

1. Purpose:

“Healthy weight is a vital part of a healthy life. People who are a healthy weight feel better, are less likely to develop chronic diseases, and enjoy a better quality of life. On the other hand, an unhealthy weight – being either underweight or overweight or obese – is a serious threat to health and well-being.”

(2004 Chief Medical Officer of Health Report: Healthy Weights, Healthy Lives, p.4)

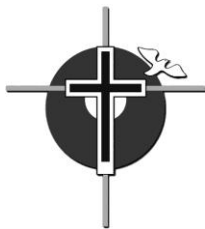
The Catholic District School Board of Eastern Ontario recognizes the direct relationship between healthy nutrition, the fitness level of our students and their academic achievement; that healthy nutrition helps to support students’ learning, and enhances their physical, emotional, social and intellectual development; that well nourished students are able to concentrate better, retain and apply information more effectively, and are more likely to demonstrate positive behaviours and relationships with peers.

Additionally, children learn from role models. Therefore, the Board is concerned about creating supportive school environments for good nutrition and lifelong well being by encouraging healthy eating for all students and staff. Furthermore, the Board of Trustees believes that it has a shared responsibility with parents/guardians and the community to ensure that students develop healthy lifestyles that include a focus on healthy nutrition and physical activity.

Although the primary responsibility of schools is to foster student achievement, there is substantial research that shows a clear connection between nutrition, physical activity and learning. Healthy, well-nourished children are more prepared to learn, more likely to attend class and able to take advantage of educational opportunities.

The Board desires that schools ensure that food choices available in schools and nutrition education support the development of healthy eating habits. Students cannot practice what they learn if they are offered mostly foods and beverages high in fat and sugar.

The Board encourages schools to continue to enhance learning opportunities regarding healthy lifestyles for students, both with regard to nutrition and physical activity and to do this in a co-ordinated and collaborative way to ensure the initiatives provide students with knowledge through education, have a supportive environment where practice of skills and knowledge are actively encouraged and services and resources are available to support the healthier choice.



The Board recognizes the value of physical education courses for the majority of students and it encourages schools to identify and implement physical activity programs that capture the interest of students who are not normally active in physical education classes.

Finally, the Board is committed to working through its schools and with its community partners to ensure that students have equitable access to healthy food choices, and that through curriculum activities, they have opportunities to develop an appreciation for the value of proper nutrition as an integral part of their present and future lives.

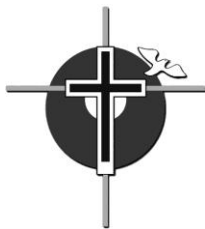
The CDSBEO is committed to working through its schools and with its community partners to ensure that students have equitable access to healthy food choices, and that through curriculum activities, they have opportunities to develop an appreciation for the value of proper nutrition as an integral part of their present and future lives.

2. Procedure:

The CDSBEO will:

- a. Ensure the collaborative development of school-based nutrition and physical education programs in all of its schools;
- b. Ensure that nutrition and physical/health education is highlighted and stressed in the applicable curricula so as to provide pertinent, relevant, and current information that will lead to healthy living choices.
- c. Ensure the establishment of a Nutrition Sub-Committee¹ at the school level and that this sub-committee:
 - i. help to monitor school nutritional choices;
 - ii. provide input into school nutrition programs;
 - iii. serve as a conduit for the exchange of nutritional information between the school, the school community and the Board;
 - iv. give a “Nutrition Report” at Catholic School Council meetings;

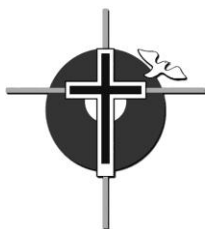
¹ **Suggestion:** The Catholic School Council is the best body to create, and oversee, such a sub-committee. Membership should include, but be not limited to, CSC liaison, student(s) representative, Health Unit Liaison, and/or dietician, and school administration (or designate). At the High School level the sub-committee should also include Manager of cafeteria services and vending machine manager if separate company.



ADMINISTRATIVE PROCEDURE

- v. in Elementary Schools restrict the sale of all food and beverages in vending machines to those that are healthy and nutritious, in accordance with the recommended standards specified in PPM 135;
 - vi. ensure that in Secondary Schools, including Secondary Schools with Grade 7/8, schools continue with the “Eat Smart” School Cafeteria Program Certification;
 - vii. that hot Lunch and Breakfast Programs, where they exist, also be monitored for their nutritional value and where possible schools should utilize the hot lunches taking advantage of community partnerships;
 - viii. introduce and promote the selling of nutritious foods as fundraisers in the schools when food products are selected as the fundraising commodity;
 - ix. investigate and promote physical activity opportunities outside the regular curricula which will promote the healthy/academic/social benefits of an active lifestyle.
- d. Pursue the creation of a Board Nutrition Steering Committee to advise, seek input from, provide support to, and otherwise liaise with, the school nutrition sub-committees;
- e. Adopt the Classification of Foods developed by the Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup (OSNPPH) for *Canada’s Food Guide to Healthy Eating* Foods Groups² as found in the published report: Call to Action: Creating a Healthy School Nutrition Environment (34ff)
- i. Maximum Nutritional Value (GREEN)
 - ii. Moderate Nutritional Value (YELLOW)
 - iii. Minimum Nutritional Value (RED)

