



ActNowBC

## SCHOOL MEAL AND SCHOOL NUTRITION PROGRAM HANDBOOK



A Resource for Administrators of School Meal and School Nutrition Programs

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## Commonly Used Abbreviations

Throughout the *School Meal and School Nutrition Program Handbook*, three documents are commonly referred to by abbreviated titles.

1. ***Eating Well with Canada's Food Guide*** (Health Canada, 2007) is commonly referred to as *Canada's Food Guide*.
2. The ***Guidelines for Food and Beverage Sales in BC Schools*** (Ministry of Education & Ministry of Health, 2007) is commonly referred to as the *Guidelines*.
3. This document, the ***School Meal and School Nutrition Program Handbook*** is commonly referred to as the *Handbook*.

## About the *Handbook*

The *School Meal and School Nutrition Program Handbook* has been created to support school meal coordinators, school administrators, caterers, and others who are involved in providing healthy food and beverages at school to vulnerable students. The *Handbook* includes general operational information and resources relating to School Meal and School Nutrition Programs,



guidelines for serving healthy foods, sample menus, healthy substitutions and promising practices for feeding vulnerable students.

The *Handbook* replaces the guidelines for School Meal Programs that were contained within *Investing in all our Children: A Handbook of Social Equity Programs* (British Columbia Ministry of Education, Skills and Training, 1996).

The guidelines and nutrition information included within this resource are consistent with and are designed to support the *Guidelines for Food and Beverage Sales in BC Schools*.

The Ministries of Education and Health (renamed the Ministry of Healthy Living and Sport) developed the *Guidelines* in 2005 in recognition of the benefits of healthy eating, including the principles that:

- good nutrition is important for healthy growth and development in childhood and can reduce the risk of health problems in later years;
- healthy children are better learners; and
- schools can directly influence students' health.

The *Guidelines* apply to all vending machines, school stores, cafeterias and fundraising sales of food and beverages in the school setting. The *Guidelines* apply to School Meal and School Nutrition Programs selling food to students, even if the food is sold at a reduced or “pay-what-you-can” rate.

## School Meal and School Nutrition Programs

The purpose of School Meal and School Nutrition Programs is to support the health and academic and social functioning of socioeconomically vulnerable students.

Within Canada, there is no universally accepted definition of poverty. Various measures provide insight into the situation of students who may be socioeconomically vulnerable. One indicator is Statistics Canada's Low Income after Tax measure. By this measure, in 2006 in British Columbia, approximately 16 percent of youth under eighteen<sup>1</sup> – about 140,000 children and youth<sup>2</sup> – could be seen to be socioeconomically vulnerable.

*School Meal and School Nutrition Programs may not be suitable for some children with food allergies. Please see Section Four: Food Safety.*

The Ministry of Education provides annual funding for school districts to improve the educational performance of vulnerable students through the CommunityLINK (Learning Includes Nutrition and Knowledge) program. Most school districts use a portion of their CommunityLINK allocation to support School Meal and School Nutrition Programs. Many districts supplement CommunityLINK funding through partnerships with external agencies and organizations.

A number of different programs fall under the general title of School Meal and School Nutrition Programs, including breakfast, lunch and snack programs.

By providing vulnerable students with access to nutritious foods, these programs contribute to:

- short-term and long-term cognitive ability;
- the growth and development of the body and mind;
- a healthy immune system;
- healthy energy levels;
- appropriate classroom behaviours; and
- social inclusion among peers.

<sup>1</sup> Source: Statistics Canada. (2008) *Income trends in Canada, 1976-2006*, 13F0022XIE (2020802).

<sup>2</sup> Source: BC Stats. (n.d.) *Population estimates custom age groups*. Retrieved March 17, 2009, from [www.bcstats.gov.bc.ca/data/pop/pop/dynamic/PopulationStatistics/Query.asp?category=School&type=SD&topic=Estimates&agegroup=Custom](http://www.bcstats.gov.bc.ca/data/pop/pop/dynamic/PopulationStatistics/Query.asp?category=School&type=SD&topic=Estimates&agegroup=Custom)



## Science Supporting School Meal and School Nutrition Programs

Effective School Meal Programs have the potential to improve students' diet quality, academic and social functioning, and long term health.

Recent research emphasizes the importance of children's nutrition throughout the entire day as a means of improving cognitive ability. These findings support an approach to school nutrition programs that employ a range of strategies, including breakfast, lunch and snack programs.

Research also demonstrates that children who are not receiving adequate nutrition – the target population of School Meal and School Nutrition Programs – are “particularly susceptible to the moment-to-moment metabolic changes that impact upon cognitive ability and performance of the brain” (Sorhaindo & Feinsein, 2006, p. i).

The link between the provision of a healthy breakfast and students' health and development has been well established by research. It is widely accepted that eating a healthy breakfast improves students' concentration, attendance, cognitive functioning and academic performance, especially in undernourished populations (Rampersaud et al., 2005; Taras, 2005). School Breakfast Programs have also been found to improve students' time of arrival at school in the mornings (Grantham-McGregor, 2005).

In support of lunch and snack programs, keeping glucose levels at adequate levels throughout the day optimizes cognition (Sorhaindo & Feinsein, 2006). Furthermore, it has been shown that diet quality also impacts academic performance, which is important to children's future education attainment and, thus, their future income, socioeconomic status, and health (Florence, Asbridge & Veugelers, 2008).

*“When children go to school hungry or poorly nourished, their energy levels, memory, problem-solving skills, creativity, concentration and behaviour are all negatively impacted.”*

– The Chief Public Health Officer's Report on the State of Public Health in Canada 2008 (Public Health Agency of Canada, 2008)

Nutrition status has also been associated with student behaviours such as concentration, attendance, and disruptive classroom behaviours. Numerous studies have shown a relationship between poor nutritional status and classroom behavioural issues and increased drop-out rates from school (Grantham-McGregor & Olney, 2006). Relieving hunger through a School Meal or School Nutrition Program may improve students' attention and decrease disruptive behaviour. However, if the school meal is of poor quality, irregularly delivered, and in insufficient portions, this mechanism would not be expected to work (Grantham-McGregor & Olney, 2006).

In addition, dietary adequacy and variety were identified as specific aspects of diet quality important to academic performance, which highlights the value of eating a diverse selection of foods in order to meet the recommended number of servings from each of the four food groups from *Canada's Food Guide* (Florence, Asbridge & Veugelers, 2008).

The association between nutrition and long term health and development is well known. Eating a healthy diet provides the nutrients that contribute to the development of strong bones, blood, muscles and teeth. Nutrition also plays an important role in the ability to fight illness and disease. Children who eat a healthy diet and who engage in exercise are at decreased risk of developing chronic degenerative diseases, such as cardiovascular disease, type 2 diabetes, cancer, obesity, and osteoporosis (Nicklas & Hayes, 2008). A healthy diet provides energy to participate in playful physical activities and to interact with peers, both of which are important for overall student health and wellness.

## Guiding Principles for School Meal and School Nutrition Programs

In addition to the nutritional criteria of the *Guidelines for Food and Beverage Sales in BC Schools*, School Meal and School Nutrition Programs in BC should be run in accordance with the following principles.<sup>3</sup>

**Healthy Eating:** Programs will provide a variety of healthy foods and beverages. Lunch Programs, and Breakfast Programs whenever possible, will support students' academic and social functioning, growth, and development by providing one-third of the recommended number of *Canada's Food Guide* servings per day for specific age groups.

**Food Safety:** Programs must ensure that food and beverages are prepared using safe food handling practices in accordance with the *BC Health Act Food Premises Regulation*.<sup>4</sup>

**Respect for Students and Families:** Programs will provide nutrition supports to students in a manner that respects the dignity of students and families and does not expose them to stigmatization.

**Respect for School Diversity:** Programs will provide food in culturally sensitive ways. Programs will endeavour to provide menus that are reflective of the Canadian mosaic of cultures and foods.

<sup>3</sup> These principles were developed through discussions with representatives from the Ministry of Education, the Ministry of Healthy Living and Sport, Dietitians, School Meal Coordinators, School District CommunityLINK administrators and School Administrators.

<sup>4</sup> To view the complete *Health Act Food Premises Regulation*, please visit: [www.bclaws.ca](http://www.bclaws.ca).

**Cost-Effectiveness:** Programs will meet the Province’s nutrition standards by providing high-quality food to students in as cost-effective a manner as possible.

**Partnerships:** Wherever possible and appropriate, school districts will seek to support and augment programs through partnerships with organizations, agencies, and individuals.

**Food Security:** Programs will contribute to food security in British Columbia by increasing students’ access to healthy foods and, where possible, by offering locally grown foods; in this *Handbook*, food security is defined as "a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice" (Hamm & Bellows, 2003).



**Food Experience:** Programs will endeavour to provide students with sufficient time and space necessary for social interaction and communication while eating meals with their peers. This will be accomplished in a manner that is respectful to student dignity and does not expose them to stigmatization.

**Education:** Wherever possible, programs will provide embedded and informal opportunities for the education of food providers and students concerning nutrition and food preparation.

## Recognizing Hunger in Schools<sup>5</sup>

The connection between hunger and low socioeconomic status is well understood. There are additional reasons why children might come to school hungry, for example, lengthy travel times to and from school,

<sup>5</sup> Adapted with permission from *Healthy Eating School Resources Manual* (Newfoundland and Labrador). Retrieved April 8, 2009, from [http://web.wnlsd.ca/student\\_health/Eating%20Healthy/FINAL%20HealthyEatingSchoolResource%20NOV.%202006.pdf](http://web.wnlsd.ca/student_health/Eating%20Healthy/FINAL%20HealthyEatingSchoolResource%20NOV.%202006.pdf).

parents' busy schedules, students' body image concerns, or lack of nutrition knowledge.

