



Nutrition Considerations for Implementing the Ministry of Education's School Food and Beverage Policy (P/PM150)

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Presentation by Ministry of Health Promotion in Partnership with Ministry of Education and the Nutrition Resource Centre

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Agenda

- Ontario Public Health Standards and public health support for implementation of P/PM 150
- Background and overview of P/PM 150
- Technical considerations for the development of the Nutrition Standards for Ontario Schools
- Ministry of Education and Ministry of Health Promotion supports for the implementation of P/PM 150
- P/PM 150 and public health nutrition programs already operating in schools
- Evaluation and wrap-up

Ontario Public Health Standards

- Ontario Public Health Standards developed in 2008
- Standards are published as the guidelines for the provision of mandatory health programs and services provided by health units/departments
- Chronic Disease Prevention Standards:

Requirement #3: “The board of health shall work with school boards and/or staff of elementary, secondary, and post-secondary educational settings, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments” to address topics including healthy eating and healthy weights

“These efforts shall include:

Assessing the needs of educational settings; and

Assisting the development and/or review of curriculum support”

Background

Healthy Food for Healthy Schools Act, 2008 (amendment to the *Education Act*):

- provides the Minister of Education with the authority to issue policies and guidelines concerning nutrition standards for food and beverages provided on school premises or in connection with a school-related activity.

Trans Fat Standards Regulation (O.Reg. 200/08):

- sets out limits for trans fat in food and beverages, or ingredients used in the preparation of food and beverages, offered for sale in schools.

Background - Policy Development

Nutrition Standards for Schools Committee (NSSC) was formed in 2008 to:

- provide expert advice on a school food and beverage policy and school nutrition standards.

The NSSC included representatives from:

- the Ministry of Education's Healthy Schools Working Table (the Ministry's advisory group on healthy schools issues composed of education and school-based health organizations)
- Ministry of Health Promotion, Ministry of Children and Youth Services, Ministry of Agriculture, Food and Rural Affairs
- public health professionals
- food industry.

School Food and Beverage Policy

The School Food and Beverage Policy (P/PM 150):

- sets out nutrition standards for food and beverages sold in publicly funded elementary and secondary schools in Ontario
- constitutes a comprehensive approach to the sale of food and beverages in schools province-wide
- is another important step in creating healthier schools in Ontario.

School Food and Beverage Policy *(cont'd)*

The policy applies to:

- food and beverages sold in all venues (e.g., cafeterias, vending machines, tuck shops/canteens), through all programs (e.g., catered lunch programs), and at all events (e.g., bake sales, sporting events) on school premises for school purposes.

School Food and Beverage Policy *(cont'd)*

The policy does not apply to food and beverages that are:

- offered at no cost
- brought from home or purchased off school premises and not for resale in schools
- available for purchase during field trips off school premises
- sold in schools for non-school purposes (e.g., sold by an outside organization that is using the gymnasium after school hours for a non-school-related event)
- sold for fundraising activities that occur off school premises
- sold in staff rooms.

School Food and Beverage Policy *(cont'd)*

Exemptions for special-event days:

The school principal may designate up to ten days (or fewer, as determined by the school board) during the school year as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards.

School principals:

- must consult with the school council prior to designating a day as a special- event day
- are encouraged to consult with their students when selecting special-event days.

Notwithstanding this exemption, on special-event days, schools are encouraged to sell food and beverages that meet the nutrition standards set out in the policy.

School Food and Beverage Policy *(cont'd)*

School boards and schools are required to:

- comply with the Trans Fat Standards (O.Reg. 200/08)
- take into consideration strategies developed under the school board's policy on anaphylaxis
- practice safe food handling and storage
- ensure students have access to drinking water
- take into consideration the diversity of students and staff in order to accommodate religious and/or cultural needs.

School Food and Beverage Policy *(cont'd)*

School boards and schools are encouraged to:

- offer, when available and where possible, food and beverages that are produced in Ontario
- be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps)
- avoid offering food or beverages as a reward or an incentive for good behaviour, achievement or participation.

