



Niagara Catholic District School Board

NUTRITION POLICY

STATEMENT OF POLICY

Section 200 – Human Resources

Policy No 302.7

Adopted Date: June 21, 2005

Latest Reviewed/Revised Date: February 27, 2018

In keeping with the Mission, Vision and Values of the Niagara Catholic District School Board, the Board views human life as an integration of body, mind, and spirit, with an appreciation of the sacredness of the human body as a gift from God.

The Board is committed to supporting a healthy school environment that enhances each student's potential to learn. In accordance with the teachings of the Catholic Church, Niagara Catholic provides in all its operations an educational environment which supports and enables diversity within its Catholic community. The Board supports students and parents/guardians in making healthy food and beverage choices on a regular basis. A healthy school environment enhances a student's learning and success, and 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, preparing food in a healthy way, and reinforcing those lessons through school practices. The Board supports and encourages all forms of healthy student nutrition programs in our schools.

Food and beverages provided by the Niagara Catholic District School Board for students in a school setting will meet and may exceed the requirements of current legislation.

This policy applies to all schools and other Board sites.

The Director of Education will issue Administrative Procedures in support of this policy.

References:

- [Health Canada's Healthy Eating Strategy](#)
- [Canada's Food Guide](#)
- [Education Act, Subsection 8\(1\), Paragraphs 29.3 and 29.4, Part XIII.1 Nutrition Standards, S.317-S.320](#)
- [Health Protection and Promotion Act, Regulation 562, "Food Premises"](#)
- [Ontario Catholic School Graduate Expectations, Institute for Catholic Education](#)
- [Ontario Ministry of Education Healthy Schools](#)
- [Ontario Public Health Standards, 2008, revised March, 2017](#)
- [Ontario Regulation 200/08, "Trans Fat Standards"](#)
- [Policy/Program Memorandum No. 150: School Food and Beverage Policy](#)
- [Ministry of Education School Food and Beverage Policy: Resource Guide 2010](#)
- [Ontario School Food and Beverage Policy Elementary Teacher Resource Guide 2011](#)
- [Ontario School Food and Beverage Policy Secondary Teacher Resource Guide 2012](#)
- [Serve It Up! Recipes That Meet the School Food and Beverage Policy Nutrition Standards, 2013](#)
- [Ministry of Children and Youth Services, Student Nutrition Program Nutrition Guidelines, 2016](#)
- [BrightBites.ca](#)
- *Niagara Catholic District School Board Policies/Procedures*
 - [Anaphylaxis Policy \(302.1\)](#)
 - [Religious Accommodation Policy \(100.10.1\)](#)
 - [Bottle Water Policy \(701.5\)](#)



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ADMINISTRATIVE PROCEDURES

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RATIONALE

A healthy school nutrition environment contributes to improved education and health outcomes for all students. Research shows that “health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy”¹ and that “healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development”².

The school environment profoundly influences students’ attitudes, preferences, and behaviours.

Policy/Program Memorandum No. 150: School Food and Beverage Policy applies to the sale of food and beverages in schools province-wide. The implementation of this policy as part of a comprehensive approach to creating a healthy school nutrition environment reinforces the knowledge, skills, and attitudes regarding healthy eating that are developed through the various subjects and disciplines in the Ontario curriculum.

The Ontario Government and the Niagara Catholic District School Board are 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.

APPLICATION

The Niagara Catholic District School Board must ensure that all food and beverages sold on school premises for school purposes meet the requirements of Policy/Program Memorandum No. 150: School Food and Beverage Policy including the nutrition standards set out in the Appendix to this memorandum. The nutrition standards apply to 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., open houses, sports events).

POLICY/PROGRAM MEMORANDUM NO. 150: SCHOOL FOOD AND BEVERAGE POLICY NUTRITION STANDARDS

Policy/Program Memorandum No. 150: School Food and Beverage Policy nutrition standards are intended to ensure that the food and beverages sold in schools contribute to students’ healthy growth and development. The nutrition standards for food and beverages are set out within the following two sections:

[Nutrition Standards for Food](#)

Food is divided into “Vegetables and Fruit”, “Grain Products”, “Milk and Alternatives”, and “Meat and Alternatives”, 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, dressings) and for confectionery, which is not permitted for sale (e.g., candy, chocolate).