Because hunger impacts children in different ways, it can be difficult to recognize signs that a child may be experiencing hunger. Some things to look for are:

- aggressive behaviour;
- elevated anxiety levels;
- increased irritability;
- depression;
- difficulty concentrating;
- chronic health problems;
- stealing;
- short attention span;
- hyperactivity;
- impulsive decision-making; and
- anti-social behaviour.



### Considerations for Approaching Potentially Hungry Students

Approaching a student whom a school staff member suspects may be hungry requires sensitivity and may best be accomplished through an informal interaction with a trusted staff member. Another effective strategy is to promote the School Meal and School Nutrition Program to all students and families in a newsletter or other means of communication. Section Six of this *Handbook* contains some sample communications that may be useful.

## ***Canada's Food Guide and the Guidelines for Food and Beverage Sales in BC Schools***

This section of the *Handbook* begins by reviewing the basic nutritional information presented in *Eating Well with Canada's Food Guide (Canada's Food Guide)*, including the four food groups that form the building blocks for healthy eating. These food groups provide endless healthy possibilities and nutritious combinations!

The *Handbook* then proceeds to present nutrition standards for implementation by School Meal and School Nutrition Programs. These standards are consistent with the *Guidelines for Food and Beverage Sales in BC Schools (Guidelines)* and use the "Choose Most/Choose Sometimes" system to help schools select the healthiest foods from the four food groups.

### **Essential Nutrition Resources**

While there are many useful resources to help School Meal and School Nutrition Programs provide healthy meals and snacks for students, two documents are especially important.

- 1 ***Eating Well with Canada's Food Guide***, produced by Health Canada, provides the basic principles of good nutrition. *Canada's Food Guide*, based on key principles of healthy eating, supports daily healthy food choices. *Canada's Food Guide* is not a prescriptive meal plan, but rather a guide to choosing a variety of foods from the four food groups to ensure daily consumption of all the nutrients needed for good health.

*Canada's Food Guide* can be found online at: [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) A version of the food guide produced specifically for Aboriginal peoples has been included in Appendix Two of this Handbook.

- 2 The ***Guidelines for Food and Beverage Sales in BC Schools*** provides minimum nutrition standards that apply to all vending machines, school stores, cafeterias and fundraising sales of food and beverages in BC schools. The *Guidelines* use a "Choose Most/Choose Sometimes" system to categorize foods based on their nutritional value. The goal of the *Guidelines* is to improve the choices offered within the school setting to make the healthiest choice the easiest choice for BC students. Implementation of the *Guidelines* was mandated in all BC schools in September 2008.

The *Guidelines* was developed by British Columbia's Ministries of Education and Health (renamed the Ministry of Healthy Living and Sport). The document can be found online at: [www.bced.gov.bc.ca/health/guidelines\\_sales.pdf](http://www.bced.gov.bc.ca/health/guidelines_sales.pdf)

## Fundamentals of Good Nutrition: *Canada's Food Guide*

*Canada's Food Guide* is the country's best resource for helping people to make healthy food choices every day. At home and in school, use the familiar rainbow guide to create healthy menus for breakfast, lunch, dinner and snacks.

### Focus on the Four Food Groups

**1. Vegetables and Fruit:** Including a variety of fresh, frozen, canned or dried vegetables and fruits ensures School Meal and School Nutrition Programs provide key nutrients, such as fibre, vitamin A, vitamin C, folate, iron and magnesium. *Canada's Food Guide* recommends choosing at least one dark green and one orange vegetable each day and choosing vegetables and fruit more often than juice.

**2. Grain Products:** Including whole grains in School Meal and School Nutrition Programs provides fibre, energy, iron and some B vitamins. Dietary fibre is important for keeping bowels regular and for possibly helping to prevent certain types of cancer. To ensure that students meet the recommendation in *Canada's Food Guide* that whole grains make up at least half of all grain products eaten each day, it is important for school meals to provide whole grains as often as possible. Some suggested whole grains that students may enjoy are barley, brown rice, oats, whole wheat breads, or quinoa. It is also important to include grain products that are lower in fat, sugar and salt.

**3. Milk and Alternatives:** Offering milk products as part of School Meal and School Nutrition Programs provides children with the calcium and vitamin D that are important for bone health. Milk products such as lower fat white or chocolate milk, yogurt, and cheese are easy recess and meal choices to offer at school. Fortified soy beverages can replace milk if desired. Offer milk and yogurt with a fat content of 2% or less milk fat (MF).

**4. Meat and Alternatives:** Including lean meats, poultry and fish, as well as beans, lentils and tofu in School Meal and School Nutrition Programs provides students with protein for the growth and maintenance of body tissues. This food

### The Basis for *Canada's Food Guide*

The following five core guidelines are the key messages for healthy Canadians over two years of age:

1. Enjoy a variety of foods from the four food groups.
2. Emphasize vegetables, fruit, breads, cereals and other whole grain products.
3. Choose lower-fat dairy products, leaner meats and foods prepared with less fat and less salt.
4. Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
5. Drink water regularly.

group is also a source of B vitamins, folate, iron and other important minerals. Limit the use of processed meats such as salami, bologna, pepperoni and wieners, which are high in fat and salt. *Canada's Food Guide* recommends choosing meat alternatives such as beans, lentils and tofu often, as well as eating two servings of fish each week. School Meal and School Nutrition Programs should aim to offer vegetarian options twice a week and fish at least once a week.<sup>6</sup>



In support of *Canada's Food Guide's* recommendation to regularly consume fish, Health Canada provides advice relating to which species of fish to avoid due to high levels of mercury contamination. For more information, visit the Health Canada website: [www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/).

Recently there has been concern over the environmental sustainability of certain species of fish. Various organizations produce lists of species of fish that are environmentally sustainable; these lists can be found through an Internet search.

**Oils and Fats:** Limit the use of saturated fat (found in butter, ghee, lard, deli meats, bacon and sausages) and trans fat (found in processed foods, cookies, cakes, deep fried foods and hydrogenated margarine). Include a small amount (2 to 3 Tbsp) of unsaturated fat (found in vegetable oils, nuts and seeds) each day.

**Other Foods:** Some foods do not fit into any of the four food groups and tend to be high in fat, sugar and/or salt. For example, candies, soft drinks, fruit and flavoured drinks, sports and energy drinks, cakes and pastries, doughnuts, ice cream and frozen desserts, potato chips, nachos and other salty snacks have little nutritional value and can fill up children's stomachs, leaving less room for more nutritious choices. In this *Handbook* and in the *Guidelines*, these foods are classified as "Not to be Served" and are an ineffective use of a program's resources.

<sup>6</sup> For tips on preparing meat and alternatives with little added fat or salt, please refer to Dietitians of Canada. (2009) *Tips and recipes for quantity cooking: Nourishing minds and bodies*, available on the Healthy Eating at School web site: [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).

**Canada's Food Guide Recommended Servings per Day<sup>7</sup>**

| <b>Recommended Number of Food Guide Servings per Day</b> |          |     |      |         |       |         |       |         |       |
|--|----------|-----|------|---------|-------|---------|-------|---------|-------|
| Age in Years   | Children |     |      | Teens   |       | Adults  |       |         |       |
|  | 2-3      | 4-8 | 9-13 | 14-18   |       | 19-50   |       | 51+     |       |
|  | Sex      |     |      | Females | Males | Females | Males | Females | Males |
| <b>Vegetables and Fruit</b>                              | 4        | 5   | 6    | 7       | 8     | 7-8     | 8-10  | 7       | 7     |
| <b>Grain Products</b>                                    | 3        | 4   | 6    | 6       | 7     | 6-7     | 8     | 6       | 7     |
| <b>Milk and Alternatives</b>                             | 2        | 2   | 3-4  | 3-4     | 3-4   | 2       | 2     | 3       | 3     |
| <b>Meat and Alternatives</b>                             | 1        | 1   | 1-2  | 2       | 3     | 2       | 3     | 2       | 3     |

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

<sup>7</sup> Source: Health Canada. (2007) *Eating well with Canada's food guide*. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2009.



## What is One *Canada's Food Guide* Serving?<sup>8</sup>

**What is One Food Guide Serving?**  
Look at the examples below.

| Food Group    | Item   | Serving Size                                  |
|---------------|--|---|
| Vegetables    | Fresh, frozen or canned vegetables   | 125 mL (½ cup)                                |
|               | Leafy vegetables   | Cooked: 125 mL (½ cup)<br>Raw: 250 mL (1 cup) |
|               | Fresh, frozen or canned fruits   | 1 fruit or 125 mL (½ cup)                     |
|               | 100% Juice   | 125 mL (½ cup)                                |
| Grains        | Bread  | 1 slice (35 g)                                |
|               | Bagel  | ½ bagel (45 g)                                |
|               | Flat breads  | ½ pita or ½ tortilla (35 g)                   |
|               | Cooked rice, bulgur or quinoa  | 125 mL (½ cup)                                |
|               | Cereal   | Cold: 30 g<br>Hot: 125 mL (½ cup)             |
|               | Cooked pasta or couscous   | 125 mL (½ cup)                                |
| Dairy         | Milk or powdered milk (reconstituted)  | 250 mL (1 cup)                                |
|               | Condensed milk (evaporated)  | 125 mL (½ cup)                                |
|               | Fortified soy beverage   | 250 mL (1 cup)                                |
|               | Yogurt   | 175 g (¾ cup)                                 |
|               | Kefir  | 175 g (¾ cup)                                 |
|               | Cheese   | 35 g (1 oz)                                   |
| Protein       | Cooked fish, shellfish, poultry, lean meat   | 75 g (2 ½ oz) or 125 mL (½ cup)               |
|               | Cooked legumes   | 125 mL (½ cup)                                |
|               | Tofu   | 150 g (5 oz)                                  |
|               | Eggs   | 2 eggs  |
|               | Peanut or nut butters  | 35 mL (2 Tbsp)                                |
|               | Shelled nuts and seeds   | 30 mL (2 Tbsp)                                |
| Oils and Fats | Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and butter. |   |

**Oils and Fats**

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and butter.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

## Recommended Number of Servings per School Meal

School Meal and School Nutrition Programs should adhere to the following guidelines regarding the number of *Canada's Food Guide* servings they provide.