School Food and Beverage Policy *(cont'd)*

Implementation:

- School boards must be in full compliance with the policy by September 1, 2011.
- School boards are encouraged to implement the policy as soon as possible.
- School boards are encouraged to consult with their board of health to implement the nutrition standards.

School Food and Beverage Policy *(cont'd)*

Monitoring:

- School boards are responsible for monitoring the implementation of this policy.
- At the end of the 2010-11 school year, school boards will be required to attest that they will be in full compliance with the School Food and Beverage Policy by September 1, 2011.

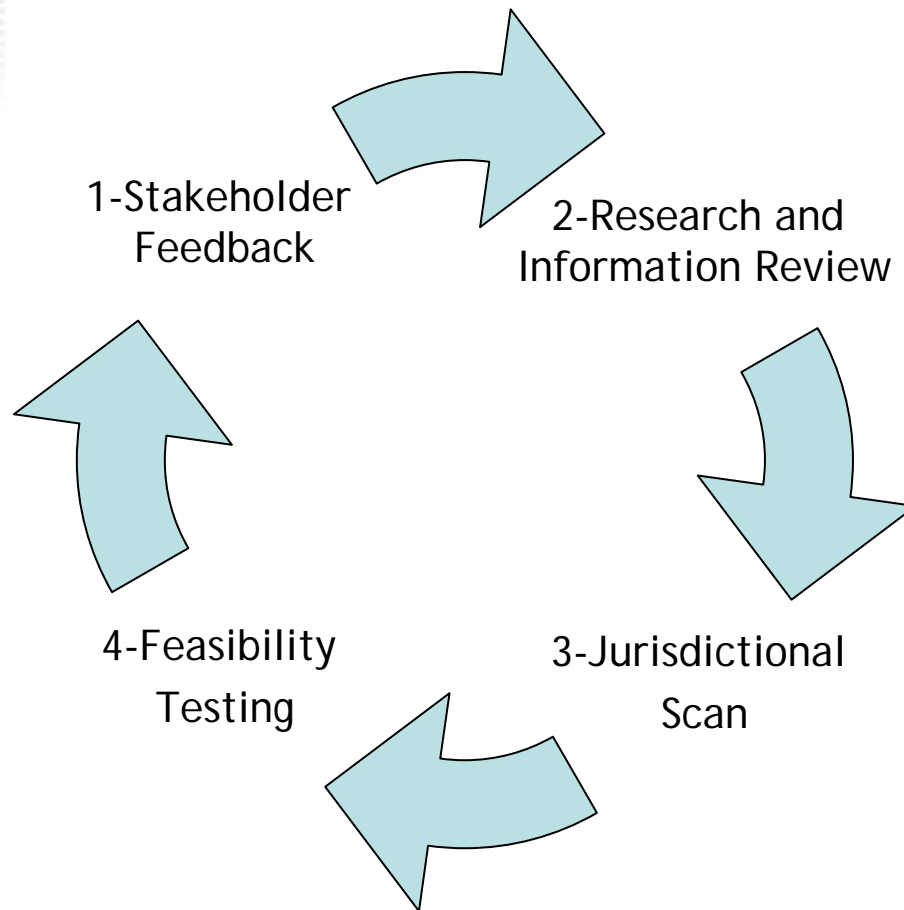
Technical Nutrition Considerations



Nutrition Standards

- Provide direction on which food and beverages can be sold in schools so that they contribute to students' healthy growth and development
- Embody the principles of healthy eating outlined in Canada's Food Guide
- Reflect the information found on a food label
- Comply with the Trans Fat Standards Regulation (O. Reg. 200/08)

The Development Process



Considerations

- 1) The reference quantity of food or beverage on which to base the nutrition criteria
- 2) Which nutrients to include
- 3) The nutrient levels that should be set within each of the three categories (i.e., Sell Most, Sell Less and Not Permitted for Sale)

1) Reference Quantity of Food/Beverage

- The nutrient criteria were developed using the reference amounts.
- The reference amount falls within a regulated range for serving sizes that are used on Nutrition Facts tables.
- For ease of implementation by educators, the serving size stated on the nutrition facts table is used to assess products.