[Nutrition Standards for Beverages](#)

Standards for beverages are provided separately for elementary schools and secondary schools.

The above two sections outline nutrition criteria that food and beverages must meet in order to be sold in schools. The nutrition criteria are provided in the following categories:

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 choices that are available for sale in all venues, through all programs, and at all events. The same requirement applies to beverage choices.

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 choices that are available for sale in all venues, through all programs, and at all events. The same requirement applies to beverage choices.

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, confectionery). Food and beverages in this category may not be sold in schools.

Often a type of food or beverage (e.g. bread, meat, cheese) will fit 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 – and compare this information with the nutrition criteria.

ADDITIONAL REQUIREMENTS

As set out in Policy/Program Memorandum No. 150: School Food and Beverage Policy, the following requirements must also be met:

- School boards must comply with Ontario Regulation 200/08, “Trans Fat Standards”, and any other applicable regulations made under the Education Act.
- Food and beverages must be prepared, served, and stored in accordance with Regulation 562, “Food Premises”, as amended, made under the Health Protection and Promotion Act.
- School boards must ensure that students have access to drinking water during the school day.
- The diversity of students and staff must be taken into consideration in order to accommodate religious and/or cultural needs.
- Principals and staff are required to follow the Niagara Catholic Anaphylaxis Policy 302.1.

Principals and staff are also required to follow the Niagara Catholic Bottle Water Policy 701.5.

NUTRITION STANDARDS EXEMPTIONS

The nutrition standards do not apply to food and beverages that are:

- Offered in schools to students and staff at no cost;
- 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 during and/or after school hours for non-school-related event);
- Sold for fundraising activities that occur off school premises;
- Sold in staff rooms.

Notwithstanding these exemptions, Niagara Catholic schools should promote and advocate for food and beverage choices that meet the nutrition standards set out in this policy, with emphasis on selecting choices from the **“Sell Most”** category, with their students, staff and school communities.

Schools are also encouraged to join BrightBites.ca for easy-to-use, engaging ideas for optimizing the school nutrition environment. BrightBites breaks school nutrition down into bite-size challenges (online badges) on topics such as: celebrations, fundraising, packed lunches, etc. BrightBites is written and maintained by members of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH).

FUNDRAISERS

When fundraisers include food or beverage items, schools are only to select foods and beverages from the “Sell Most” category.

EXEMPTION FOR SPECIAL EVENTS

The Principal may designate up to ten days during the school year as special event days on which food and beverages sold in schools would be exempt from the nutrition standards outlined in Policy/Program No. 150: School Food and Beverage Policy. The Principal must consult with the Catholic School Council and student representatives, where applicable, prior to designating a day as a special event day.

However, on special event days, schools are highly encouraged to sell food and beverages that meet the nutrition standards set out in this policy.

STUDENT NUTRITION PROGRAMS

Food and beverages served in student nutrition programs (e.g. funded by the Ministry of Children and Youth Services) must meet the nutrition standards set out by the Ministry of Children and Youth Services, Student Nutrition Program Nutrition Guidelines, 2016.

FOOD AND BEVERAGES PROVIDED FOR MEETINGS

On occasion, school communities and Board level staff provide food and beverages during meetings or special events. If food and/or beverages are offered, schools and staff are to provide food and beverages that meet the nutrition standards set out in this policy.

PRACTICES FOR CONSIDERATION

All Niagara Catholic schools should take into consideration the following when food or beverages are sold or provided in schools:

- Endeavour to offer, when available and where possible, food and beverages that are produced in the Niagara Region.
- Offer, when available and where possible, food and beverages that are produced in Ontario.
- Be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps).

Avoid offering food or beverages as a reward or an incentive for good behaviour, achievement, or participation.

IMPLEMENTATION AND MONITORING

The Niagara Catholic District School Board encourages schools to continue to work with students, parents, school staff, community members, school nurses and/or public health dietician, and food service providers to ensure that appropriate strategies are in place to implement this policy.

1. M.M. Storey, M. S. Nanney, and M. B. Schwartz, “Schools and Obesity Prevention: Creating School Environments and Policies to Promote Healthy Eating and Physical Activity”, *The Milbank Quarterly*, 87(1), (2009), p. 72.
2. Centers for Disease Control and Prevention, *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, *MMWR* 1996; 45 (No. RR-9), p. 1.