



School Healthy Eating Policy and Administrative Regulations



EASTERN SCHOOL DISTRICT

POLICY STATEMENT

SUBJECT: **School Nutrition**

DATE OF ADOPTION: January 12, 2005

EFFECTIVE DATE: **January 12, 2005**

SUPERSEDES: October 8, 1997 (Policy EF)

REVIEW DATE:

CROSS REFERENCE:

PAGE: 1 of 2

The Eastern School District Board of Trustees believes that nutrition has a significant impact on the health and academic achievement rates of students. Good nutrition is essential for healthy growth and development, and reduces the risk of diseases such as heart disease, cancer, diabetes and osteoporosis. In Prince Edward Island, the incidence of these preventable nutrition related diseases is higher than in many other areas of Canada. It is therefore critical to establish healthy eating behaviours in childhood and provide children and youth with the opportunity to develop healthy eating behaviours for life. Healthy eating behaviours begin at home in early childhood and later become a cooperative effort between the home and the school. Since students spend more time in school than in almost any other environment and may consume 40% of their daily intake at school, the school setting can have a tremendous and positive impact on student health and learning.

The Board encourages schools to maintain supportive environments which promote healthy food choices, both in the foods available at school and through educational programs. The Board provides regulations to assist schools in achieving the objectives of this policy. This policy will be regularly reviewed in accordance with usual Board procedures.

The Eastern School District and administrators will improve student access to food by:

- improving access by all students to healthy, safe, reasonably priced, attractively presented food choices; and
- reducing hunger among children living with food insecurity, through enhanced access to healthy foods within the school setting, provided in a non-stigmatizing manner.

The Eastern School District and administrators recognize that the quality of food available at school is an important determinant of healthy eating in children. Enhanced healthy eating will be achieved by providing healthy food and beverage choices in vending machines, canteens, and school food programs and using healthy food choices, or non-food items, for fundraising campaigns. The regulations are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home.

The Eastern School District believes that nutrition education is important and is most effective if a comprehensive approach involving the school and broader community is used. Teachers and school staff are a valuable resource in helping students understand the relationship between nutrition, health and physical activity and developing the knowledge, positive attitudes and skills necessary to make healthy food choices for life.

While recognizing that parents are ultimately responsible for their child's nutritional health, schools should work with their parent groups and other community partners such as the PEI Healthy Eating Alliance to encourage and support parents to:

- ensure that their children eat a healthy breakfast;
- pack healthy lunches; and
- eat healthy meals at home.

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EASTERN SCHOOL DISTRICT

ADMINISTRATIVE REGULATION

SUBJECT: **School Nutrition**
(For Elementary and Consolidated Schools Without Cafeterias)

EFFECTIVE DATE: **May 12, 2005**

SUPERSEDES: January 13, 2005

REVIEW DATE:

CROSS REFERENCE:

PAGE: 1 of 8

Implementation Schedule

Schools will have support for the remainder of the 2004-2005 school year to prepare to implement most of the provisions of these regulations during the 2005-2006 school year, and the provisions regarding fund-raising campaigns will be implemented for the beginning of the 2006-2007 school year.

Therefore:

| | |
|----------------------------|--|
| January-June 2005 | Preparation for implementation |
| September 2005 - June 2006 | Implementation of all provisions except those regarding fund-raising campaigns |
| September 2006 | Implementation of provisions regarding fund-raising campaigns |

Regulations

The following regulations are set out to assist schools to achieve the objectives of the Eastern School District Nutrition Policy. These were identified in consultation with lead schools in the Eastern School District. There are several documents available to support schools with these regulations; these are listed at the end of the "Regulations" section.

Three sections follow: 1) Student Access to Food; 2) Quality of Food Available at School; and 3) Nutrition Education.

1. Student Access to Food

Programming

All schools will continue to participate in and promote the PEI School Milk Program.

All schools are encouraged to stock an emergency food cupboard with healthy choices for students in need.

Schools are encouraged to provide breakfast or snack programs when a need is identified, which will:

- 1) Be open to all students but will not be promoted as a replacement for breakfast eaten at home; and will
- 2) Follow Best Practice Standards from Breakfast for Learning.