2) Nutrient selection process

- The nature of the food product (i.e., the type of product and processing)
- Information available on the food label
- Directional statements from Canada's Food Guide
- Results from a Canadian jurisdictional scan

3) Nutrient levels

➤ Sources used to develop nutrient levels:

- The Canadian Food Inspection Agency's (CFIA) *Guide to Food Labelling and Advertising* (Nutrient content claims and disease risk reduction claims)
- Health Canada

➤ Feasibility testing

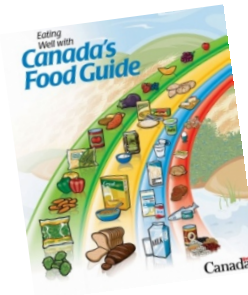
Nutrition Standards

➤ The nutrition standards are divided into two sections:

- Food
- Beverages

➤ Food is divided into six groups (the first four food groups are from Canada's Food Guide):

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives
- Mixed Dishes
- Miscellaneous Items



➤ Separate beverage standards were developed for elementary and secondary schools

Assessment of Food and Beverages

Every food and beverage product fits into one of the following categories:

Sell Most

Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.

Sell Less

Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the *Sell Most* category.

Not Permitted For Sale

Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery).

Assessment of Food and Beverages *(cont'd)*

- The criteria must be applied to the item before it's prepared.
- Food should always be prepared in a healthier way - that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir frying.

Nutrition Standards – Vegetables and Fruit

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
- See the section “Nutrition Standards for Beverages” for the nutrition criteria for vegetable and fruit juices and juice blends.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Fresh, Frozen, Canned, and Dried Vegetables and Fruit	<p>Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 3g and Sodium: ≤ 360mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Fresh or frozen vegetables with little or no added salt • Fresh or frozen fruit with no added sugar • Canned vegetables • Canned fruit packed in juice or light syrup • Unsweetened apple sauce • Some low-fat frozen potato products, including French fries • Some dried fruit and 100% fruit leathers* 	<p>Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some dried fruit and 100% fruit leathers • Lightly seasoned or sauced vegetables and fruit • Some prepared mixed vegetables 	<p>Sugar** is the first item on the ingredient list or Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables • Some packaged frozen and deep-fried potato products, including hash browns and French fries • Some fruit snacks made with juice (e.g., gummies, fruit rolls)
Canned Tomatoes and Tomato-Based Products	<p>Fat: ≤ 3g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some whole, crushed, or diced tomatoes • Some pasta sauce 		<p>Fat: > 3g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Whole, crushed, or diced tomatoes that are higher in fat or sodium • Pasta sauce that is higher in fat or sodium
Vegetable and Fruit Chips	<p>Fat: ≤ 3g and Sodium: ≤ 240mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot) • Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear) 	<p>Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some vegetable chips (e.g., potato, carrot) • Some fruit chips (e.g., banana, apple, pear) 	<p>Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some vegetable chips that are higher in fat or sodium • Some fruit chips that are higher in fat or sodium

*Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

**Look for other words for sugar, such as *glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey, and concentrated fruit juice.*

Nutrition Standards - Grain Products

<ul style="list-style-type: none"> Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label. Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. 			
	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Bread	<p>Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Sodium: ≤ 240mg and Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock Whole grain pizza dough and flatbread 	<p>Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock White (enriched) pizza dough 	<p>Saturated fat: > 2g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> White breads that are higher in fat or sodium Some cheese breads, scones, and biscuits
Pasta, Rice, and Other Grains	<p>Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Whole wheat or white (enriched) pasta, including coarses White, brown, and wild rice, rice noodles, and soba noodles Quinoa, bulgur, wheat berries, spelt, and other whole grains 	<p>Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some pasta, rice, and other grains 	<p>Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium
Baked Goods	<p>Fat: ≤ 5g and Saturated fat: ≤ 2g and Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some muffins, cookies, grain-based bars Some whole grain waffles and pancakes 	<p>Fat: ≤ 10g and Saturated fat: ≤ 2g and Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some muffins, cookies, grain-based bars, snacks Some waffles and pancakes 	<p>Fat: > 10g or Saturated fat: > 2g or Fibre: < 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries Some cookies and squares
Grain-Based Snacks	<p>Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some whole grain crackers, pita chips, and flatbreads Some packaged crackers and popcorn 	<p>Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some crackers, pretzels, and popcorn 	<p>Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Crackers, pretzels, and popcorn higher in fat and sodium Most corn chips and other snack mixes
Cereals	<p>Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre 		<p>Whole grain is not the first item on the ingredient list or Saturated fat: > 2g or Fibre: < 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> Some breakfast cereals

Nutrition Standards – Milk and Alternatives

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
- See the section “Nutrition Standards for Beverages” for the nutrition criteria for fluid milk and fluid milk alternatives.