Lunch programs must provide 1/3 of the age-specific recommended number of *Canada's Food Guide* servings per day for all four food groups (see table). Breakfast programs, whenever possible, will provide 1/3 of the age-specific recommended number of *Canada's Food Guide* servings per day for three of the four food groups (see table).

<sup>8</sup> Source: Health Canada. (2007) *Eating well with Canada's food guide*. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2009.

The table below shows the number of *Canada's Food Guide* servings required to meet 1/3 of the recommended number of servings per day for specific age ranges. Use the table to help determine appropriate portions for School Meal and School Nutrition Programs.

### Meeting the 1/3 Recommendation

| Age         | Food Group Servings  |                |                       |                       |
|-------------|----------------------|----------------|-----------------------|-----------------------|
|             | Vegetables and Fruit | Grain Products | Milk and Alternatives | Meat and Alternatives |
| 4-8 years   | 2                    | 1 ½            | ½ - 1                 | 1/3                   |
| 9-13 years  | 2                    | 2              | 1 – 1 ½               | 1/3 - 1               |
| 14-18 years | 2 ½                  | 2              | 1 – 1 ½               | ¾ - 1                 |

### BC's Guidelines: Choose Most/Choose Sometimes System

Serving foods from each of *Canada's Food Guide's* four food groups ensures students are provided with a balanced diet with plenty of variety. Sometimes it can be difficult to decide which foods within the food groups are the healthiest choices. The *Guidelines for Food and Beverage Sales in BC Schools* uses a "Choose Most/Choose Sometimes" system to support the selection of healthier food choices from within each food group.

**"Choose Most"** foods, designated with a double checkmark, provide the highest nutrient value to students and must be served at least fifty percent of the time.

**"Choose Sometimes"** foods, designated with a single checkmark, provide good nutrient value to students and may be served up to fifty percent of the time.

**"Not to be Served"** foods provide poor nutrient value and may not be served to students in schools.

### Choose Most / Choose Sometimes Explained

| ✓✓ Choose Most   | ✓ Choose Sometimes   | Not to be Served  |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Must account for <i>at least 50%</i> of the options provided</li> <li>• Tend to be the highest in nutrients</li> <li>• Tend to be the lowest in added fat and/or sugar and/or salt</li> <li>• Are found within one of the four food groups of <i>Canada's Food Guide</i></li> </ul> | <ul style="list-style-type: none"> <li>• Can account for <i>up to 50%</i> of the options provided</li> <li>• Tend to be good sources of nutrients, but also moderately salted, sweetened or processed</li> <li>• Are found within one of the four food groups of <i>Canada's Food Guide</i></li> </ul> | <ul style="list-style-type: none"> <li>• May not be served in School Meal and School Nutrition Programs</li> <li>• Tend to be poor sources of nutrients, and also high in sugar, fat and/or sugar relative to other ingredients</li> <li>• Tend to be highly processed foods</li> </ul> |

## Food Categories for Meal Planning

To help you plan menu options, the *School Meal and School Nutrition Program Handbook* presents foods in the following ten categories:

1. vegetables and fruit (foods and beverages);
2. grains products;
3. milk and alternatives (foods and beverages);
4. meat and alternatives;
5. mixed entrée foods (includes stews, stir fries, curries, pasta sauces);
6. sandwiches;
7. pizza;
8. soups;
9. baked goods and desserts; and
10. condiments and add-ins.

### Helpful Resource






This symbol refers you to the *Tips and Recipes for Quantity Cooking*<sup>9</sup> resource for recipes or tips on how to make recipes healthier.

Due to the variability of ingredients in prepared foods, it is sometimes difficult to predetermine which choice category (for example, Choose Most or Choose Sometimes) the food product will fit into. The following tables should be viewed as generally representative of appropriate categorization of prepared foods, but ingredients may affect categorization.






<sup>9</sup> Dietitians of Canada. (2009) *Tips and recipes for quantity cooking: Nourishing minds and bodies*, available on the Healthy Eating at School web site: [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).


## Planning Meals with Vegetables and Fruit

| When Choosing...   | ✓✓ Choose Most   | ✓ Choose Sometimes   | Not to be Served  |
|--|--|--|---|
| <ul style="list-style-type: none"> <li>Choose fresh, local vegetables and fruit that are in season whenever possible; frozen, canned and dried vegetables and fruit can also be used when fresh choices are not available</li> <li>Choose beverages that say 100% juice</li> <li>Choose products that list a vegetable or fruit as the first or second ingredient, not including water</li> <li>Choose items that say “low in fat,” “low in saturated fat,” “lower in salt,” or “source of fibre”</li> <li>Dried fruits (e.g. raisins, 100% leathers) stick to teeth and are best eaten as part of meals</li> <li>Choose items that do not contain artificial sweeteners</li> <li>Refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Fresh or frozen vegetables or fruit; raw or cooked, very lightly seasoned/dressed</li> <li>✓✓ Canned vegetables or fruits (in water or juice)</li> <li>✓✓ Vegetables, stir fried with little or no added fat or salt</li> <li>✓✓ Applesauce/fruit blends (no sugar added)</li> <li>✓✓ Salad (tossed, coleslaw, any fruit or vegetable), low fat dressing </li> <li>✓✓ Potato, baked, boiled, or mashed with little or no added fat </li> <li>✓✓ Sweet potato, baked</li> <li>✓✓ Some frozen fruit bars made with puréed fruit</li> <li>✓✓ 100% dried fruit or vegetable / leathers / bars (with no sugar added)</li> </ul> | <ul style="list-style-type: none"> <li>✓ Most fresh or frozen vegetables and fruit; raw or cooked, moderately seasoned / dressed</li> <li>✓ Canned vegetables (in broth) and fruit (in light syrup)</li> <li>✓ Applesauce/fruit blends (with sugar added)</li> <li>✓ Vegetable soup, canned</li> <li>✓ Vegetables in cream sauces</li> <li>✓ Oven-prepared french fries</li> <li>✓ Some jarred salsa (if less than 150 mg of sodium per serving consider as Choose Most)</li> <li>✓ 100% juice, may be from concentrate (fruit, vegetable [<math>&lt;200</math> mg sodium], or combination)</li> <li>✓ Most fruit smoothies (made from Choose Most and Choose Sometimes ingredients) </li> <li>✓ Some potato/vegetable chips, very lightly salted, baked</li> </ul> | <ul style="list-style-type: none"> <li>X Most fries (deep fried)</li> <li>X Most fruit gummies</li> <li>X Most potato / vegetable chips</li> <li>X Some fruit chips</li> <li>X Coated / breaded and deep fried vegetables</li> <li>X Banana chips</li> <li>X “Fruit” drinks/ades, cocktails, beverages and punches</li> <li>X Fruit jelly desserts</li> </ul> |

## Planning Meals with Grain Products (Breads, Pastas, etc.)






| When Choosing...  | ✓✓ Choose Most  | ✓ Choose Sometimes   | Not to be Served  |
|---|---|--|---|
| <ul style="list-style-type: none"> <li>Choose items that list whole grains as the first or second ingredient</li> <li>Choose items that say “low in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” or “source of fibre”</li> <li>Choose and prepare foods that contain healthy fats. Check the ingredient list of prepared foods for unsaturated vegetable oils, such as corn, canola, sunflower, safflower, soybean, peanut, and olive oils. Limit the use of saturated oils, such as palm and coconut oils, and hydrogenated oils that contain trans fat.</li> <li>Choose items that do not contain artificial sweeteners</li> <li>Refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Whole grain (e.g. oats, corn, rye, rice) or whole wheat breads, buns, rolls, bagels, English muffins, pita bread, tortilla, pancakes, waffles, bannock, chapatti, roti, naan, pizza dough</li> <li>✓✓ Unsweetened, whole grain cereals; cereals with fibre (<math>\geq 2</math> g), fruit or nuts</li> <li>✓✓ Lower fat whole grain or whole wheat crackers, breadsticks and flatbreads</li> <li>✓✓ Whole wheat pasta</li> <li>✓✓ Brown or wild rice</li> <li>✓✓ Barley, bulgur or other whole grains</li> <li>✓✓ Lower fat muffins and loaves made with whole wheat flour, bran and fruits/vegetables </li> </ul> | <ul style="list-style-type: none"> <li>✓ 60% whole grain, enriched breads, buns, bagels, tortillas, English muffins, pancakes, waffles, pita bread, pizza dough</li> <li>✓ White or flavoured (e.g. spinach, tomato), enriched pasta</li> <li>✓ White rice or rice noodles</li> <li>✓ Cereals made with whole grains with some added sugar (&lt; 16 g sugar)</li> <li>✓ Non-whole grain crackers</li> <li>✓ Noodle or rice soups with vegetables </li> <li>✓ Couscous</li> <li>✓ Cereal bars from whole grain or fruit base</li> <li>✓ Plain granola bars</li> <li>✓ Baked grain-based chips (corn, wheat, rice, popcorn)</li> <li>✓ Some pasta salads with little dressing </li> <li>✓ Bagel or pita chips (lower fat, plain or seasoned, unsalted)</li> <li>✓ Melba toast or white bread sticks</li> <li>✓ Corn bread</li> </ul> | <ul style="list-style-type: none"> <li>X Commercial pancakes, biscuits, etc.</li> <li>X Most loaves, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, and croissants</li> <li>X Sugary cereals</li> <li>X Seasoned noodle or rice mixes</li> <li>X Most salty grain and corn snacks, especially if deep fried (wheat chips, tortilla chips, popcorn, cheesies, etc.)</li> <li>X Granola bars, dipped</li> </ul> |