Pricing

Schools will support healthy food choices by pricing approaches which encourage students to choose healthy foods over less healthy foods when food is sold at school.

Promotion

Schools will work to develop an environment that promotes healthy eating by:

- 1) Promoting and/or advertising only healthy food choices (those in the “Foods to Serve Most Often” and “Foods to Serve Sometimes” lists in the *Guide to Food Choices* (appendix)).
- 2) Not accepting advertising of food products for unhealthy food choices (those in the “Foods to Serve Least Often” list (appendix)).
- 3) Displaying attractive, current promotional materials (e.g. posters, displays, etc) related to healthy eating throughout schools.
- 4) Carrying materials that support the Nutrition Policy and Regulations in school resource centres (e.g. books, videos, pamphlets).
- 5) Participating in PEI Healthy Eating Alliance and Nutrition Month activities, where possible.

Time to Eat

Schools shall:

- 1) Allow a minimum of 20 minutes for students to eat lunch;
- 2) Encourage that foods are eaten after outside play, whenever possible.
- 3) Assure that lunch is eaten in a calm positive atmosphere.

Student Choice

- 1) Administrators and parent groups should involve students in planning school food choices.
- 2) Students should be encouraged to choose food from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” lists (appendix).
- 3) When possible, schools should provide microwaves in classrooms to broaden the range of food choices for students.

2. Quality of Food Available at School

Criteria for Food and Beverages Available in Vending Machines, Canteens, School Lunch, Breakfast Programs, and Snack Programs

- 1) Foods and beverages sold or made available at school for lunch, canteen, and snack programs will be selected from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists (appendix) and will emphasize vegetables and fruit; lower fat white and chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.

- 2) All food and beverages in vending machines which are accessible to students will be selected from the “Healthy Vending Machine and Canteen Foods” list (appendix). Vending machines will not be used to sell carbonated soft drinks, fruit drinks, fruit juices with less than 100% juice, or sports drinks.
- 3) Schools will manage and operate vending machines in accordance with the terms of this Policy.
- 4) Teachers and administrators will encourage students to drink water and can facilitate their doing so by allowing water bottles in the classroom.
- 5) Schools should try to use local products first, where possible.

Special Functions

- 1) Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days.
- 2) Schools should not offer less healthy foods (e.g. candy, soft drinks, chips) as a reward to students for good behaviour, achievement, or participation in fundraising activities.

Fundraising

- 1) Fundraising activities by schools and parent groups should emphasize non-food products or healthy food choices from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists (appendix).

Food Safety

- 1) Administrators will ensure that school staff and parent volunteers are familiar with safe food handling practices.
- 2) Schools will adhere to the Provincial Anaphylaxis Policy.
- 3) Students should wash their hands before eating.

3. Nutrition Education

Curriculum

- 1) The Eastern School District will work with the Department of Education and community partners to promote the further development and enhancement of a current, relevant nutrition education curriculum and enhance the resources available to teachers to support their nutrition education activities.
- 2) Schools should use a comprehensive approach to nutrition education involving the whole school community (families, individuals and organizations in the community) in nutrition education activities to positively influence students’ nutrition knowledge, attitudes, skills and eating habits.
- 3) When possible, schools should incorporate nutrition education into other subject areas and outside classroom activities.
- 4) Schools will support opportunities for staff development and training for effective delivery of nutrition curriculum.

Role Models

Recognizing the importance of role modelling in promoting healthy eating:

- 1) Teachers, administrators, and school staff should act as positive role models to promote healthy eating within the classroom and school environment.

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Appendix 1 - **Guide to Food Choices**

This *Guide to Food Choices* accompanies the Eastern School District Healthy Eating Regulations. It consists of 3 food lists which have been developed based on Canada's Food Guide to Healthy Eating.

They are 1) *Foods to Serve Most Often*; 2) *Foods to Serve Sometimes*; and 3) *Foods to Serve Least Often*. A list of Healthier Vending Machine and Canteen Foods is also included. These lists are meant to assist schools in selecting healthy choices for when food is available (e.g. canteen, lunch program, snack program, breakfast program, emergency food cupboard, etc.). These food lists can also be used as a guide for parents when selecting foods for lunches.

