead District School Board to comply with provincial legislation relating to nutrition including Education Act Ontario, School Food and Beverage Policy (PPM 150) and other pertinent legislation. Lakehead District School Board's policy and procedures covers food and beverages sold or served to students and staff during the school day, at school or Board-sponsored special events, at meetings or in-services, at sports events and at all Board sites, including non-instructional sites. The policy and procedures does not apply to food and beverages that are:

- brought from home or purchased off school premises and are not for resale in schools;
- available for purchase during field trips off school premises;
- sold in schools for non-school purposes (e.g., sold by an outside organization that is using the gymnasium for a non-school-related event);
- sold for fundraising activities that occur off school premises provided these activities occur no more than two times per semester in both elementary and secondary schools; and
- sold in staff rooms.

4.2 Schools and Classrooms

4.2.1 Food will not be used as an individual reward or incentive for good behaviour, achievement, or participation in classrooms. If food is used as part of an observance, all foods and beverages served must be from the Sell/Serve Most and Sell/Serve Less categories except on special event days.

4.2.2 Schools and Board sites, including non-instructional sites, must ensure that all school hospitality programs serve and/or sell foods that comply with the standards outlined in PPM 150 and 6050 Food and Beverage Policy and Procedures.

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- 4.2.3 School administrators and Board staff planning school or educational events, including, but not limited to, meet the teacher, open house, graduation, professional activities, and staff meetings, will model good nutrition by serving only foods that comply with the nutrition standards as outlined in PPM 150 and 6050 Food and Beverage Policy and Procedures unless the day has been designated a special event day.
- 4.2.4 Lakehead District School Board recognizes that special event days take place periodically throughout the year. The principal of the school shall solicit the views of the school council and, where appropriate, students, with respect to the designation of special event days for the school. The maximum number of days in the school year that may be designated as special event days for a school is ten. School administrators will communicate the dates of special event days to the school community. On such a designated special event day, schools are encouraged to follow the 6050 Food and Beverage Policy and Procedures, but may, if they so choose, serve or sell foods or beverages that do not comply with the standards in PPM 150 and 6050 Food and Beverage Policy and Procedures (e.g., an ice cream sandwich day).
- 4.2.5 Sporting events, at school sites, such as tournaments or meets, must serve and sell food and beverages that comply with the standards of PPM 150 and 6050 Food and Beverage Policy and Procedures.
- 4.2.6 Schools with student nutrition programs will follow the Student Nutrition Program Nutrition Guidelines developed by the Ministry of Children, Children and Social Services. School and Board staff will inform community partners and funders of 6050 Food and Beverage Policy and Procedures, and work with support organizations such as Red Cross and Breakfast Clubs of Canada.
- 4.2.7 Where operationally possible, schools are encouraged to plan nutrition breaks of sufficient length, after a period of recess, exercise, or play, granting students the opportunity to enjoy their food break in a calmer environment.

#### 4.3 Cafeterias

Cafeterias in all schools and Board sites, including non-instructional sites, will sell or serve foods that comply with the nutrition standards contained in PPM 150, Canada Food Guide and 6050 Food and Beverage Policy and Procedures. When obtaining food service contracts with food providers for cafeterias or for schools (e.g., hot lunch providers), Lakehead District School Board will use the Request for Proposal (RFP) process and will include the following:

- use of locally grown and produced foods wherever possible;
- use of whole foods; and
- healthy foods that reflect cultural diversity and provide options for vegetarians and vegans on a regular basis.

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In addition, the Board will provide a copy of 6050 Food and Beverage Policy and Procedures to food service providers, cafeteria managers and workers, and review it with them annually to ensure compliance.

Healthy menu items should be comparatively/competitively priced with the less healthy items.

#### 4.4 Fundraising

4.4.1 It is recommended that the sale of non-food items be selected for fundraising purposes.

4.4.2 Foods that are used for fundraising purposes must comply with the standards as outlined in PPM 150 and 6050 Food and Beverage Policy and Procedures.

4.4.3 A school may sell a non-compliant food for fundraising purposes in the community, outside the school, up to a maximum of two times per school semester for a total of four times in each school year.

#### 4.5 Communication and Education

4.5.1 Schools will communicate the Ministry Policy (PPM 150), 6050 Food and Beverage Policy and Procedures, and Policy directive annually to parents/guardians, students and the community and provide guidelines and suggestions for foods to be served to students for lunches, snacks and school celebrations. Each school is encouraged to recognize, value and support parent/guardian and student involvement in making changes which reflect a healthy school environment, including the valuing of nutritional foods that represent cultural diversity.

4.5.2 Schools may choose to develop additional guidelines in a School Nutrition Policy or form a School Nutrition Action Committee in consultation with their school council.

4.5.3 In addition to the required nutrition education as outlined in the Ontario Curriculum, opportunities to promote healthy eating and safe food handling should be practiced for planned events, observances and classroom activities, and should include input from students, staff, administration and parents. Staff will be in-serviced about healthy eating practices and safe food handling during the implementation process.

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5. Compliance Review

Principals shall regularly monitor and review their compliance with this policy, procedure, PPM 150 and any other relevant legislation.

6. Additional Requirements

6.1 Principals must take into consideration strategies developed under the Board's 6065 Prevalent Medical Conditions Policy and Procedures to reduce the risk of exposure to causative agents.

6.2 The diversity of students and staff must be taken into consideration in order to accommodate religious and/or cultural needs.

7. Review

These procedures shall be reviewed in accordance with 2010 Policy Development and Review Policy.

<u>Cross Reference</u>	<u>Date Received</u>	<u>Legal Reference</u>
Call to Action: Creating a Healthy School Nutrition Environment – Ontario Society of Nutrition Professionals in Public Health, 2004	April 26, 2011	Policy/Program Memorandum No. 150; School Food and Beverage Policy – Ontario Ministry of Education, 2010
Canada’s Food Guide, 2019	<u>Date Revised</u> February 25, 2020	Education Act R.S.O. 1990, CHAPTER E.2 Section 8(1) 29.3 & 29.4 Sections 317 – 320
Ontario Curriculum (Health and Physical Education 1-8 and 9-12, Kindergarten Program)		Ontario Regulation 200/08 Trans Fat Standards
Thunder Bay District Health Unit’s Food and Safety Guidelines & Healthy Eating Guidelines		
6065 Prevalent Medical Conditions Policy and Procedures		