## Planning Meals with Milk and Alternatives




| When Choosing...  | ✓✓ Choose Most  | ✓ Choose Sometimes  | Not to be Served  |
|---|---|---|---|
| <ul style="list-style-type: none"> <li>Choose lower fat milk products: 2%, 1% or skim milk, yogurt, and soy beverages</li> <li>Choose cheeses that contain less than 30% Milk Fat (MF)</li> <li>Choose items that list milk as the first ingredient (this does not include cream)</li> <li>Choose items that do not contain artificial sweeteners</li> <li>Refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Lower fat (2% or less) plain, unflavoured milk and fortified soy beverages</li> <li>✓✓ Lower fat (2% or less) plain yogurt; some flavoured yogurts</li> <li>✓✓ Most regular and light cheeses (<math>\leq</math> 30% MF)</li> <li>✓✓ Smoothies made with  Choose Most ingredients</li> </ul> | <ul style="list-style-type: none"> <li>✓ Most flavoured milks and fortified soy beverages</li> <li>✓ Yogurt drinks</li> <li>✓ Most flavoured yogurts</li> <li>✓ Hot chocolate made with milk</li> <li>✓ Smoothies made with Choose Sometimes ingredients</li> </ul> | <ul style="list-style-type: none"> <li>X Most eggnogs</li> <li>X Most hot chocolate mixes made with water</li> <li>X Most candy flavoured milks</li> <li>X Most cream cheese and light cream cheeses and spreads</li> <li>X Some higher fat cheeses</li> <li>X Most processed cheese slices and spreads</li> <li>X Most cottage cheese</li> </ul> |



## Planning Meals with Meat and Alternatives


| When Choosing...  | ✓✓ Choose Most   | ✓ Choose Sometimes   | Not to be Served  |
|---|--|--|---|
| <ul style="list-style-type: none"> <li>Choose lean or extra lean meats, poultry and fish</li> <li>Choose meat alternatives such as lentils, beans, and tofu</li> <li>Choose items that list meat or meat alternative as the first or second ingredient (excluding nuts and seeds)</li> <li>Refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Beef, pork, lamb, chicken or turkey (skinless), lean: baked, grilled, roasted, or stir fried </li> <li>✓✓ Fish, seafood, fresh: baked or grilled </li> <li>✓✓ Salmon or tuna, canned in water/broth</li> <li>✓✓ Beef, ground, lean</li> <li>✓✓ Hamburger patty (lean meat)</li> <li>✓✓ Low sodium chicken salads</li> <li>✓✓ Lean, low sodium wieners</li> <li>✓✓ Eggs, poached, hard boiled/scrambled, some egg salads</li> <li>✓✓ Vegetarian or soy/tofu/lentil burgers </li> <li>✓✓ Dalh </li> <li>✓✓ Falafel</li> <li>✓✓ Tofu </li> <li>✓✓ Legumes (dried peas, beans, lentils) cooked or canned</li> <li>✓✓ Hummus, bean dip</li> <li>✓✓ Most legume salads, low sodium</li> </ul> | <ul style="list-style-type: none"> <li>✓ Meat, fish, poultry: breaded and baked</li> <li>✓ Lean, low sodium pre-sliced meats (e.g. ham, roast beef, chicken, turkey)</li> <li>✓ Some marinated meats or poultry</li> <li>✓ Fish canned in oil</li> <li>✓ Some chicken or tuna salads, lightly seasoned</li> <li>✓ Beef, ground, regular</li> <li>✓ Some jerky, lightly seasoned</li> <li>✓ Lean pepperoni/chicken sticks</li> <li>✓ Lean wieners, sausages</li> <li>✓ Eggs, fried or devilled</li> </ul> | <ul style="list-style-type: none"> <li>X Many products deep fried in hydrogenated or partially hydrogenated oils or in vegetable shortening</li> <li>X Most wieners, sausages, smokies, bratwurst</li> <li>X Some heavily seasoned chicken or tuna salads</li> <li>X Most jerky</li> <li>X Many cold cuts and deli meats (deli chicken, deli beef, pepperoni, bologna, salami, etc) if high in salt</li> <li>X Chicken/fish/meat - breaded and fried</li> <li>X Fattier pepperoni/chicken sticks</li> </ul> |

## Planning Meals with Mixed Entrée Foods

| When Choosing...   | ✓✓ Choose Most  | ✓ Choose Sometimes  | Not to be Served  |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>Choose entrées that contain at least 1/3 of a food guide serving from at least 3 food guide food groups (a vegetable/fruit must be one of these)</li> <li>Choose ingredients that meet the Choose Most or Choose Sometimes criteria</li> <li>If serving a frozen entrée (e.g. lasagne), refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands that meet the Choose Most or Choose Sometimes criteria</li> <li>Refer to the Sensational Substitutions section on pages 38-39 for tips on decreasing fat, sugar and sodium in standard recipes.</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Hamburgers made with lean or extra lean beef on a whole wheat bun</li> <li>✓✓ Lower sodium stews, chillies, curries – if served with a grain food </li> <li>✓✓ Some stir fries served on whole grain rice, if sauce is lower in sodium</li> <li>✓✓ Pilaf (with vegetables) and meat/fish/poultry</li> <li>✓✓ Most whole wheat pasta with vegetable based sauce (may have meat) </li> <li>✓✓ Burritos (bean or meat)</li> <li>✓✓ Soft whole wheat tacos filled with Choose Most ingredients</li> <li>✓✓ Falafel in whole wheat pita with tomatoes and tzatziki</li> <li>✓✓ Some low sodium frozen entrées</li> <li>✓✓ Whole wheat pasta salad with vegetables</li> <li>✓✓ Whole wheat macaroni and cheese </li> <li>✓✓ Whole wheat pasta dishes or casseroles made with tomato sauce and/or vegetables</li> <li>✓✓ Cabbage rolls</li> <li>✓✓ Souvlaki, tzatziki (yogurt, cucumber, and herb dip) and whole wheat pita</li> <li>✓✓ Shepherd's pie</li> <li>✓✓ Frittata</li> <li>✓✓ Fajitas on whole wheat tortillas</li> </ul> | <ul style="list-style-type: none"> <li>✓ Some meat pot pies</li> <li>✓ Most stews served without a grain food</li> <li>✓ Most sushi</li> <li>✓ Pilaf, rice and meat (without vegetables)</li> <li>✓ Some pasta with milk based sauce</li> <li>✓ Some curries, moderately salted</li> <li>✓ Hard tacos with meat or bean filling</li> <li>✓ Enriched white macaroni and cheese</li> <li>✓ Sloppy Joes</li> <li>✓ Some frozen pasta and sauces (tomato based)</li> <li>✓ Lasagne made with white, enriched noodles</li> </ul> | <ul style="list-style-type: none"> <li>X Most meat pot pies with pastry topping</li> <li>X Stir fries if made with salty sauces</li> <li>X Sausage vegetable rolls</li> <li>X Some pasta with cream based sauce</li> <li>X Most frozen entrees unless lower in sodium</li> <li>X Egg rolls</li> </ul> |




## Planning Meals with Sandwiches


| When Choosing...  | ✓✓ Choose Most   | ✓ Choose Sometimes   | Not to be Served   |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>Choose ingredients that meet the Choose Most or Choose Sometimes criteria</li> <li>Include ingredients from at least three of the four food groups in <i>Canada's Food Guide</i> to meet the Choose Most criteria</li> <li>Offer alternatives to bread: whole wheat tortillas, pitas, roti, buns</li> <li>Offer vegetarian protein choices often:  egg, hummus, chickpea curry, cheese</li> <li>Refer to the brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about ingredient brands that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Whole grains – breads, pitas, tortillas, roti, buns, bagels</li> <li>✓✓ Lean roasted meats – turkey, chicken, beef</li> <li>✓✓ Vegetables – deeply coloured (e.g. dark green lettuce, red tomatoes)</li> <li>✓✓ Cheese – most regular and light (≤ 30% MF)</li> <li>✓✓ Canned fish in water/broth</li> <li>✓✓ Some chicken or egg salads if lower in sodium (&lt; 375 mg)</li> </ul> | <ul style="list-style-type: none"> <li>✓ 60% whole grain or enriched breads, buns, bagels, tortillas, pitas</li> <li>✓ Some deli meats if lower in sodium (&lt; 451 g)</li> <li>✓ Fish canned in oil</li> <li>✓ Some chicken or tuna salads, lightly seasoned</li> </ul> | <ul style="list-style-type: none"> <li>X Sandwiches made with white flour bread, buns, bagels, tortillas, pitas</li> <li>X Most sandwiches made with meats that have been processed, cured, or smoked</li> </ul> |