Note: The food lists are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home.

| <i>Foods to Serve Most Often: Serve These Foods Daily</i> | | | |
|--|---|--|--|
| These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruit. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), as well as low in fat. | | | |
| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives |
| <ul style="list-style-type: none"> < Whole wheat or multi-grain bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas < Low fat, high fibre muffins with vegetables or fruit < Cookies (made with oatmeal or dried fruit and whole wheat flour) < Crackers (low fat) < Unsweetened or low-sugar cereal (e.g. Corn Flakes®, Shreddies®, etc.) < Rice cakes, plain popcorn < Corn bread < Whole wheat noodles or pasta < Brown rice < Noodle or rice soup (homemade or canned low fat/low salt) < Pasta salad | <ul style="list-style-type: none"> < Fresh vegetables and fruits < 100% vegetable or fruit juice < Canned fruit (packed in juice or water) < Applesauce or applesauce blend products < Frozen fruit (without added sugar) < Frozen vegetables (without added fat) < Vegetable soups (homemade or canned low fat/low salt) < Vegetables (stir-fried) < Baked potatoes < Salads (without high fat dressing) | <ul style="list-style-type: none"> < White or chocolate milk (2%, 1%, or skim) < Yogurt, frozen yogurt (2% milk fat or less) < Cheese < Cheese strings < Milk-based soups and chowders (homemade or canned low fat/low salt) | <ul style="list-style-type: none"> < i Chicken or turkey < Fish, Seafood (fresh or frozen) < Lean or extra lean beef or pork < Canned fish (packed in water) < Beans, lentils, dried peas (e.g. baked beans, lentil or split pea soup, chili with beans) < Eggs < Tofu < Peanut butter < Soya beverages < Nuts and seeds (unsalted) < Cottage cheese <p>i choose baked or broiled meat and fish; not battered or fried</p> |

Foods to Serve Sometimes
Serve These Foods 2-3 Times Per Week

The foods featured on this list are also healthy choices, but they may be higher in calories, fat, salt or more processed than the foods found on the “Foods to Serve Most Often” list

| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives |
|--|---|---|--|
| <ul style="list-style-type: none"> < <i>White</i> bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas < Loaves (vegetable or fruit) < Sweetened Cereal made with oats or whole grains (e.g. Instant Oatmeal, Honey Nut Cheerios®, etc) < Cereal and granola bars (low fat) < Cereal snack mix < Graham wafers < Fruit bars (e.g. fig newtons) < Date squares < Noodles or noodle soup (canned or instant “baked type”) < Biscuits, bannock < Scones < Pretzels < Rice cereal squares < Cheese, veggie or Hawaiian pizza < White rice or pasta | <ul style="list-style-type: none"> < Canned fruit (in light syrup) < Dried fruit * < Frozen fruit bars (100% fruit juice) < Fruit crisps < Canned vegetables < Vegetables in sauces (e.g. cheese sauce) < Vegetable soup (canned, regular) < Cheese, veggie or Hawaiian pizza | <ul style="list-style-type: none"> < Milk (whole) < Ice milk < Processed cheese products (e.g. slices, spreads) < Yogurt drinks < Milk based puddings < Flavoured milk drinks < Custards < Cheese, veggie or Hawaiian pizza | <ul style="list-style-type: none"> < Lean cold cuts < Lower fat hot dogs < i Lower fat veggie hot dogs, burgers or nuggets < Baked ham < Nuts and seeds (salted) i choose baked or broiled vegetarian products; not battered or fried |

* Although dried fruit like raisins are nutritious, children should be encouraged to brush their teeth after eating them since they are sticky and naturally sweet and can promote tooth decay.

