



## Class Parties

### Food & Nutrition Policy for Nova Scotia Public Schools

#### Can we still have class parties?

- **Yes. You can serve** Maximum or Moderate Nutrition foods only (70% ,or more maximum nutrition food and up to 30% Moderate). Foods of Minimum Nutrition are not permitted.

#### What do we mean by ...

<b>a Maximum food?</b>	<b>a Moderate food?</b>	<b>a Minimum Food?</b>
<ul style="list-style-type: none"><li>• Food and beverages that are part of the four food groups of Canada's Food Guide to Healthy Eating.</li><li>• High in essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water)</li><li>• Low in saturated and trans fats.</li><li>• Contain little or no added salt, sugars, or artificial sweeteners.</li><li>• Whole and fresh fruit and vegetables and grains.</li></ul>	<ul style="list-style-type: none"><li>• Food and beverages that are part of the four food groups of Canada's Food Guide to Healthy Eating</li><li>• Contain essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water)</li><li>• Lower in fibre</li><li>• Higher in fat, salt, sugar, artificial sweeteners, and/or processing.</li><li>• Daily Cafeteria Services can only serve/sell the same moderate food item two times per week.</li></ul>	<ul style="list-style-type: none"><li>• Foods and beverages that offer minimal nutritional value.</li><li>• Very high in sugar, fat, salt, caffeine, artificial sweeteners, and/or processing</li><li>• Tend to replace nutritious foods when available as meals and snacks.</li><li>• Minimum Foods can only be used at special functions involving the whole school. Combined with Moderate foods, they can make up to 30 percent of the choices offered.</li></ul>

#### Beverages

- Served/sold only 100% juice, White milk, Chocolate milk, milk alternatives (soy or rice) and plain non-flavoured water.
- Pop and sports drinks and energy drinks are not permitted to be served or sold at any time.

**Specific Foods which cannot be Served or Sold at any time:**

- **This includes but is not limited to the following minimum foods:**

**All Candy:** i.e. chocolate bars, chocolate, marshmallows, granola bars dipped in chocolate or yogurt, fruit roll-ups, protein or energy bars.

**Snacks:** most potato chips and cheesies (double check nutrient criteria)

**Processed baked goods:** doughnuts, pastries, Danishes, cake or cupcakes, pie, squares

**Frozen Treats:** popsicles and freezies, ice cream and frozen ice cream treats.

**Processed Meats: hot dogs,** pot pies and canned meats/meat spreads, pepperoni, salami, sausage.

**Drinks:** Pop, sports drinks and energy drinks, flavoured waters, punches and cocktails

**Fried or Deep Fried Foods:** French fries, battered and/or fried fish, onion rings, clams, chicken nuggets, pizza pockets, donairs, egg rolls, poutine.

**Great Eats – Fun Food Ideas**

- Hot air popcorn (spices for toppings)
- Fruit kabobs
- Chicken or steak on a whole wheat bun
- Hamburgers on whole wheat buns
- Homemade frozen sandwiches (using low fat cookies and frozen yogurt)
- Snow cones using crushed ice and 100% juice
- Frozen treats (yogurt or 100% juice pops)
- Smoothies
- Trail Mix
- Vegetables and dip
- hummus
- Water, milk (white or chocolate) or 100% juice
- Healthy pizza (whole wheat crust with low fat cheese and veggies, lean meats)

Great recipes that meet the policy can be found at [www.ccrsbhps.ca](http://www.ccrsbhps.ca) or check out the Strive for Five! recipes at [www.gov.ns.ca/hpp/cdip/healthy-eating-strive-for-five.asp](http://www.gov.ns.ca/hpp/cdip/healthy-eating-strive-for-five.asp))