	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Yogurt/Kefir	<p>Fat: ≤ 3.25% M.F.* or ≤ 3g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Plain and flavoured yogurt, yogurt tubes 		<p>Fat: > 3.25% M.F. or > 3g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Yogurt higher in fat, such as Balkan-style
Cheese**	<p>Fat: ≤ 20% M.F. and Sodium: ≤ 360mg and Calcium: ≥ 15% DV***</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta 	<p>Sodium: ≤ 480mg and Calcium: ≥ 15% DV</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Most hard and soft, non-processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda; cottage cheese, cheese curds, and cheese strings 	<p>Sodium: > 480mg or Calcium: < 15% DV</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some processed cheese products • Most cream cheese
Milk-Based Desserts		<p>Fat: ≤ 5g and Sodium: ≤ 360mg and Calcium: ≥ 5% DV</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some frozen yogurt, puddings, custards, ice milk, gelato 	<p>Fat: > 5g or Sodium: > 360mg or Calcium: < 5% DV</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some puddings • Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches

*M.F. = Milk Fat. The amount can be found on the front of the food label.

**Encourage selection of lower-fat cheese options.

***DV = Daily Value.

Nutrition Standards – Meat and Alternatives

- Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Fresh and Frozen Meat	<p>Fat: ≤ 10g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Extra-lean ground meat • Lean beef, goat, lamb, pork, or poultry • Some breaded chicken strips and nuggets • Some lean meatballs • Some lean hamburger patties 	<p>Fat: ≤ 14g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Lean ground meat • Beef, goat, lamb, pork, or poultry • Some breaded chicken strips and nuggets • Some meatballs • Some hamburger patties 	<p>Fat: > 14g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs • Some wieners • Most pepperoni sticks • Most beef/turkey jerk products
Deli (Sandwich) Meat	<p>Fat: ≤ 5g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some lean deli meat 	<p>Fat: ≤ 5g and Sodium: ≤ 600mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some lean deli meat 	<p>Fat: > 5g or Sodium: > 600mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Deli meat higher in fat or sodium
Fish	<p>Fat: ≤ 8g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Fresh, frozen, or canned fish 	<p>Fat: ≤ 12g and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some frozen, breaded fish (e.g., fish sticks) • Fresh, frozen, or canned fish 	<p>Fat: > 12g or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some breaded or battered fish higher in added fat or sodium • Fresh or frozen fish with a higher mercury content[*]
Eggs	<p>Fat: ≤ 7g and Sodium: ≤ 480mg</p>		<p>Fat: > 7g or Sodium: > 480mg</p>
Nuts, Protein Butters, and Seeds	<p>Not coated with candy, chocolate, sugar, or yogurt and Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower • Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (pumpkin seeds) 		<p>Coated with candy, chocolate, sugar, and/or yogurt or Sodium: > 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Coated nuts • Some roasted and salted nuts
Meat Alternatives, such as Tofu, Beans, and Lentils	<p>Fat: ≤ 8g and Sodium: ≤ 480mg and Protein: ≥ 10g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu and tempeh • Beans and lentils 		<p>Fat: > 8g or Sodium: > 480mg or Protein: < 10g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Some vegetarian products high in sodium • Some meat alternatives that are higher in fat or sodium or lower in protein

^{*} Certain types of fish may contain levels of mercury that can be harmful to human health. Fish caught in local lakes and streams may have different levels of mercury from those found in stores. Canned "light" tuna contains less mercury than "white" or "albacore" tuna, and salmon generally has low levels of mercury. See Health Canada's website for continually updated information and a list of fish with low levels of mercury, at <http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/environ/mercur/cons-adv-etud-eng.php>.