Foods to Serve Least Often
Serve These Foods Infrequently
(1-2 times per month or less)

The foods on this list tend to be quite high in fat, sugar, calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet.

| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives | Others |
|---|---|---|--|---|
| <ul style="list-style-type: none"> < Muffins (cake-like, commercially prepared) < Sugary breakfast cereal < Crackers (not low fat) < Granola bars (dipped, not low fat) < Cookies (commercial or higher fat regular recipe) < Noodles or noodle soup (canned or instant "fried type") | <ul style="list-style-type: none"> < Fried vegetables < French fries, all commercial types < Sweetened fruit juice < Fruit pies < Fruit leather | <ul style="list-style-type: none"> < Cream soups < Milkshakes < Regular ice cream | <ul style="list-style-type: none"> < Regular fat processed meats (e.g. Pepperoni, salami, bacon, bologna, etc) < Pizza with processed meats < Hot dogs, regular < Sausages, regular < Fried fish and chicken (e.g. chicken nuggets) < Regular ground beef < Sesame snaps | <ul style="list-style-type: none"> < Potato or nacho chips < Chocolate bars < Cakes < Doughnuts < Squares (e.g. brownies) < Candy < Pop < Iced tea < Sweetened fruit drinks < Sports drinks < Gravy |

Healthier Vending Machine and Canteen Foods

The foods included on this list are healthy choices that can be included in vending machines or school canteens.

| Beverages | Snacks |
|---|--|
| <ul style="list-style-type: none"> < Milk < Chocolate Milk < 100% juice < Water | <ul style="list-style-type: none"> < Raw vegetables and dip (refrigeration required) < Fresh fruit - whole, pre-cut with dip, or fruit salad (refrigeration required) < Fruit cups < Applesauce or applesauce blend cups < Yogurt or yogurt tubes (refrigeration required) < Raisins and other dried fruit (e.g. apricots, apple slices, cranberries, pineapple, etc.) < Fruit bars (e.g. fig newtons) < Breadsticks and cheese < Bagels < Pretzels < Rice cakes or rice crisps < Cereal snack mix < Crackers & Topping (e.g. cheese, peanut butter, jam, etc.) < Granola bars (low fat, not dipped) < Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.) < Trail mix (combination of dried cereal, dried fruit, nuts and seeds) |

WESTERN SCHOOL BOARD OF P.E.I. BOARD POLICY MANUAL

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| Section: SCHOOL NUTRITION | Index Code: |
| Origin: WESTERN SCHOOL BOARD SUPERINTENDENT OF EDUCATION | Reference: |
| Title: ELEMENTARY & CONSOLIDATED SCHOOL NUTRITION POLICY | |

Policy Statement:

The Board of Trustees of the Western School Board (the Board) believes that nutrition has a significant impact on the health and academic achievement rates of students. Good nutrition and physical activity are essential for healthy growth and development, and reduces the risk of conditions such as overweight, obesity, heart disease, cancer, diabetes and osteoporosis. In Prince Edward Island, the incidence of preventable nutrition related diseases is higher than in many other areas of Canada. It is therefore critical to establish healthy eating behaviours in childhood and provide children and youth with the opportunity to develop healthy eating behaviours for life. Healthy eating behaviours begin at home in early childhood and later become a cooperative effort between the home and the school. Since students spend more time in school than in almost any other environment and may consume 40% of their daily intake at school, the school setting can have a tremendous and positive impact on student health and learning.

The Board encourages schools to maintain supportive environments which promote healthy food choices, both in the foods available at school and through educational programs. The Board provides, through regulation, guidelines to schools to assist them in carrying out this policy. This policy will be regularly reviewed in accordance with usual Board procedures.

The Board and administrators will improve student access to food by:

- improving access by all students to healthy, safe, reasonably priced, attractively presented food choices; and
- reducing hunger among children living with food insecurity, through enhanced access to healthy foods within the school setting, provided in a non-stigmatizing manner.

The Board and administrators recognize that the quality of food available at school is an important determinant of healthy eating in children. This will be achieved by providing healthy food and beverage choices in vending machines, canteens, and school food programs and using healthy food choices, or non-food items for fundraising activities. The regulations are not meant to be used by teachers and administrators as a tool to evaluate student lunches from home.

The Board believes that nutrition education is important and is most effective if a comprehensive approach involving the school and broader community is used. Teachers and school staff are a valuable resource in helping students understand the relationship between nutrition, health and physical activity and developing the knowledge, positive attitudes and skills necessary to make healthy food choices for life.

While recognizing that parents are ultimately responsible for their child's nutritional health, schools should work with their parent groups (such as the Home and School Federation) and other community partners such as the PEI Healthy Eating Alliance to encourage and support parents to:

- ensure that their children eat a healthy breakfast,
- pack healthy lunches and
- eat healthy meals at home.