## Planning Meals with Pizza

| When Choosing...  | ✓✓ Choose Most  | ✓ Choose Sometimes   | Not to be Served   |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>Choose ingredients that meet the Choose Most or Choose Sometimes criteria</li> <li>Include ingredients from at least three of the four food groups in <i>Canada's Food Guide</i></li> <li>Choose whole wheat or 50% whole wheat crusts</li> <li>Use two or more vegetable or fruit toppings</li> <li>If using frozen pizza or buying from a franchise, refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands and flavours that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Whole wheat crust </li> <li>✓✓ Vegetable and fruit toppings (mushrooms, tomato, onion, broccoli, spinach, bell peppers, pineapple)</li> <li>✓✓ Low sodium tomato sauce</li> <li>✓✓ Cheese – most regular and light (≤ 30% MF)</li> <li>✓✓ Lean, roasted meats – turkey, chicken, beef</li> <li>✓✓ Tofu</li> <li>✓✓ Pizza buns on whole wheat English muffins, with lots of vegetables</li> </ul> | <ul style="list-style-type: none"> <li>✓ 50% whole wheat crust</li> <li>✓ Some deli meats if lower in sodium (&lt;451 g)</li> <li>✓ Pizza bagels</li> <li>✓ Baked pizza pockets, pizza pretzels</li> </ul> | <ul style="list-style-type: none"> <li>X Pastry based pizza pockets</li> <li>X Pizzas with double cheese</li> <li>X “Meat Lovers” Pizzas with deli or processed meats</li> </ul> |

## Planning Meals with Soups


| When Choosing...   | ✓✓ Choose Most   | ✓ Choose Sometimes   | Not to be Served  |
|--|--|--|---|
| <ul style="list-style-type: none"> <li>Choose ingredients that meet the Choose Most or Choose Sometimes criteria</li> <li>Choose homemade stock or a reduced sodium commercial base</li> <li>Choose herbs and spices for flavouring</li> <li>If using commercially prepared soup, refer to the Brand Name Food List <a href="http://www.brandnamefoodlist.ca">www.brandnamefoodlist.ca</a> to learn about brands that meet the Choose Most or Choose Sometimes criteria</li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Vegetables, legumes, lean meat, whole grains </li> <li>✓✓ Low sodium soup base</li> <li>✓✓ 1% or 2% milk for cream soups</li> <li>✓✓ Some low-sodium canned or instant soups made with meat or beans/lentils</li> <li>✓✓ Vegetable-based chowders made with milk</li> <li>✓✓ Fish chowder made with milk</li> </ul> | <ul style="list-style-type: none"> <li>✓ Some soups without meat, or beans/lentils</li> <li>✓ Some low-sodium canned or instant soups</li> </ul> | <ul style="list-style-type: none"> <li>X Instant soups, plain or flavoured (eg. noodle soup cups and dried noodle packages)</li> <li>X Regular canned soups, broth or milk based</li> </ul> |

## Planning Meals with Baked Goods and Desserts

| When Choosing...   | ✓✓ Choose Most  | ✓ Choose Sometimes   | Not to be Served   |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>Choose whole grain products and sources of iron when possible</li> <li>Choose homemade whenever possible; limit added fat and sugar</li> <li>Choose ingredients that meet the Choose Most or Choose Sometimes criteria</li> <li>Refer to <i>Tips and Recipes for Quantity</i>  <i>Cooking: Nourishing Minds and Bodies</i> <a href="http://www.healthyeatingatschool.ca">www.healthyeatingatschool.ca</a> for recipes and ideas for making recipes healthier</li> <li>Refer to <i>Bake Better Bites</i> <a href="http://www.healthyeatingatschool.ca">www.healthyeatingatschool.ca</a> which offers baked good recipes that meet the <i>Guidelines</i></li> </ul> | <ul style="list-style-type: none"> <li>✓✓ Quick breads, made with whole wheat flour, bran, and/or fruits and vegetables</li> <li>✓✓ Applesauce, applesauce-fruit blends, unsweetened</li> <li>✓✓ 100% frozen unsweetened fruit bars</li> <li>✓✓ Frozen banana pops rolled in yogurt and granola</li> <li>✓✓ Yogurt and fruit or yogurt parfaits with lower fat granola</li> </ul> | <ul style="list-style-type: none"> <li>✓ Cookies, bars, loaves, muffins with modified recipes </li> <li>✓ Most puddings/custards</li> <li>✓ Small portions of some ice milks and frozen yogurts (e.g. single portion Dixie cups)</li> <li>✓ Dessert tofus</li> <li>✓ Fruit or vegetable-based loaves or breads (e.g. banana, zucchini) made with enriched flour</li> <li>✓ Fig-filled cookies</li> <li>✓ Graham crackers or digestive cookies</li> <li>✓ Cookies made with oatmeal, dried fruit and preferably whole wheat flour</li> <li>✓ Fruit crisps </li> </ul> | <ul style="list-style-type: none"> <li>X Cakes/cupcakes</li> <li>X Candy, chocolate bars</li> <li>X Pastries, donuts, pies</li> <li>X Popsicles</li> <li>X Sherbet</li> <li>X Milkshakes</li> <li>X Ice cream treats, with added candy, cookie pieces, etc.</li> </ul> |



## Planning Meals with Condiments and Add-Ins

| When Choosing...  | ✓✓ Choose Most / ✓ Choose Sometimes  |
|---|--|
| <ul style="list-style-type: none"> <li>Choose small amounts to enhance the flavour of Choose Most or Choose Sometimes foods</li> <li>Serve on the side whenever possible</li> </ul> | <ul style="list-style-type: none"> <li>Herbs and salt-free seasonings, such as garlic or pepper: no limit</li> <li>Soy sauce: 2 - 3 mL (1/2 tsp)</li> <li>Hot sauce: 5 – 10 mL (1-2 tsp)</li> <li>Table salt: ¼ - ½ mL (pinch)</li> <li>Soft margarine, butter: 5 – 10 mL (1-2 tsp)</li> <li>Cream cheese or processed cheese spread: 5 – 15 mL (1 tsp – 1 tbsp)</li> <li>Sour cream: 15 – 30 mL (1-2 tbsp)</li> <li>Cream: 5 – 15 mL (1 tsp – 1 tbsp)</li> <li>Whipped cream: 15 – 30 mL (1-2 tbsp)</li> <li>Spreads, dips, dressings: 5 – 10 mL (1-2 tsp) </li> <li>Ketchup, mustard, pickles, relishes, olives: 10 – 15 mL (2 tsp – 1 tbsp)</li> <li>Horseradish: 10 – 45 mL (2 tsp – 3 tbsp)</li> <li>Jarred salsa, sauerkraut: 10 – 30 mL (2 tsp – 2 tbsp)</li> <li>Croutons: 25 – 50 mL (1 ½ - 3 1/3)</li> <li>Sugars/honey: 5 – 10 mL (1-2 tsp)</li> </ul> |

Healthy meals are ideally served plain, with few condiments and add-ins. However, small amounts of sugar and fat are fine to enhance flavour and increase students’ acceptance and consumption of the food.

## BC Trans Fat Regulation

The BC trans fat regulation restricts industrially produced trans fat and is part of B.C.'s new Public Health Act, Health Impediment Section and follows the recommendations of Health Canada's Trans Fat Task Force.

As of September 30, 2009, all BC food service establishments must meet the following three regulatory requirements for all food located on the premises of, used in preparation, served or offered for sale:

1. Documentation for food is kept on site and provided to the Environmental Health Officer upon request (ingredient lists, Nutrition Facts table or product specification sheet).
2. All soft spreadable margarine and oil meets the restriction of 2% trans fat or less of total fat content.
3. All other food meets the restriction of 5% trans fat or less of total fat content.

School Meal and School Nutrition Programs that meet the nutrition guidelines within the School Meal and School Nutrition Program *Handbook* will also be in compliance with the BC trans fat regulation.

In addition, schools must ensure that they are in compliance with the first regulatory requirement by having documentation for food on site.

Implementation support is available at: [www.restricttransfat.ca](http://www.restricttransfat.ca) or Dietitian Services at HealthLink BC (8-1-1).



## Menu Planning Basics

Planning healthy and appealing menus with lots of variety can be challenging. Here are some helpful tips when planning a menu.

- Include choices from all four food groups for lunches and from at least three food groups for breakfasts:
  - grain products,
  - vegetables and fruit,
  - meat and alternatives, and
  - milk and alternatives.
- Plan to serve at least one vegetarian meal each week.
- Include a variety of different foods each week – don't limit the menu to foods that children readily accept.
- Pair familiar foods with unfamiliar foods and favourite foods with not-so-favourite foods.
- Offer “new” foods in small portions at first.
- Include a beverage – milk and water are healthy choices.
- Serve visually appealing meals by using foods of different colours and shapes.
- Use BC grown foods whenever possible (see page 64).