Nutrition Standards - Mixed Dishes

- Many products offered for sale in schools include more than one major ingredient. These are grouped as Mixed Dishes.
- Some schools do not have the facilities and/or equipment required to prepare mixed dishes from scratch, and therefore, they must rely on prepackaged products.
- Mixed Dishes With a Nutrition Facts Table are assessed differently than Mixed Dishes Without a Nutrition Facts Table.

Nutrition Standards – Mixed Dishes *(cont'd)*

- For Mixed Dishes With a Nutrition Facts Table, the food label information will be compared with the nutrition criteria in the nutrition standards
- For Mixed Dishes Without a Nutrition Facts Table, the nutrition standards must be used to assess each:
 - Major ingredient
 - Minor ingredient

Nutrition Standards – Mixed Dishes *(cont'd)*

Note: Mixed dishes are products that contain more than one major ingredient.

Mixed Dishes With a Nutrition Facts Table

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list provided by the supplier.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10g and Saturated fat: ≤ 5g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 10g	Fat: ≤ 15g and Saturated fat: ≤ 7g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 7g	Fat: > 15g or Saturated fat: > 7g or Sodium: > 960mg or Fibre: < 2g or Protein: < 7g
Soups	Fat: ≤ 3g and Sodium: ≤ 720mg and Fibre: ≥ 2g	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 720mg	Fat: > 5g or Saturated fat: > 2g or Sodium: > 720mg
Side Dishes (e.g., grain and/or vegetable salads)	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg and Fibre: ≥ 2g	Fat: ≤ 7g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg	Fat: > 7g or Saturated fat: > 2g or Sodium: > 360mg

Nutrition Standards – Mixed Dishes *(cont'd)*

Mixed Dishes Without a Nutrition Facts Table

- For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most ($\geq 80\%$)	Sell Less ($\leq 20\%$)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the "Sell Most" category.	One or more major ingredients are from the "Sell Less" category.	Cannot be sold if prepared with any ingredients from the "Not Permitted for Sale" category.
Soups	All major ingredients are from the "Sell Most" category.	One or more major ingredients are from the "Sell Less" category.	Cannot be sold if prepared with any ingredients from the "Not Permitted for Sale" category.
Side Dishes (e.g., grain and/or vegetable salads)	All major ingredients are from the "Sell Most" category.	One or more major ingredients are from the "Sell Less" category.	Cannot be sold if prepared with any ingredients from the "Not Permitted for Sale" category.

*A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is, Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. All pizza toppings are considered major ingredients.

Nutrition Standards - Miscellaneous Items

Miscellaneous Items	
Minor Ingredients	
<ul style="list-style-type: none"> • The following are considered minor ingredients and are to be used in limited amounts, as defined under "Serving Size". • Choose products that are lower in fat and/or sodium. 	
Ingredients	Serving Size
Condiments and Spreads	≤ 15ml (1 tbsp)
Gravies and Sauces	≤ 60ml (4 tbsp)
Dips	≤ 30ml (2 tbsp)
Fats	≤ 5ml (1 tsp)
Oils and Dressings	≤ 15ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15ml (1 tbsp)
Not Permitted for Sale: Confectionery (Examples)	
Candy Chocolate Energy bars Licorice Gum Gummies Popsicles and freezies, if not prepared with 100% juice	

Nutrition Standards Beverages – Elementary Schools

Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Water	Plain		
Milk and Milk-Based Beverages (Plain or Flavoured)	Fat: ≤ 2% M.F.* or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV** and Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml
Yogurt Drinks	Fat: ≤ 3.25% M.F. or ≤ 3g and Container size: ≤ 250ml		Fat: > 3.25% M.F. or > 3g or Container size: > 250ml
Soy/Milk Alternative Beverages (Plain or Flavoured)	Fortified with calcium and vitamin D and Container size: ≤ 250ml		Unfortified or Container size: > 250ml
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added and Container size: ≤ 250ml		< 100% juice, pulp, or purée or Sugar in the ingredient list or Container size: > 250ml
Hot Chocolate	Fat: ≤ 2% M.F.* or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV** and Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml
Coffee and Tea			All Coffee and Tea
Iced Tea			All Iced Tea
Energy Drinks			All Energy Drinks
Sports Drinks			All Sports Drinks
Other Beverages (e.g., soft drinks; flavoured water; "juice-ades", such as lemonade, limeade)			All Other Beverages

*M.F. = Milk Fat. The amount can be found on the front of the food label.

