



## Special Functions

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

#### What is a Special Function?

- A Special Function is a school wide event that may occur up to twice a month and must involve the entire school body. Foods of Maximum or Moderate Nutrition need to make up the majority of foods and beverages served and sold. However, foods of Minimum Nutrition may also be included. 70% of the food served or sold must be Maximum. Special Functions include all in-school celebrations (i.e. school dances, parent teacher night, Halloween party, etc.). Schools are strongly encouraged to increase the amount of Maximum foods being served and to move away from Minimum foods

#### Can a Special Function be used as a Fundraiser?

- No. They are considered two separate events under the food policy. Foods of Minimum nutrition are permitted during Special functions however Foods of Minimum Nutrition are not permitted to be used as school fundraisers.

#### Can a Special Function be used as a Class Party?

- Yes. As long as **all classes** in the school are having parties at the same time (i.e. Halloween, Valentine’s Day, etc) 70% of the food being served would have to be Maximum Nutrition.

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

a Maximum food?	a Moderate food?	a Minimum Food?
<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))