The following regulations are set out to assist schools to achieve the objectives of the Western School Board Nutrition Policy. These were identified in consultation with lead schools in the Western School Board. There are several documents available to support schools with these regulations; these are listed at the end of the "Regulations" section.

Three sections follow: 1) student access to food; 2) quality of food available at school; and 3) nutrition education.

Regulations:

1. Student Access to Food

1.1 Programming

All schools will continue to participate in and promote the PEI School Milk Program.

All schools are encouraged to stock an emergency food cupboard with healthy choices for students in need.

Schools are encouraged to provide breakfast or snack programs when a need is identified, which will:

- be open to all students but will not be promoted as a replacement for breakfast eaten at home; and will
- follow Best Practice Standards from Breakfast for Learning.

2.0 Pricing

Schools will support healthy food choices by pricing approaches which encourage students to choose healthy foods over less healthy foods when food is sold at school.

3.0 Promotion

Schools will work to develop an environment that promotes healthy eating by:

- promoting and/or advertising only healthy food choices (those in the "Foods to Serve Most Often" and "Foods to Serve Sometimes" lists in the *Guide to Food Choices* (appendix)).
- not accepting advertising of food products for unhealthy food choices (those in the "Foods to Serve Least Often" list (appendix).
- displaying attractive, current promotional materials (e.g. posters, displays, etc) related to healthy eating throughout schools.
- carrying materials that support the Nutrition Policy and Regulations in school resource centres (e.g. books, videos, pamphlets).
- participating in PEI Healthy Eating Alliance and Nutrition Month activities, where possible.

4.0 Time to Eat

Schools should:

- • allow a minimum of 20 minutes for students to eat lunch;
- • encourage that foods are eaten after outside play, whenever possible.

5.0 Student Choice

- Administrators and parent groups should involve students in planning school food choices.
- Students should be encouraged to choose food from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” lists (appendix).

6.0 Quality of Food Available at School

6.1 Criteria for Food and Beverages Available in Vending Machines, Canteens, School Lunch, Breakfast Programs, and Snack Programs

- Foods and beverages sold or made available at school for lunch, canteen, and snack programs will be selected from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists (appendix) and will emphasize vegetables and fruit; lower fat white and chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.
- All food and beverages in vending machines which are accessible to students will be selected from the “Healthy Vending Machine and Canteen Foods” list (appendix). Vending machines will not be used to sell carbonated soft drinks, fruit drinks, fruit juices with less than 100% juice, or sports drinks.
- Schools will manage and operate vending machines in accordance with the terms of this Policy.
- Teachers and administrators will encourage students to drink water.
- Schools should try to use local products first, where possible.

7.0 Special Functions

Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days.

Schools are encouraged to offer healthy foods or non-food items as a reward to students for good behaviour, achievement, or participation in fundraising activities.

8.0 Fundraising

Fundraising activities by schools and parent groups should emphasize non-food products or healthy food choices from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists (appendix).

9.0 Food Safety

Administrators will ensure that school staff and parent volunteers are familiar with safe food handling practices.

Schools will adhere to the Provincial Anaphylaxis Policy.

Students should wash their hands properly before eating.

10.0 Nutrition Education

10.1 Curriculum

- The Board will work with the Department of Education and community partners to promote the further development and enhancement of a current, relevant nutrition education curriculum and enhance the resources available to teachers to support their nutrition education activities.
- Schools should use a comprehensive approach to nutrition education involving the whole school community (families, individuals and organizations in the community) in nutrition education activities to positively influence students’ nutrition knowledge, attitudes, skills and eating habits.
- When possible, schools should incorporate nutrition education into other subject areas and outside classroom activities.
- Schools will support opportunities for staff development and training for effective delivery of nutrition curriculum.

10.2 Role Models

Recognizing the importance of role modelling in promoting healthy eating, teachers, administrators, and school staff should act as positive role models to promote healthy eating within the classroom and office environment.