**DV = Daily Value. |

Nutrition Standards Beverages – Secondary Schools

Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.

	Sell Most ($\geq 80\%$) Nutrition Criteria	Sell Less ($\leq 20\%$) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Water	Plain		
Milk and Milk-Based Beverages (Plain or Flavoured)	Fat: $\leq 2\%$ M.F.* or $\leq 5\text{g}$ and Sugar: $\leq 28\text{g}$ and Calcium: $\geq 25\%$ DV**		Fat: $> 2\%$ M.F. or $> 5\text{g}$ or Sugar: $> 28\text{g}$ or Calcium: $< 25\%$ DV
Yogurt Drinks	Fat: $\leq 3.25\%$ M.F. or $\leq 3\text{g}$		Fat: $> 3.25\%$ M.F. or $> 3\text{g}$
Soy/Milk Alternative Beverages (Plain or Flavoured)	Fortified with calcium and vitamin D		Unfortified
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added		$< 100\%$ juice, pulp, or purée or Sugar in the ingredient list
Hot Chocolate	Fat: $\leq 2\%$ M.F.* or $\leq 5\text{g}$ and Sugar: $\leq 28\text{g}$ and Calcium: $\geq 25\%$ DV**		Fat: $> 2\%$ M.F. or $> 5\text{g}$ or Sugar: $> 28\text{g}$ or Calcium: $< 25\%$ DV
Coffee and Tea		Decaffeinated	Caffeinated
Iced Tea		Calories: ≤ 40 and Decaffeinated	Calories: > 40 or Caffeinated
Energy Drinks			All Energy Drinks
Sports Drinks			All Sports Drinks
Other Beverages (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)		Calories: ≤ 40 and Caffeine-free	Calories: > 40 or with caffeine

*M.F. = Milk Fat. The amount can be found on the front of the food label.

**DV = Daily Value.

Categorizing Food and Beverages

To determine which category a specific food or beverage fits, follow these three steps:

Step 1 – Compare the total fat and trans fat amounts (in grams) on your product's Nutrition Facts table with the Trans Fat Standards. If your product does not meet the Trans Fat Standards, it is *Not Permitted for Sale* (do not proceed to Step 2).

Step 2 – Identify the group and sub-group in the nutrition standards that your product fits into (see the [A-Z Food and Beverage List](#)).

Step 3 – Compare the relevant information on your product's food label (i.e., the Nutrition Facts table and ingredient list) with the nutrition criteria in the nutrition standards. Your product will fit into one of the following categories: *Sell Most*, *Sell Less*, or *Not Permitted for Sale*.

The 80/20 Rule

Once you have determined which category your product fits into, you will need to ensure that the products offered for sale in all venues, through all programs, and at all events, meet the 80/20 rule.

Step 4 – Assess each venue, program, and event to determine if the food and beverages offered for sale meet the 80/20 rule.

Each venue, program or event that sells food or beverages must be assessed separately.

The 80/20 rule is based on the proportion of products offered for sale, not the proportion of products sold.

The 80/20 Rule *(cont'd)*

When assessing the food and beverage choices offered for sale, remember:

- All food choices are assessed together.
- All beverage choices are assessed together.
- Food choices are assessed separately from beverage choices.

The 80/20 Rule *(cont'd)*

Sell Most

$\geq 80\%$

Products in this category must make up *at least 80 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

Sell Less

$\leq 20\%$

Products in this category must make up *no more than 20 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

Not Permitted For Sale

0%

Food and beverages in this category must not be sold in schools.

Food Choices

➤ A food choice is a specific type of food that is offered for sale.