### Menu Planning Resources Included in this *Handbook*

| Resource  | Page    |
|---|---------|
| Availability of BC Grown Vegetables and Fruit Chart | 26      |
| Two Week Sample Lunch Menu                          | 27-28   |
| One Week Sample Breakfast Menu                      | 29      |
| Two Week Sample Menu for Cold Bagged Lunch          | 30      |
| Mix and Match Menu Suggestions                      | 31      |
| The Sandwich and Beyond                             | 32      |
| Baking Substitutions                                | 33      |
| Cooking Substitutions                               | 34 - 35 |

## Availability of BC Grown Vegetables and Fruit Chart

|                   | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>Vegetables</b> |     |     |     |     |     |     |     |     |     |     |     |     |
| Beans             |     |     |     |     |     |     |     |     |     |     |     |     |
| Beets             |     |     |     |     |     |     |     |     |     |     |     |     |
| Broccoli          |     |     |     |     |     |     |     |     |     |     |     |     |
| Brussels Sprouts  |     |     |     |     |     |     |     |     |     |     |     |     |
| Cabbage           |     |     |     |     |     |     |     |     |     |     |     |     |
| Carrots           |     |     |     |     |     |     |     |     |     |     |     |     |
| Cauliflower       |     |     |     |     |     |     |     |     |     |     |     |     |
| Celery            |     |     |     |     |     |     |     |     |     |     |     |     |
| Corn              |     |     |     |     |     |     |     |     |     |     |     |     |
| Cucumbers         |     |     |     |     |     |     |     |     |     |     |     |     |
| Leeks             |     |     |     |     |     |     |     |     |     |     |     |     |
| Lettuce           |     |     |     |     |     |     |     |     |     |     |     |     |
| Onions            |     |     |     |     |     |     |     |     |     |     |     |     |
| Parsnips          |     |     |     |     |     |     |     |     |     |     |     |     |
| Peppers           |     |     |     |     |     |     |     |     |     |     |     |     |
| Potatoes          |     |     |     |     |     |     |     |     |     |     |     |     |
| Radishes          |     |     |     |     |     |     |     |     |     |     |     |     |
| Rhubarb           |     |     |     |     |     |     |     |     |     |     |     |     |
| Rutabagas         |     |     |     |     |     |     |     |     |     |     |     |     |
| Spinach           |     |     |     |     |     |     |     |     |     |     |     |     |
| Turnips           |     |     |     |     |     |     |     |     |     |     |     |     |
| Zucchini          |     |     |     |     |     |     |     |     |     |     |     |     |
| <b>Fruit</b>      |     |     |     |     |     |     |     |     |     |     |     |     |
| Apples            |     |     |     |     |     |     |     |     |     |     |     |     |
| Blackberries      |     |     |     |     |     |     |     |     |     |     |     |     |
| Blueberries       |     |     |     |     |     |     |     |     |     |     |     |     |
| Cherries          |     |     |     |     |     |     |     |     |     |     |     |     |
| Currants          |     |     |     |     |     |     |     |     |     |     |     |     |
| Gooseberries      |     |     |     |     |     |     |     |     |     |     |     |     |
| Pears             |     |     |     |     |     |     |     |     |     |     |     |     |
| Plums             |     |     |     |     |     |     |     |     |     |     |     |     |
| Prunes            |     |     |     |     |     |     |     |     |     |     |     |     |
| Raspberries       |     |     |     |     |     |     |     |     |     |     |     |     |
| Saskatoon Berries |     |     |     |     |     |     |     |     |     |     |     |     |
| Strawberries      |     |     |     |     |     |     |     |     |     |     |     |     |

Adapted with permission from Action Schools! BC. (n.d.) *Availability Chart of BC Grown Vegetables and Fruit*. Retrieved March 17, 2009, from <http://www.actionschoolsbc.ca/Images/Top%20Menu/Availability%20chart%20of%20BC%20Fruit%20-%20Aug09.pdf>



# Section Three: Menus & Cooking Tips

## Two Week Sample Lunch Menu

### Week One

|                                     | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|-------------------------------------|---|--|--|---|---|
| <b>Theme</b>                        | <b>Pizza</b>  | <b>Burger</b>  | <b>Stir Fry</b>  | <b>Chilli/Stew/Curry</b>  | <b>Wrap</b>   |
| <b>Ingredients</b>                  | Whole wheat pizza crust; tomato sauce; ham/turkey pepperoni/shrimp; peppers, mushroom; pineapple; mozzarella cheese<br><br>Seasonal raw veg. with dip or fruit (fresh, frozen or canned)<br><br>White milk (optional) | Whole wheat bun; patty (beef/turkey/chicken/salmon); tomato; lettuce<br><br>Tossed green salad and vinaigrette<br><br>White milk or yogurt | Sliced pork loin/chicken/tofu; fresh or frozen mixed vegetables; teriyaki sauce; brown rice<br><br>Fruit (fresh, frozen or canned)<br><br>White milk | Lean ground turkey/beef; kidney beans; onions; stewed tomatoes; frozen corn<br><br>Whole wheat bun<br><br>White milk or grated cheddar cheese | Whole wheat wrap; egg/tuna/chicken salad; shredded lettuce<br><br>Seasonal raw veg. with dip or fruit (fresh, frozen or canned)<br><br>White milk or yogurt |
| <b>Number of Servings Required:</b> |   |  |  |   |   |
| <b>Ages 4-8</b>                     | 35-52 g pizza crust<br>1 oz. ham/turkey pepperoni/shrimp<br>¼ cup veg. on pizza<br>½ oz. cheese<br>½ cup veg. or fruit (or 1 piece fruit)<br>1 cup milk (optional)  | ½ bun<br>1 oz. patty<br>1 ½ cups tossed salad<br>1 cup milk or ½ - ¾ cup yogurt  | 1 oz. pork/chicken OR ¼ cup tofu<br>½ - ¾ cup cooked rice<br>¼ cups mixed veg.<br>1 piece fruit OR ½ cup chopped fruit<br>1 cup milk                 | 1 oz. turkey/beef OR 1/3 cup kidney beans (or combination)<br>¾ cup veg. (incl. tomatoes)<br>½ bun<br>1 cup milk or 1-1 ½ oz. cheese          | ½ tortilla wrap<br>1 oz. (1/6 cup) tuna/chicken/egg salad<br>¾ cup veg. or fruit (or ¼ cup veg. & 1 piece fruit)<br>1 cup milk or ½ - ¾ cup yogurt          |
| <b>Ages 9-13</b>                    | 75 g pizza crust<br>1 ½ oz. ham/turkey pepperoni/shrimp<br>½ cup veg. on pizza<br>1 ½-2 oz. cheese<br>¾ cup veg. or fruit (or ¼ cup veg. and 1 piece fruit)<br>1 cup milk (optional)                                  | 1 bun<br>1 1/2 oz. patty<br>cups tossed salad<br>1 cup milk or ¾ - 1 cup yogurt  | 1 ½ oz. pork/chicken OR 1/2 cup tofu<br>1 cup cooked rice<br>½ cup mixed veg.<br>1 piece fruit OR ½ cup chopped fruit<br>1 cup milk                  | 1 ½ oz. turkey/beef OR ½ cup kidney beans (or combination)<br>1 cup veg. (incl. tomatoes)<br>1 bun<br>1 cup milk or 1 ½ - 2 oz. cheese        | 1 tortilla wrap<br>1 ½ oz. (1/4 cup) tuna/chicken/egg salad<br>1 cup veg. or fruit (or ½ cup veg. & 1 piece fruit)<br>1 cup milk or ¾ - 1 cup yogurt        |
| <b>Ages 14-18</b>                   | 75 g pizza crust<br>½ oz. ham/turkey pepperoni/shrimp<br>½ cup veg. on pizza<br>1 ½-2 oz. cheese<br>1 cup veg. or fruit (or ½ cup veg. and 1 piece of fruit)<br>1 cup milk (optional)                                 | 1 bun<br>½ oz. patty<br>2 ½ cups tossed salad<br>1 cup milk or ¾ - 1 cup yogurt  | 2 ½ oz. pork/chicken OR ¾ cup tofu<br>1 cup rice<br>¾ cup mixed veg.<br>1 piece fruit OR ½ cup chopped fruit<br>1 cup milk                           | 2 ½ oz. turkey/beef OR ¾ cup kidney beans (or combination)<br>1 ¼ cup veg. (incl. tomatoes)<br>1 bun<br>1 cup milk or 1 ½ - 2 oz. cheese      | 1 tortilla wrap<br>2 ½ oz. (1/2 cup) tuna/chicken/egg salad<br>1 ¼ cup veg. or fruit (or ¾ cup veg. & 1 piece fruit)<br>1 cup milk or ¾ - 1 cup yogurt      |

