

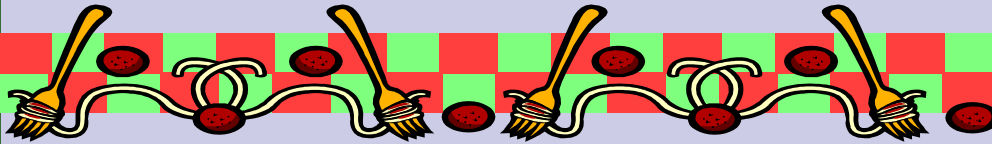
Healthy Eating Policy Bites

September, 2010

Healthy Eating Alliance Supporting School Nutrition Policies

As another school year begins, the Healthy Eating Alliance (HEA) wants to thank all schools for their dedicated efforts put into healthy eating initiatives in the past. We look forward to hearing all the nutrition success stories in the coming 2010/11 school year!

Sherry Pickering, Dietitian with the HEA is the Healthy Eating Policy Coordinator for Schools on PEI. She is able to work with schools as questions or concerns arise with the School Nutrition Policy.



In this Newsletter...

- HEA supporting school nutrition policies
- So what about hotdogs?...
- Tips for introducing new foods at your school
- Healthy lunch and snack ideas for schools

Sooo...What about hotdogs?



The intent of the boards/districts School Nutrition Policy is not to ban foods, it is to serve healthy choices more often and less healthy foods less often! All foods can fit within a healthy diet; it all comes down to how often and how much of the particular food is served. The foods listed in the **Most Often** list within the School Nutrition Policy can be served daily (and refer to page 2 of newsletter for ideas), and below is information on how often Sometimes and Least Often food choices can be served at your school.

Sometimes: Food items in this category are not as nutritious as your **Most Often Choices**. These foods will be a bit higher in some (or all) nutrients such as fat, sugar and sodium. They are also sometimes lower in important nutrients such as fiber. From this list (refer to the School Nutrition Policy) you can serve a **maximum of two items from EACH of the 4 food groups per WEEK**.

For example: Within the Grain Products category, offering a white pasta serving once and 60% whole wheat bread once, would equal your maximum total of two choices from this category for the entire week. Offering a serving of white rice that same week would not comply with the policy. Within the Combo Foods category, offering a serving of lean meat pizza made with white crust and a serving of hard tacos would equal your maximum total of two choices from this category for the entire week.

Least Often: Food items in this category tend to be more processed and higher in some (or all) nutrients such as fat, sugar, and sodium than your **Most Often** and **Sometimes foods**. They can also be lower in important nutrients such as fiber. From this list (refer to the School Nutrition Policy) you can serve a **maximum of two food choices from the entire list per MONTH**.

For example, one hotdog and one ice cream serving would be your maximum number of choices per month from this list to comply with the School Nutrition Policy.

Note: If you are providing food to a school, please check with your school to see what other choices are being served to ensure that overall the school is not exceeding their sometimes and least often lists within the School Nutrition Policy.

Tips for Introducing New Foods at your School

- **Taste Testing** — Before adding a new food selection to your menu, offer students the opportunity to sample the food first. By giving them the opportunity to try a food without pressure to buy it can help students realize that they may actually like the foods!
- **Students involved in preparing or distributing food** — Students are more likely to accept food choices when they are involved in preparing or even helping distribute the food. The food service arrangements in each school will determine how involved students can be.
- **Surveying students to help decide what food to serve** - It is important for students to be involved in selecting food choices, and it is key to successfully adding healthy food options to your menu. Ask students what healthy foods they would like served at school. Provide some guidance around healthy choices by showing them the Healthy Eating Alliance's *Smart Eating Guide* and *Eating Well with Canada's Food Guide*.
- **Presenting healthy foods in an attractive way** - Use baskets, interesting arrangements, colorful food choices, and place healthy options in a prominent area. If food looks attractive and appetizing, people are more likely to choose it.



Healthy Food Ideas

Choose Most Often Daily Lunch Choices

- Chicken/Beef/Vegetable stirfry
- Fajitas, Quesadillas, Soft tacos (made with whole wheat tortilla wrap)
- Wraps/Pitas (made with whole wheat shell, lean meats)
- Submarine/sandwiches with lean deli meats made with whole grain breads
- Grilled cheese sandwich (made with whole wheat bread, lower fat cheese)
- Meatballs and brown rice
- Spaghetti or Macaroni and Cheese (made with whole wheat noodles)
- Shepherds pie
- Cabbage rolls
- Salads (vegetable, pasta, etc.)
- Soup, Stew or Chili
- Noodle or Rice soup (homemade or canned low fat/low salt)
- Cheese/Veggie/Chicken pizza, whole wheat crust
- Panzarotti with vegetables and lower fat cheese
- Souvlaki, tzatziki

*WSB Policy—please refer to your nutrition criteria for each food list.

Choose Most Often Daily Snack Choices

- Fresh whole fruit
- Fruit salad cup or canned fruit in water or juice
- Fruit, yogurt, granola parfait
- Veggie sticks and low fat dip
- Muffins (whole grain, lower fat) made with vegetables or fruit
- Fresh or frozen yogurt (2% MF or less)
- Applesauce or applesauce blend cups (no added sugar)
- Smoothies
- Low fat, high fiber cookies (made with whole wheat flour and oatmeal or dried fruit)
- Rice cakes
- Milk or Chocolate Milk
- Hummus & whole wheat pita wedges
- Whole grain bread sticks, or whole grain bagel
- Whole grain/whole wheat crackers and lower fat (<20% MF) cheese
- 100% Fruit juice
- Plain air-popped popcorn
- Cheese or cheese strings (20% MF or less)

*All Schools, please refer to your schools guidelines and policies around food allergies.



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Questions? Ideas? Requests?

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