Examples of food choices are:

- An apple is one food choice and an orange is another food choice.
- A Red Delicious apple is one food choice and a McIntosh apple is another food choice.
- A bran muffin is one food choice and a banana muffin is another food choice.
- A whole grain bun is one food choice and a white (enriched) bun is another food choice.



Beverage Choices

➤ A beverage choice is a specific type of beverage that is offered for sale

Examples of beverage choices are:

- A 1% plain milk is one beverage choice and 1% chocolate milk is another beverage choice.
- 100% orange juice is one beverage choice and 100% apple juice is another beverage choice.

The 80/20 Rule- Cafeteria

Station/area	Sell Most Food Choices	Sell Less Food Choices
Made-to-order sandwich station	6	2
Hot entrees	5	0
Side Dishes	4	1
Soup	4	0
Pre-made salads	9	2
Snacks and Desserts	7	3
Total food choices	35	8
Total beverage choices	6	3

Made-to-Order Sandwich Station:

- Whole-grain sub buns (*Sell Most*)
- White sub buns (*Sell Less*)
- Tomatoes (*Sell Most*)
- Lettuce (*Sell Most*)
- Cucumber (*Sell Most*)
- Partly-skimmed mozzarella cheese (*Sell Most*)
- Deli turkey (*Sell Most*)
- Deli roast beef (*Sell Less*)
- Sauces (e.g., mustard, mayonnaise) (*Minor Ingredients*)

Total # of food choices=43

Sell Most choices=35 (81%)

Sell Less choices=8 (19%)

Total # of beverage choices=9

Sell Most choices=6 (67%)

Sell Less choices=3 (33%)

The 80/20 Rule- Catered Lunch (student's choice)

Entrées:

Chicken and rice (*Sell Most* mixed dish)
Veggie burger (*Sell Most* mixed dish)
Spaghetti and meat sauce (*Sell Most* mixed dish)
Ham sandwich (*Sell Less* mixed dish)

Vegetables:

Carrots (*Sell Most*)
Green beans (*Sell Most*)
Peas (*Sell Most*)

of food choices=11

Sell Most choices=9 (81%)

Sell Less choices=2 (19%)

Desserts:

Low-fat cookie (*Sell Less*)
Yogurt tube (*Sell Most*)
Banana (*Sell Most*)
Apple (*Sell Most*)

Beverages:

2% Milk (*Sell Most*)
1% Chocolate milk (*Sell Most*)
Bottled water (*Sell Most*)
100% Orange juice (*Sell Most*)

of beverage choices=4

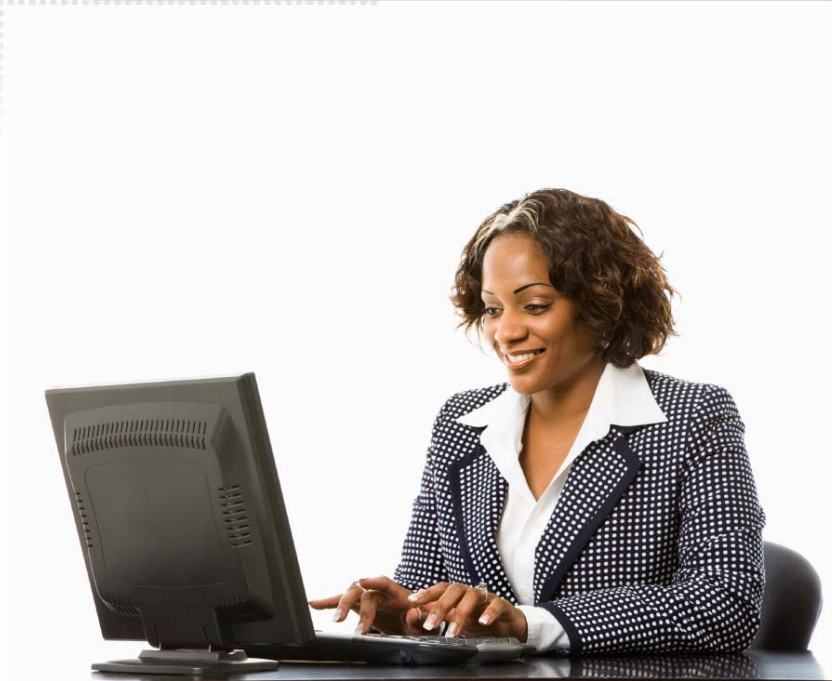
Sell Most choices=4 (100%)

Sell Less choices=0

The 80/20 Rule-Pizza Day

- If 4 or less pizza choices are offered, all must meet Sell Most criteria (i.e. each ingredient must meet the Sell Most criteria).
- If 5 pizza choices are offered 1 can be a Sell Less pizza (i.e. one or more topping meets Sell Less).
- 80/20 rule applies to each pizza day.