² Table Attached
December 20, 2005
Reviewed by Board: March 21, 2017



Classification of Foods with Maximum, Moderate, and Minimum Nutritional Value³

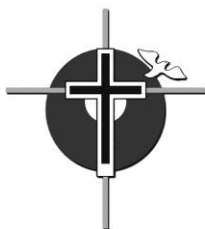
The **Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup (OSNPPH)** developed the following table to distinguish between foods with **Maximum, Moderate and Minimum** Nutritional Value. It is not an exhaustive list. Please keep the following issues in mind when reviewing the table:

- The table presents optimal choices within the school context where children or parents cannot control the amounts or frequency of food intake and dietary balance is hard to achieve. Students, especially young children, should not have the opportunity to make unhealthy food choices at school.
- Some foods with Moderate Nutritional Value, as well as combination foods, may need to be assessed on an individual basis. Issues to consider include the method of preparation; portion size; proportion of added fats, sugars, salt and whole grain ingredients; and, degree of processing. For example, a school may inappropriately purchase a commercially prepared or fast food muffin that is too large and high in fat and sugar. Alternatively, the school may prepare its own muffins from scratch, making the muffins with whole grains and fruit or vegetables, while controlling portion size and amounts of fat and sugar.
- When selecting foods from this list, consider food allergies (e.g., peanut butter) and the cultural needs/influences in individual schools.
- Dental considerations were addressed when determining where a particular food should be categorized. For example, 100% chewy fruit snacks were identified as having Moderate Nutritional Value because they are dentally poor choices.
- Schools planning to offer food to students should consult public health dietitians. They can provide assistance in helping to identify the nutritional value of foods.

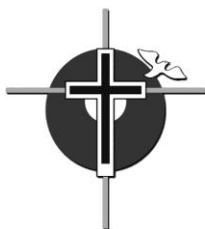
³ From the Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup (OSNPPH) published report Call to Action: Creating a Healthy School Nutrition Environment, pp.34ff.

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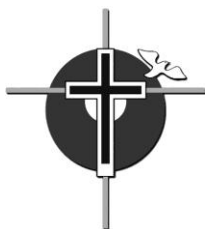
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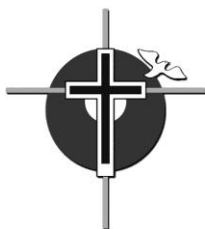
Canada's Food Guide to Healthy Eating	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
Food Groups	These foods are: <ul style="list-style-type: none"> • good or excellent sources of important nutrients (e.g., vitamins, minerals, protein and fibre) • generally low in added fat, sugar and/or salt • found within one of the four food groups in <i>Canada's Food Guide to Healthy Eating</i> • generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives 	These foods are: <ul style="list-style-type: none"> • sources of nutrients (e.g., vitamins, minerals, protein and fibre) • sometimes high in fat, sugar, salt and/or excessive calories, generally as a result of processing. Some of these foods are difficult to classify because of the brand and/or their method of preparation and the portion size offered (e.g., commercial cake-style muffin, versus whole grain muffin with reduced fat and sugar) • found within one of the four food groups in <i>Canada's Food Guide to Healthy Eating</i> 	These foods: <ul style="list-style-type: none"> • may provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories • tend to be highly processed (e.g., with added colouring, deep fried, high in hydrogenated fats) • may belong in the "Other Food" category in <i>Canada's Food Guide to Healthy Eating</i>
Grains	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Cereals	<ul style="list-style-type: none"> • cereal: whole grain, low-fat, good source of fibre • porridge: regular cooking oatmeal, unflavoured 	<ul style="list-style-type: none"> • cereal: source of fibre, flake or crisp types • porridge: instant flavoured oatmeal 	<ul style="list-style-type: none"> • cereal; sugar-coated or candied • regular granola
Pasta / Rice / Bread	<ul style="list-style-type: none"> • whole wheat, whole grain, multigrain breads • pita, English muffins, bagels, rolls, buns, roti, tortilla, bannock 	<ul style="list-style-type: none"> • white enriched breads: • pita, English muffins, bagels, rolls, buns, roti, tortilla, bannock • white pasta, noodles, rice 	



