



## What Everyone Needs to Know

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

#### What is the Food & Nutrition Policy for Nova Scotia Public Schools?

- The Food & Nutrition Policy is intended to increase opportunities to enjoy health-promoting, safe, and affordable food and beverages in our public schools. The objective is to make the healthy choice the easy choice in a school setting.
- The policy was developed by the Nova Scotia Department of Education and NS Health Promotion & Protection in a province-wide consultation with all school boards, the Nova Scotia Teachers Union, students, SACs and Home & Schools.
- The policy applies to all public schools, individuals, SACs, Home & Schools, PTGs, organizations, and businesses that serve or sell food and beverages to students in schools.

#### When does it apply?

- Anytime students are present. It includes cafeterias, canteens and vending machines, and lunch, breakfast, and snack programs. It also applies to any curriculum involving food such as Family Studies or Culinary Arts classes.
- The policy is in effect during evening and weekend programs for students, and class trips and outings involving students.
- It applies to any and all fundraising efforts including donations from outside sources and events benefitting or involving students, but held off the school site.
- The policy does not apply to what students bring in their own lunches from home.

#### Food and Nutrition Policy for Nova Scotia Schools Highlights:

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##### Effective January 2007

- ✓ All schools will have removed baked goods, snacks or processed foods and frozen novelties that are found on the Minimum Nutrition list of the policy.
- ✓ All schools will serve only milk, 100% pure juice and plain unflavoured, unsweetened water with no additives.
- ✓ All schools will no longer use deep fat fryers.

##### Effective September 2007

- ✓ All Fundraising involving food and beverages will centre only on healthy items of Maximum or Moderate Nutrition.

##### Effective June 2008

- ✓ All schools will not serve or sell mixed foods listed on the Minimum Nutrition list (e.g. donairs, hot dogs)

##### Effective June 2009

- ✓ All schools will have implemented all policy directives and food standards.

## Chignecto-Central Regional School Board Health Promoting Schools

### 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 <i>Canada's Food Guide to Healthy Eating</i></li> <li>✓ These are: whole and fresh fruit and vegetables, grain products, milk and meat and their alternatives.</li> <li>✓ High in essential nutrients like vitamins, minerals, protein and fibre for growth, learning and health</li> <li>✓ Low in saturated and trans fats.</li> <li>✓ Contain little or no added salt, sugars, or artificial sweeteners.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Food and beverages that are part of the four food groups of <i>Canada's Food Guide to Healthy Eating</i></li> <li>✓ Contain essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein)</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 only make up 30 per cent of the choices offered.</li> </ul>

- Detailed nutrient criteria can be found at [www.ccrsbhps.ca](http://www.ccrsbhps.ca)

### Beverages

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

### Specific Foods which cannot be Served or Sold:

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

- **All Candy:** i.e. chocolate bars, chocolates, 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 novelties
- **Processed Meats: hot dogs,** pot pies and canned meats/meat spreads, pepperoni, salami, sausage.
- **Drinks:** Pop, sports drinks, energy drinks, flavoured waters of any kind
- **Fried or Deep Fried Foods:** French fries, battered and/or fried fish, onion rings, clams, chicken nuggets, pizza pockets, donairs, egg rolls, poutine.

This is a summary of the policy.

The full policy package can be found on the Department of Education's website (<http://www.ednet.ns.ca/>)