

# SUPERIOR-GREENSTONE DISTRICT SCHOOL BOARD

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<i>Section</i>	SCHOOLS AND STUDENTS	
<i>Management Guideline</i>	FOOD AND BEVERAGE	
<i>Applicable Policy</i>	FOOD AND BEVERAGE	538

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<i>Board Approved: September 27, 2016</i>	<i>Reviewed: June 7, 2016</i>	<i>Review By December 2021</i>
<i>October 18, 2011</i>	<i>September 26, 2011</i>	

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## DEFINITIONS

**“special events”** where food is either sold or given free of charge, may include, but not limited to bake sales; school council events; “Meet the Teacher BBQ’s”; parties related to holidays and observances such as Halloween, Christmas and Easter; pizza lunches; hot dog days; cake auctions; play days; graduation; etc.

**“fundraising”**-can be complementary to the health of students and the community that supports them, when healthy food and beverages or non-food options are chosen. Fundraising with non-healthy food items and beverages is a message that is contradictory to the intention of this policy and is not permitted (i.e., chocolate sales, cake sales, etc.)

**“food as reinforcement”** the use of food items to reinforce good behaviour, or withhold food as a consequence for unacceptable behavior. The exception to this is to offer “healthy” if such usage is a function of applied behavioural analysis and is documented as necessary in the Individual Education Plan.

**“confections”** candy, cake, cupcakes, chocolate, freezies, popsicles, gum, licorice, gummies and energy bars form part of the confectionary group. These are high in sugar and fat and are not permitted for sale or distribution. Most potato chips, cheesies, etc. would also fall into this category, as they are high in fat and high in sodium.

## 1.0 Responsibility

- 1.1 The principal will orient students, teachers, cafeteria staff, breakfast program volunteers and school councils to the Food and Beverage Policy.
- 1.2 The principal will orient students, teachers, cafeteria staff, breakfast program volunteers and school councils to the Ministry of Education School Food and Beverage Policy Resource Guide.
- 1.3 The principal will make parents, students and teachers aware of the Ministry of Education website [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools)
- 1.4 Principals will communicate the changes required by the Ministry and Board policy to parents and seek their cooperation and support.
- 1.5 The principal may invite a Registered Dietitian of the local public health unit to speak at meetings of the school council, student council or staff.
- 1.6 All staff, volunteers and parents are expected to model healthy food and beverage choices, helping students to also make healthy and nutritious food and beverage choices.

## 2.0 Expectations

- 2.1 All off-site food service suppliers involved in the sale or provision of food and beverages to students will be required to follow a process of prior approval of menu choices, including nutrition facts and serving sizes. Food service suppliers must complete an Off-Site Food Service Supplier Letter of Compliance (Appendix A), which can be obtained from the school principal, or by visiting the Board website, and must be submitted for approval by a Registered Dietitian of the local public health unit. Foods offered for approval will be from the “Sell Most” category of the Ministry Resource Guide.
- 2.2 There will be 10 Special Event Days, during which the school will be exempted from the provisions of the Food and Beverage Policy. The principal will determine the 10 Special Event Days, in consultation with staff and school council. The principal may wish to mark three days as “undetermined” for flexibility. For a listing of what constitutes a Special Event Day, see the definitions in Section 3.0 of these procedures.
- 2.3 Coaches and/or staff are not permitted to give or sell energy drinks or energy bars to student athletes.
- 2.4 Students need to eat when they are hungry and stop when they are comfortable, if they are to have a healthy relationship with their bodies and learn healthy eating behaviours. Using food as positive reinforcement teaches students to eat when they are not hungry.
  - 2.4.1 School staff will not use food items to reinforce good behaviour, or to withhold it as a consequence of poor behaviour. The exception is if such usage is a function of applied behavioural analysis and is documented as necessary in the Individual Education Plan (IEP). The food items used in such instances must be healthy.
- 2.5 Principals, in consultation with school council and staff, will seek alternatives to selling confections as fundraisers. All foods sold in school fundraisers must fully comply with the permitted foods in the “Sell Most” category of the Ministry of Education Resource Guide.
- 2.6 School snack and breakfast programs must full comply with the permitted foods in the “Sell Most” category of the Ministry of Education Resource Guide.
- 2.7 Vending machines are not permitted in elementary schools. In secondary schools, food and beverages sold in vending machines are to be approved by dietitians of the local health units and will come from the “Sell Most” category of the Ministry Resource Guide.

## 3.0 Acceptable and Unacceptable Foods

- 3.1 Permitted Foods  
As a general statement, the most desirable food choices are those that are found in the Ministry guidelines in the “Sell Most” category. Foods in this category are generally low in fat and sodium, are fortified and high in fibre and calcium.
- 3.2 Permitted Beverages
  - a) Water

- b) 100% fruit juice/blend (< or = 250ml)
- c) 100% vegetable juice/blend (< or = 250ml)
- d) 2%, 1% or skim white milk
- e) Soy milk
- f) Yogurt drinks (< or = 250ml)
- g) Low fat hot chocolate
- h) Chocolate milk(< or = 250ml)

3.3 Foods that are Not Permitted

As a general statement the least desirable food choices are those that are found in the Ministry guidelines in the “Not Permitted” category. Foods in this category are generally high in fat and sodium, low in fiber and calcium and are not fortified.

3.4 Beverages that are Not Permitted

- a) Coffee
- b) Tea
- c) Energy drinks
- d) Sports drinks
- e) “Fruit flavoured” drinks
- f) Soft drinks