Canada's Food Guide to Healthy Eating	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
	<ul style="list-style-type: none"> • whole wheat pasta, noodles • couscous, bulgur • brown rice 	noodles <ul style="list-style-type: none"> • white rice, enriched 	
Crackers and Snacks	<ul style="list-style-type: none"> • crackers: whole grain, lower fat content, such as whole wheat soda, rye flat breads • popcorn: air popped, unflavoured 	<ul style="list-style-type: none"> • crackers: white flour soda, unflavoured rice crackers or cakes • pretzels • popcorn: microwave, light • some types of plain cereal / granola bars (nutritional quality depends on the type of ingredients and relative proportions of whole grains, added fats and sugars) 	<ul style="list-style-type: none"> • crackers: high fat, pastry types • granola bars: chocolate covered and / or with marshmallows
Baked Goods		<ul style="list-style-type: none"> • lower fat muffins, fruit loaves such as banana loaf (nutritional quality depends on the type of ingredients and relative proportions of whole grains, added fats and sugars) • cookies: whole grain, fruit bars, oatmeal, gingersnaps, graham wafers 	<ul style="list-style-type: none"> • muffins, fruit loaves, dessert breads made with commercially prepared mixes • pastries, danish, cakes, packaged snack cakes, doughnuts, croissants • pies • cookies: with cream fillings, chocolate, and icing
Vegetables and Fruit	<ul style="list-style-type: none"> • baked or mashed potato • fresh, frozen, canned vegetables and fruit prepared without added sugar or salt • canned fruit: in its own juice, unsweetened 	<ul style="list-style-type: none"> • dried fruit • canned fruit in syrup • 100% fruit leathers • salsa • fruit compote 	<ul style="list-style-type: none"> • fruit drinks, punches, cocktails, "ades", blends • French fries or poutine • vegetables: breaded, fried, in cream or cheese sauces

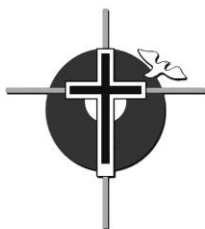


Canada's Food Guide to Healthy Eating	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
	<ul style="list-style-type: none"> 100% unsweetened fruit juice frozen fruit juice bar with 100% fruit juice 		
Milk Products	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Milk	<ul style="list-style-type: none"> milk: white, chocolate or flavoured, 2% MF or less hot chocolate made with milk, 2% MF or less soy beverage: fortified, low fat 	<ul style="list-style-type: none"> milk: homogenized milkshakes, depending on ingredients soy beverage: fortified, regular 	<ul style="list-style-type: none"> milkshakes: flavoured, (e.g., chocolate bar flavours) eggnog
Cheese	<ul style="list-style-type: none"> part-skim block cheese, cheese strings, 20% MF or less cottage, 2% MF or less 	<ul style="list-style-type: none"> regular block cheese and string cheese, 21% MF or more 	<ul style="list-style-type: none"> processed cheese slices spread
Yogurt and Puddings	<ul style="list-style-type: none"> smoothies made with yogurt or milk, 2% MF or less, and fruit yogurt: 2% MF or less yogurt drinks, 2% MF or less 	<ul style="list-style-type: none"> Yogurt: more than 2% MF or with added granola puddings made with milk 	
Frozen Desserts and Snacks		<ul style="list-style-type: none"> frozen yogurt, depending on the brand 	<ul style="list-style-type: none"> frozen yogurt, depending on the brand ice cream
Meat and Alternatives	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Meat	<ul style="list-style-type: none"> lean beef, veal, poultry, pork, lamb: baked, grilled, roasted 	<ul style="list-style-type: none"> lean lunch meats: ham, turkey, roast beef, pastrami back bacon 	<ul style="list-style-type: none"> wieners pepperoni slices or sticks lunch meats: sausages, bologna, mock chicken, macaroni loaf, salami, kielbasa, side bacon meat: battered, breaded or



ADMINISTRATIVE PROCEDURE

Canada's Food Guide to Healthy Eating	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
			fried
Fish	<ul style="list-style-type: none"> baked, grilled (not battered or breaded) canned, packed in water 	<ul style="list-style-type: none"> canned, in oil 	<ul style="list-style-type: none"> fish sticks fish; battered, breaded or fried
Legumes	<ul style="list-style-type: none"> dried beans, peas and lentils: cooked hummus nuts, seeds, nut butters peanut butter made with no hydrogenated fat roasted soy beans 	<ul style="list-style-type: none"> peanut butter with added sugar and fat 	
Eggs	<ul style="list-style-type: none"> hard boiled, poached, scrambled, with no added fat 	<ul style="list-style-type: none"> fried 	
Soy Products	<ul style="list-style-type: none"> tofu soy-based alternatives dried bean curd 		
Other Category	Maximum Nutritional Value Examples	Moderate Nutritional Value Examples	Minimum Nutritional Value Examples
Beverages			<ul style="list-style-type: none"> sports drinks tea, iced tea, coffee fruit-flavoured drinks and slushes pop, diet pop, fruit sodas instant hot chocolate made with water
Snack Foods			<ul style="list-style-type: none"> flavoured cheese puffs, corn chips



Canada's Food Guide to Healthy Eating	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
			<ul style="list-style-type: none"> • sherbet • marshmallows • chewy fruit snacks • flavoured popcorn, potato chips • chocolate, candy, gum
Condiments, Spreads and Miscellaneous Food Items			<ul style="list-style-type: none"> • flavoured jelly powders • frozen ice treats such as ice pops • syrups, honey, jam, jelly • ice cream treats such as bars, cones • sour cream "whipped cream" • cream cheese • non-dairy whipped toppings and creamers • instant noodle soups • gravy • cream • ketchup, mustard, relish • butter, margarine
Mixed Dishes	Consult a Registered Dietitian to assess if serving mixed dishes in schools is appropriate		