



1. Rationale

The Simcoe County District School Board (SCDSB) is committed to making schools healthier places for students in order to establish the conditions needed to realize the potential of all students. A healthy school environment enhances student learning and success, and enhances students' social and emotional well-being. Schools have an important role to play in helping students lead healthier lives, including teaching students the skills to make healthy choices and reinforcing those lessons through school practices. This policy is intended to set out parameters for food and beverages that are made available in SCDSB schools.

2. Policy

All SCDSB schools, school board offices and continuing education centres are required to ensure that foods and beverages available to staff and students meet the requirements set out in this policy.

3. Definitions

3.1 Food and beverages available:

3.1.1 For Sale: All food and beverages sold in all venues (e.g. cafeterias, vending machines, tuck shops), through all programs (e.g. catered lunch programs), and at all events (e.g. bake sales, sport events).

3.1.2 Provision (at no cost): In classroom experiences, for celebrations and events and through student nutrition programs (eg. breakfast and snack programs).

3.2 Nutrition Criteria are classified in the following categories:

3.2.1 Sell Most (≥80%): Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium. They must make up at least 80 per cent of all food and beverage choices that are available for sale in all venues, through all programs, and at all events.

3.2.2 Sell Less (≤20%): Products in this category may have slightly higher amounts of fat, sugar and/or sodium than food and beverages in the "Sell Most" category. They must make up no more than 20 per cent of all food and beverage choices that are available for sale in all venues, through all programs, and at all events.

Page 2

3.2.3 **Not Permitted for Sale:** Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium (e.g. deep-fried and other fried foods, confectionary). Food and beverages in this category may not be sold in schools.

3.3 Often a type of food or beverage can fit in all three of the above categories, depending on its nutritional value. 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.

3.4 Food is always to be prepared in a healthy way using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

4. Guidelines

4.1 Food and Beverages For Sale

4.1.1 Food and beverages sold on school premises for school purposes must meet the standards found in Bill 8: Healthy Foods for Healthy Schools Act. Within Bill 8 the trans fat content standards in ingredients and foods and beverages sold in schools must abide by strict limits and also meet the nutrition standards for food and beverages sold in publicly funded elementary and secondary schools in Ontario.

4.1.2 Exemption for Special-Event Days

The school principal may designate up to 10 days during the school year as special-event days on which food and beverages sold in the schools would be exempt from Bill 8 nutrition standards (PPM 150) and trans fat regulations (PPM 135). The school principal must consult with the school community and school council prior to designating a day as a special event day.

4.1.3 Fundraisers

4.3.1.1 It is recommended that non-food items be selected for school fundraising purposes.

4.3.1.2 Schools will include at least one physical activity event in the annual fundraising plan (i.e. dance-a-thon, fun walks/runs, rope jumping, bowl-a-thon, cross-country ski-a-thon).

4.2 Additional Requirements

4.2.1 Schools must ensure that students have access to drinking water during the school day.

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

4.3 Food Preparation and Environmental Concerns

4.3.1 All schools are to provide at least 15 minutes to eat during nutritional breaks, excluding the time needed to get dressed for outdoors.

4.3.2 All schools are to provide a clean, safe environment for students to eat during nutritional breaks.

4.3.3 Schools will provide enough time for students to wash hands before eating.

4.3.4 In areas where food is prepared, handled or stored, schools will comply with the Ontario Food Premise Regulation.

4.3.5 Schools will adhere to the standards of APM A1420 Administration of Medication and Medical Emergency, to reduce the risks for all students who suffer from severe, life threatening allergic reaction (anaphylaxis) to certain foods and beverages.

4.3.6 Wherever possible, food purchases shall be from local sources.

4.3.7 Consideration should be given to the principles of the “3 R’s” – reduce, re-use, recycle, in the practices of procurement, preparation, distribution and packaging of food.

4.4 Nutrition Education for Students, Parents, Staff

4.4.1 Staff are expected to provide nutrition education to students in accordance with the Ontario Curriculum and use credible, Canadian resources, such as:

- Ontario Curriculum Health and Physical Education (2010)
- Simcoe Muskoka District Health Unit Staff and Teacher Resources www.simcoemuskokahealth.org.
- Ontario Physical and Health Education Association (OPHEA)
- Canada’s Food Guide and resource information at www.healthyeating.ca.

STUDENT WELFARE 4200

HEALTHY FOOD AND BEVERAGE 4260

Page 4

4.4.2 Schools are encouraged to access reliable Canadian healthy eating resources and information to educate parents and the wider community about nutrition. Contact the health unit (705) 721-7520 or 1-800-721-7520 www.simcoemuskokahealth.org for suggestions.

4.4.3 The SCDSB will consult with the Simcoe Muskoka District Health Unit when teacher training needs arise related to healthy eating components of the Ontario curriculum.

4.5 Implementation and Monitoring

4.5.1 Principals will complete an annual plan to indicate compliance with this policy. A summary report will be completed annually and submitted to Superintendents of Education.

4.5.2 It is expected that all food service providers for the Simcoe County District School Board will adhere to the above requirements in good faith.

4.6 Food Service Procurement

When any food service contracts are renewed, the SCDSB will consult with the Simcoe Muskoka District Health Unit in the contract renewal process to ensure that the spirit of this policy is incorporated into new food service agreements.

5. Administrative Procedures

The Director of Education is authorized to provide administrative procedures necessary to implement this policy fully by September 2011.

ADOPTED MAY 26, 2010