Implementation Support



Ministry of Education Resources

Regional School Board Team Training - Jan./Feb. 2010

- eleven regional training sessions
- up to seven participants per board and a representative from each local Board of Health/Public Health Unit were invited to attend.

School Board Funding

- boards are receiving funding for organizing and delivering training on the policy to all principals.

School Food and Beverage Policy Resource Guide

- includes a policy overview, a detailed explanation of the nutrition standards, implementation strategies and a variety of templates, tips and other tools

Quick Reference Guide

- for use as a portable resource for purchasing food and beverages to sell in a school

Online learning modules

- interactive learning modules (available soon on the ministry's public website)

** Copies of the Resource Guide and the Quick Reference Guide will be sent to all schools and boards of health.*

Ministry of Health Promotion Resources

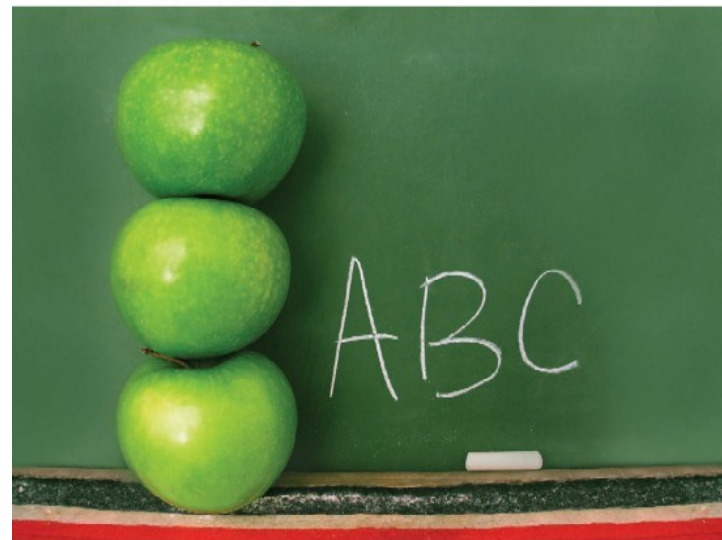
- MHP having discussions with EatRight Ontario (ERO) and OSNPPH members to discuss how ERO can provide support to public health units to work with schools
- Working with ERO and public health to define roles and maximize support
- Nutrition Resource Centre to develop resources to support families

PPM 150 and public health nutrition programs already operating in schools



Nutrition Tools for Schools[®]

A Toolkit for Ontario Public Health Units to Support Elementary Schools in Creating a Healthy Nutrition Environment



CHSNE
Creating a Healthy School Nutrition Environment
Health Unit Collaboration, 2007

Eat Smart!

- Nutrition Standard is being revised to align with P/PM 150

- New standards will be incorporated; these are:
 - pricing, placement, and promotion of healthier foods
 - formation of an Nutrition Action Committee

- Revised Nutrition Standard and the four new standards will be pilot tested for feasibility in fall 2010

- Final program standards and related materials will be updated and ready for implementation in September 2011

Nutrition Tools for Schools

- The Nutrition Tools for Schools Practice Group of the OSNPPH School Nutrition Workgroup is updating the Food Standards Reference Guide in NTS to align with the Nutrition Standards in P/PM 150

Evaluation and Wrap-Up

http://www.surveymonkey.com/s/PPM150_Webcast_Evaluation

- Provide us with your feedback on the webcast
- Outstanding questions about the policy and the nutrition standards can be submitted in question 4 in the evaluation
- The evaluation will close on Friday, April 9th at 5PM EDT

Thank you for your participation!