Supportive Documents Available:

- Fundraising Alternatives
- Microwave Safety
- Peanut Alternatives
- Practical suggestions for emergency food cupboard
- Lunch program options
- Plain language document explaining the guidelines for parents (one page)
- Short summary piece available for schools to use in their newsletters and handbook
- A comprehensive Q&A document that provides the rationale for each item of the guidelines. _____

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| <p>Date Originally Adopted: June 8, 2005 Date of Last Amendment: June 8, 2005 Original Board Policy No.:NA Date Revised: June 8, 2005</p> |
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Appendix to Western School Board School Policy on School Nutrition for Elementary & Consolidated Schools (policy)

Guide to Food Choices

This *Guide to Food Choices* accompanies the Western School Board Healthy Eating Regulations.

It consists of 3 food lists which have been developed based on Canada's Food Guide to Healthy Eating. They are 1) *Foods to Serve Most Often*; 2) *Foods to Serve Sometimes*; and 3) *Foods to Serve Least Often*. A list of *Healthier Vending Machine and Canteen Foods* is also included.

These lists are meant to assist schools in selecting healthy choices for when food is available (e.g. canteen, lunch program, snack program, breakfast program, emergency food cupboard, etc.). These food lists can also be used as a guide for parents when selecting foods for lunches.

Note: The food lists are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home.

Foods to Serve Most Often: Serve These Foods Daily

These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruit. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), as well as low in fat.

| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives |
|--|---|---|---|
| <ul style="list-style-type: none"> ▶ <i>Whole wheat</i> or multi-grain bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas ▶ Low fat, high fibre muffins with vegetables or fruit ▶ Cookies (made with oatmeal or dried fruit and whole wheat flour) ▶ Crackers (low fat) ▶ Unsweetened or low-sugar cereal (e.g. Corn Flakes®, Shreddies®, etc.) ▶ Rice cakes, plain popcorn ▶ Corn bread ▶ Whole wheat noodles or pasta ▶ Brown rice ▶ Noodle or rice soup (homemade or canned low fat/low salt) ▶ Pasta salad | <ul style="list-style-type: none"> ▶ Fresh vegetables and fruits ▶ 100% vegetable or fruit juice ▶ Canned fruit (packed in juice or water) ▶ Applesauce or applesauce blend products ▶ Frozen fruit (without added sugar) ▶ Frozen vegetables (without added fat) ▶ Vegetable soups (homemade or canned low fat/low salt) ▶ Vegetables (stir-fried) ▶ Baked potatoes ▶ Salads (without high fat dressing) | <ul style="list-style-type: none"> ▶ White or chocolate milk (2%, 1%, or skim) ▶ Yogurt, frozen yogurt (2% milk fat or less) ▶ Cheese ▶ Cheese strings ▶ Milk-based soups and chowders (homemade or canned low fat/low salt) | <ul style="list-style-type: none"> ▶ Chicken or turkey ▶ Fish, Seafood (fresh or frozen) ▶ Lean or extra lean beef or pork ▶ Canned fish (packed in water) ▶ Beans, lentils, dried peas (e.g. baked beans, lentil or split pea soup, chili with beans) ▶ Eggs ▶ Tofu ▶ Peanut butter ▶ Soya beverages ▶ Nuts and seeds (unsalted) ▶ Cottage cheese <p style="text-align: center;">★ choose baked or broiled meat and fish; not battered or fried</p> |

Foods to Serve Sometimes
Serve These Foods 2-3 Times Per Week

The foods featured on this list are also healthy choices, but they may be higher in calories, fat, salt or more processed than the foods found on the “Foods to Serve Most Often” list

| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives |
|---|---|--|--|
| <ul style="list-style-type: none"> ▶ <i>White</i> bread, rolls, bagels, English muffins, waffles, pancakes, pita bread, or tortillas ▶ Loaves (vegetable or fruit) ▶ Sweetened Cereal made with oats or whole grains (e.g. Instant Oatmeal, Honey Nut Cheerios®, etc) ▶ Cereal and granola bars (low fat) ▶ Cereal snack mix ▶ Graham wafers ▶ Fruit bars (e.g fig newtons) ▶ Date squares ▶ Noodles or noodle soup (canned or instant “baked type”) ▶ Biscuits, bannock ▶ Scones ▶ Pretzels ▶ Rice cereal squares ▶ Cheese, veggie or hawaiian pizza | <ul style="list-style-type: none"> ▶ Canned fruit (in light syrup) ▶ Dried fruit ▶ Frozen fruit bars (100% fruit juice) ▶ Fruit crisps ▶ Canned vegetables ▶ Vegetables in sauces (e.g. cheese sauce) ▶ Vegetable soup (canned, regular) | <ul style="list-style-type: none"> ▶ Milk (whole) ▶ Ice milk ▶ Processed cheese products (e.g. slices, spreads) ▶ Yogurt drinks ▶ Milk based puddings ▶ Flavoured milk drinks ▶ Custards ▶ Cheese veggie or hawaiian pizza | <ul style="list-style-type: none"> ▶ Lean cold cuts ▶ Lower fat hot dogs ▶ Veggie hot dogs, burgers or imitation chicken nuggets ▶ Locally produced lower fat hot dogs ▶ Baked ham ▶ Nuts and seeds (salted) |

* Although dried fruit like raisins are nutritious, children should be encouraged to brush their teeth after eating them since they are sticky and naturally sweet and can promote tooth decay.

Foods to Serve Least Often
Serve These Foods Infrequently
(1-2 times per month or less)

The foods on this list tend to be quite high in fat, sugar, calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet.

| Grain Products | Vegetables and Fruit | Milk Products | Meat and Alternatives | Others |
|---|--|--|---|--|
| <ul style="list-style-type: none"> ▶ Muffins (cake-like, commercially prepared) ▶ Sugary breakfast cereal ▶ Crackers (not low fat) ▶ Granola bars (dipped, not low fat) ▶ Cookies (commercial or higher fat regular recipe) ▶ Noodles or noodle soup (canned or instant “fried type”) | <ul style="list-style-type: none"> ▶ Fried vegetables ▶ French fries, all commercial types ▶ Sweetened fruit juice ▶ Fruit pies ▶ Fruit leather | <ul style="list-style-type: none"> ▶ Cream soups ▶ Milkshakes ▶ Regular ice cream | <ul style="list-style-type: none"> ▶ Regular fat processed meats (e.g. Pepperoni, salami, bacon, bologna, etc) ▶ Pizza with processed meats ▶ Hot dogs, regular ▶ Sausages, regular ▶ Fried fish and chicken (e.g. chicken nuggets) ▶ Regular ground beef ▶ Sesame snaps | <ul style="list-style-type: none"> ▶ Potato or nacho chips ▶ Chocolate bars ▶ Cakes ▶ Doughnuts ▶ Squares (e.g. brownies) ▶ Candy ▶ Pop ▶ Iced tea ▶ Sweetened fruit drinks ▶ Sports drinks ▶ Gravy |

Healthier Vending Machine and Canteen Foods

The foods included on this list can be included in vending machines or sold at school canteens.

| Beverages | Snacks |
|---|--|
| <ul style="list-style-type: none"> ▶ Milk ▶ Chocolate Milk ▶ 100% juice ▶ Water | <ul style="list-style-type: none"> ▶ Raw vegetables and dip (refrigeration required) ▶ Fresh fruit - whole, pre-cut with dip, or fruit salad (refrigeration required) ▶ Fruit cups ▶ Applesauce or applesauce blend cups ▶ Yogurt or yogurt tubes (refrigeration required) ▶ Raisins and other dried fruit (e.g. apricots, apple slices, cranberries, pineapple, etc.) ▶ Fruit bars (e.g. fig newtons) ▶ Breadsticks and cheese ▶ Bagels ▶ Pretzels ▶ Rice cakes or rice crisps ▶ Cereal snack mix ▶ Crackers & Topping (e.g. cheese, peanut butter, jam, etc.) ▶ Granola bars (low fat, not dipped) ▶ Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.) ▶ Trail mix (combination of dried cereal, dried fruit, nuts and seeds) |

School Healthy Eating Policy in the Commission scolaire de langue française

At the time of printing, the Draft Language for the Commission scolaire de langue française's School Healthy Eating Policy was in the process of being finalized. The Draft Policy was developed in collaboration with the PEI Healthy Eating Alliance. Once the Draft Policy is adopted it will be placed in this section of the toolkit.