**Week Two**

|                                    | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------------------|--|---|---|--|---|
| <b>Theme</b>                       | <b>Sandwich</b>  | <b>Pasta</b>  | <b>Burrito</b>  | <b>Hot Sandwich Melt</b>   | <b>Hot Special</b>  |
| <b>Ingredients</b>                 | Whole wheat bread/bun/pita; roast turkey/chicken/beef/tuna or egg salad/cheese; lettuce; tomato; cucumber<br><br>Seasonal raw veg. with dip or fruit (fresh, frozen or canned)<br><br>White milk or Yogurt (if not cheese sandwich)                        | Pasta; tomato meat sauce (lean grnd. beef, tomato sauce, onions, mushrooms)<br><br>White milk | Whole wheat tortilla; lean ground beef/turkey/beans; cheese (optional); tomatoes; onion; green pepper; mushrooms<br><br>Whole Fruit<br><br>White milk or Yogurt (if no cheese in burrito) | Whole wheat bagel/bun; tuna or chicken salad; melted cheese<br><br>Seasonal raw veg. with dip<br><br>White milk (optional) | e.g. Frittata, Baked Chicken Samosa, Mexican Sloppy Joes<br><br>Tossed green salad with vinaigrette<br><br>White milk |
| <b>Number of Servings Required</b> |  |   |   |  |   |
| <b>Ages 4-8</b>                    | 1 slice bread OR ½ bun/pita<br>1 oz. turkey/chicken/beef/tuna or egg salad OR<br>1-1 ½ oz. cheese<br>¼ cup lettuce/tomato/ cucumber<br>½ cup veg. or fruit (or 1 piece of fruit)<br>1 cup milk or ½ - ¾ cup yogurt (if not cheese sandwich)                | ½ - ¾ cup cooked pasta<br>1 oz. lean ground beef<br>¾ cup tomato sauce & veg.<br>1 cup milk   | ½ tortilla<br>1 oz. beef/turkey OR<br>¼ cup beans<br>1 -1 ½ oz. cheese (optional)<br>¼ cup veg. in burrito<br>1 piece of fruit<br>1 cup milk or ½-¾ cup yogurt (if no cheese)             | ½ bagel/bun<br>1 oz. (1/6 cup) tuna or chicken salad<br>1-1 ½ oz. cheese<br>¾ cup veg.<br>1 cup milk (optional)            | 1 – 1 ½ servings grain products<br>1/3 – 1 serving meat and alternatives<br>1 ½ cups tossed salad<br>1 cup milk       |
| <b>Ages 9-13</b>                   | 2 slices bread OR 1 bun/pita<br>1 ½ oz. turkey/chicken/beef/tuna or egg salad OR<br>1 ½ - 2 oz. cheese<br>¼ cup lettuce/tomato/ cucumber<br>¾ cup veg. or fruit (or ¼ cup veg. & 1 piece fruit)<br>1 cup milk or ¾ - 1 cup yogurt (if not cheese sandwich) | 1 cup cooked pasta<br>1 ½ oz. lean ground beef<br>1 cup tomato sauce & veg. 1cup milk         | 1 tortilla<br>1 ½ oz. beef/turkey OR<br>1/2 cup beans<br>1 ½ -2 oz. cheese (optional)<br>½ cup veg. in burrito<br>1 piece of fruit<br>1 cup milk or ¾-1 cup yogurt (if no cheese)         | 1 bagel/bun<br>1 ½ oz. (1/4 cup) tuna or chicken salad<br>1 ½-2 oz. cheese<br>1 cup veg.<br>1 cup milk (optional)          | 2 servings grain products<br>¾ - 1 serving meat and alternatives<br>2 cups tossed salad<br>1 cup milk                 |
| <b>Ages 14-18</b>                  | 2 slices bread OR 1 bun/pita<br>2 ½ oz. turkey/chicken/ beef/tuna or egg salad OR<br>1 ½ -2 oz. cheese<br>¼ cup lettuce/tomato/ cucumber<br>1 cup veg. or fruit (or ½ cup veg. & 1 piece fruit)<br>1 cup milk or ¾ - 1 cup yogurt (if not cheese sandwich) | 1 cup cooked pasta<br>2 ½ oz. lean ground beef<br>1 ¼ cup tomato sauce & veg.<br>1 cup milk   | 1 tortilla<br>2 ½ oz. beef/turkey OR<br>¾ cup beans<br>1 ½ -2 oz. cheese (optional)<br>¾ cup veg. in burrito<br>1 piece of fruit<br>1 cup milk or ¾-1 cup yogurt (if no cheese)           | 1 bagel/bun<br>2 ½ oz. (1/2 cup) tuna or chicken salad<br>1 1/2 -2 oz. cheese<br>1 ¼ cup veg.                              | 2 servings grain products<br>1/3-1/2 serving meat and alternatives<br>2 ½ cups tossed salad<br>1 cup milk             |

# Section Three: Menus & Cooking Tips

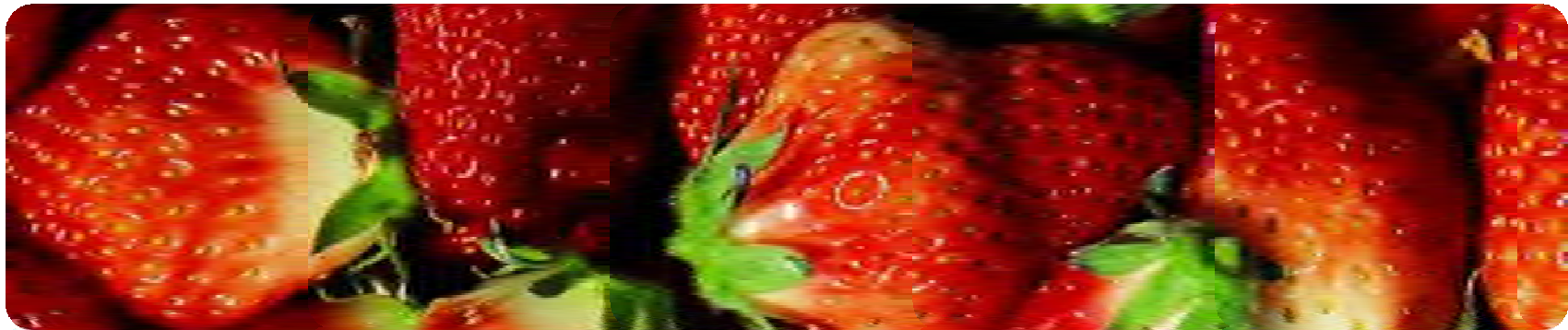
## One Week Sample Breakfast Menu

|                                    | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|------------------------------------|---|--|---|--|---|
| <b>Theme</b>                       | <b>Pancakes &amp; Too Fruity Smoothies</b>  | <b>Boiled or Poached Eggs with Toast</b>                     | <b>Hot Cereal</b>   | <b>Breakfast Burrito</b>   | <b>Continental</b>  |
| <b>Ingredients</b>                 | Pancake batter: whole wheat flour/sugar/salt/milk/baking power/egg/oil<br>Syrup<br><br>Soft tofu<br>Yogurt<br>Fruit (fresh, frozen or canned) | Eggs<br>Whole wheat toast<br>Fruit (fresh, frozen or canned) | Oatmeal/raisins<br>Milk<br>Fruit (fresh, frozen or canned)              | Whole wheat tortillas<br>Eggs or tofu, scrambled<br>Cheese, grated<br>Mixed veg. (onion, mushrooms, peppers, tomatoes)<br>Fruit (fresh, frozen or canned) (optional) | Whole wheat English muffin<br>Yogurt<br>Fruit (fresh, frozen or canned) |
| <b>Number of Servings Required</b> |   |  |   |  |   |
| <b>Ages 4-8</b>                    | 1 ½ medium pancakes<br>5 – 10 ml (1-2 tsp) syrup<br>¼ cup soft tofu<br>¾ cup yogurt<br>1 cup sliced fruit                                     | 1 egg<br>1 ½ pieces of toast<br>1 cup sliced fruit           | 1 ¼ cups cooked oatmeal<br>¼ cup raisins<br>1 cup milk<br>1 whole fruit | ½ - 1 tortilla<br>1 egg OR ¼ cup tofu<br>1 – 1 ½ oz. cheese<br>1 cup mixed veg. OR ½ cup mixed veg. and ½ cup sliced fruit   | ½ - 1 English muffin<br>¾ cup yogurt<br>1 cup sliced fruit              |
| <b>Ages 9-13</b>                   | 2 medium pancakes<br>5 – 10 ml (1-2 tsp) syrup<br>1/3 – ¼ cup tofu<br>¾ - 1 cup yogurt<br>1 cup sliced fruit                                  | 1-2 eggs<br>2 pieces of toast<br>1 cup sliced fruit          | 1 ½ cups cooked oatmeal<br>¼ cup raisins<br>1 cup milk<br>1 whole fruit | 1 tortilla<br>1-1 ½ eggs OR ½ cup tofu<br>1 ½ - 2 oz. cheese<br>1 cup mixed veg. OR ½ cup mixed veg. and ½ cup sliced fruit  | 1 English muffin<br>1 ½ cups yogurt<br>1 cup sliced fruit               |
| <b>Ages 14-18</b>                  | 2 medium pancakes<br>5 – 10 ml (1-2 tsp) syrup<br>¾ cup tofu<br>¾ - 1 cup yogurt<br>1 ¼ cup sliced fruit                                      | 2 eggs<br>2 pieces of toast<br>1 ¼ cups sliced fruit         | 1 ¼ cups cooked oatmeal<br>½ cup raisins<br>1 cup milk<br>1 whole fruit | 1 tortilla<br>1 ½ eggs OR ¾ cup tofu<br>1 ½ - 2 oz. cheese<br>1 ¼ cup mixed veg. OR ¾ cup mixed veg. and ½ cup sliced fruit  | 1 English muffin<br>1 ½ cups yogurt<br>1 cup sliced fruit               |

## Two Week Sample Menu for Cold Bagged Lunches

### Week One

|                    | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--------------------|--|--|---|---|---|
| <b>Theme</b>       | <b>Sandwich</b>  | <b>Continental</b>   | <b>Hummus &amp; Pita</b>  | <b>Kabob</b>  | <b>Wrap</b>   |
| <b>Ingredients</b> | Tuna salad on whole grain bread<br>Mini cucumber<br>Banana<br>White milk | Hard boiled egg<br>Banana applesauce<br>Muffin<br>Kiwi fruit<br>White milk or yogurt | Hummus dip<br>Whole wheat pita (or whole grain crackers)<br>Carrot/celery sticks<br>Apple<br>Chocolate milk | Skewered marinated chunks of tofu, cheese fruit & veggie<br>Oatmeal raisin muffin<br>White milk or yogurt | Ham, apple, & cheese in a spinach wrap<br>Cherry tomatoes<br>White milk |



### Week Two

|                    | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|--------------------|---|---|--|--|--|
| <b>Theme</b>       | <b>Sandwich</b>   | <b>Continental</b>  | <b>Stuffed Pita</b>  | <b>Cheese &amp; Crackers</b>   | <b>Wrap</b>  |
| <b>Ingredients</b> | Egg salad on whole grain bread<br>Pear<br>Rutabaga sticks<br>White milk | Yogurt<br>Pumpkin seeds<br>Carrot raisin muffin<br>Snow peas<br>Orange sections | Salmon salad, shredded carrot & lettuce<br>Whole wheat pita<br>Apple<br>Chocolate milk | Cheese slices<br>Whole grain crackers<br>Pepper strips<br>Grapes<br>White milk or yogurt | Chicken/turkey, mango, & spinach in a whole wheat wrap<br>Carrot/celery sticks<br>White milk |

# Section Three: Menus & Cooking Tips

## Mix and Match Menu – For Programs with Limited Kitchen Facilities

Create a menu by mixing and matching items from each of the four food groups. Include at least one item from each column.

| Vegetables and Fruit<br>2 or more <i>Canada's Food Guide Servings</i><br>(CFGs) |                 | Grains<br>2 CFGs |              | Milk and Alternatives<br>1 or more CFGs     | Meat and Alternatives<br>½ - 1 CFGs |                   |
|---|-----------------|------------------|--------------|---|-------------------------------------|-------------------|
| Green leafy lettuce   | Peaches         | Bread            | Bread sticks | Milk, plain and flavoured                   | Bean dip e.g. hummus or black bean  | Tofu              |
| Fresh spinach   | Apricots        | Buns             | Chapatti     | Fortified soy beverage, plain and flavoured |                                     | Beans and lentils |
| Broccoli trees  | Apples          | Tortillas        | Roti         | Yogurt                                      | Refried beans                       | Ham               |
| Celery  | Plums           | Flat bread       | Pancakes     | Cheese                                      | Falafel                             | Roast beef        |
| Cauliflower pieces  | Berries         | Pita bread       | Waffles      | Ricotta Cheese<br>Smoothies                 | Hard cooked eggs                    | Turkey            |
| Radishes  | Bananas         | English muffins  | Naan bread   |   | Nuts and seeds                      | Tuna              |
| Pepper strips (yellow, green, red, orange)                                      | Kiwi            | Muffins          | Melba toast  |   | Salmon                              | Chicken           |
|   | Pears           | Rice cakes       | Crackers     |   |                                     |                   |
| Turnip or rutabaga sticks   | Nectarines      |                  |              |   |                                     |                   |
| Field cucumbers   | Orange quarters |                  |              |   |                                     |                   |
| Zucchini sticks   | Grapes          |                  |              |   |                                     |                   |
| Pod peas  | Dried fruit     |                  |              |   |                                     |                   |
| Cabbage   | Carrot sticks   |                  |              |   |                                     |                   |
| Cherry tomatoes   |                 |                  |              |   |                                     |                   |

## The Sandwich and Beyond<sup>10</sup>

Sandwiches are an easy and nutritious staple for cold bagged lunches. Try using different types of bread (e.g. whole wheat pita bread, flat bread, or tortillas) and be creative with the fillings.

### Fillings for Sandwiches, Tortilla or Lettuce Wraps, and Pita Pockets

- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey or marinated cooked tofu chunks, grated carrot, shredded lettuce
- Salmon or tuna or other cooked fish, red and green pepper slices
- Chopped ham, apple
- Hummus, vegetables
- Shredded cheese, sliced cucumber
- Cheese, lettuce, tomato
- Chicken or turkey chunks with mango

Hint: use a small amount of plain yogurt, mayonnaise or a mixture to moisten

### Beyond the Sandwich

- Falafel, whole wheat pita, vegetables
- Pasta salad, milk, fruit
- Hard cooked egg, whole grain crackers, pepper strips
- Soft taco with bean dip, vegetables, yogurt
- Yogurt parfait: layer plain yogurt, fruit and granola or a high fibre cereal
- Cored apple filled with cheese chunks
- Finely grated cheese rolled into small balls
- Salad rolls
- Whole grain bread sticks with fresh tomato salsa and guacamole dips
- Hummus, bean or cottage cheese dip served with assorted veggies and pita bread triangles
- Muffins:
  - Banana bran muffin and cheese
  - Oatmeal carrot muffin and hard-boiled egg
  - Cornmeal muffin with BBQ chicken or chilli
  - Bran muffin with yogurt and veggie sticks

<sup>10</sup> Adapted with permission from Community Nutritionists Council of BC – School Age Committee (January 2008) *Lunches to Go*. Retrieved April 8, 2009 from [www.bced.gov.bc.ca/health/lunches\\_to\\_go.pdf](http://www.bced.gov.bc.ca/health/lunches_to_go.pdf).

## Sensational Substitutions – Baking<sup>11</sup>

Improve the nutritional value and lower the amount of fat, sugar, and salt

| To                    | Instead of  | Try   |
|-----------------------|---|---|
| <b>Boost fibre</b>    | <ul style="list-style-type: none"> <li>250 mL white flour</li> </ul>  | <ul style="list-style-type: none"> <li>125 mL white flour plus 125 mL whole wheat or whole grain flour</li> <li>175 mL white flour plus 50 mL ground flax seed</li> <li>Adding wheat bran or oatmeal to breads and muffins</li> </ul>                           |
| <b>Use Less Fat</b>   | <ul style="list-style-type: none"> <li>125 mL fat e.g., oil, margarine, or butter</li> </ul>                            | <ul style="list-style-type: none"> <li>50 mL mashed fruit plus 50 mL fat; use applesauce, apple butter, mashed banana, puréed pumpkin (using mashed fruit may reduce the baking time by 25%)</li> </ul>   |
|                       | <ul style="list-style-type: none"> <li>250 mL fat eg., oil, margarine, or butter</li> </ul>                             | <ul style="list-style-type: none"> <li>150 to 175 mL fat</li> </ul>   |
|                       | <ul style="list-style-type: none"> <li>250 mL solid fat eg., margarine butter, or shortening in yeast breads</li> </ul> | <ul style="list-style-type: none"> <li>175 mL ricotta cheese plus 50 mL solid fat</li> </ul>  |
|                       | <ul style="list-style-type: none"> <li>Double-crust pies</li> </ul>   | <ul style="list-style-type: none"> <li>Single-crust pies, pies with graham cracker crumb crusts, fruit cobblers with crumb topping or phyllo pastry (15 mL fat to 3 sheets of phyllo)</li> </ul>  |
|                       | <ul style="list-style-type: none"> <li>Whole Milk</li> </ul>  | <ul style="list-style-type: none"> <li>Skim, 1% or evaporated skim milk, or plain low-fat calcium fortified soy beverage</li> </ul>   |
|                       | <ul style="list-style-type: none"> <li>Cream</li> </ul>   | <ul style="list-style-type: none"> <li>Milk, low-fat evaporated milk, or low-fat sour cream</li> </ul>  |
| <b>Use Less Salt</b>  | <ul style="list-style-type: none"> <li>Using the amount called for</li> </ul>   | <ul style="list-style-type: none"> <li>Omitting the salt or using less</li> </ul>   |
| <b>Use Less Sugar</b> | <ul style="list-style-type: none"> <li>250 mL Sugar</li> </ul>  | <ul style="list-style-type: none"> <li>150 to 175 mL sugar; add cinnamon, vanilla, or almond extract</li> </ul>   |
|                       | <ul style="list-style-type: none"> <li>250 mL Chocolate Chips</li> </ul>  | <ul style="list-style-type: none"> <li>125 mL mini chocolate chips; 125 to 250 mL chopped nuts or chopped dried fruits such as cranberries, raisins, apricots, or cherries (or a combination)</li> </ul>  |
|                       | <ul style="list-style-type: none"> <li>Fruit canned in syrup</li> </ul>   | <ul style="list-style-type: none"> <li>Fruit canned in its own juice or water, or fresh fruit</li> </ul>  |
|                       | <ul style="list-style-type: none"> <li>Fruit yogurt</li> </ul>  | <ul style="list-style-type: none"> <li>Plain yogurt mixed with fresh fruit</li> </ul>   |
|                       | <ul style="list-style-type: none"> <li>Frosting or icing</li> </ul>   | <ul style="list-style-type: none"> <li>Sliced fresh fruit, puréed fruit, or light dusting of powdered or icing sugar</li> </ul>   |
| <b>Boost Iron</b>     | <ul style="list-style-type: none"> <li>125 mL fat eg., oil, margarine, or butter</li> </ul>                             | <ul style="list-style-type: none"> <li>50mL fat plus 50 mL pumpkin purée</li> <li>Adding raisins, dried apricots, pumpkin or sesame seeds, nuts, oatmeal, wheat germ</li> </ul>   |
|                       | <ul style="list-style-type: none"> <li>375 mL sugar in breads, muffins, cookies</li> </ul>                              | <ul style="list-style-type: none"> <li>250 mL molasses and 175 mL sugar; add 2 mL of baking soda for each 250 mL molasses; omit baking powder or use half the amount. Molasses should not replace more than half of the sugar called for in a recipe</li> </ul> |

<sup>11</sup> This selection has been reproduced and modified with permission from a pre-publication draft; the to-be-published citation will be: Dietitians of Canada. (2009) *Tips and recipes for quantity cooking: Nourishing minds and bodies*, available on the Healthy Eating at School web site: [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).

## Sensational Substitutions - Cooking<sup>12</sup>

Improve the nutritional value and lower the amount of fat, salt, and sugar

| To                      | Instead of  | Try   |
|-------------------------|---|---|
| <b>Use<br/>Less Fat</b> | <ul style="list-style-type: none"> <li>Frying</li> </ul>  | <ul style="list-style-type: none"> <li>Grilling, baking, roasting, broiling, or poaching</li> </ul>   |
|                         | <ul style="list-style-type: none"> <li>Butter, margarine, or oil in the amount called for</li> </ul>            | <ul style="list-style-type: none"> <li>Less than the recipe calls for</li> <li>Replacing with cooking spray, water, or broth, or using a non-stick frying pan</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Fatty cuts of beef, pork, lamb, or sausage</li> </ul>                    | <ul style="list-style-type: none"> <li>Lean cuts of meat such as “loin” or “round”, and trimming visible fat</li> <li>Extra-lean ground meat, or draining off fat after browning lean or regular</li> <li>Fish, dried peas, beans, or lentils</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Cooking poultry with skin on</li> </ul>                                  | <ul style="list-style-type: none"> <li>Removing skin and excess fat and cooking in a moist medium, e.g., low-sodium broth</li> <li>Adding colour with paprika, herbs, or tomato sauce</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Large portions of meat, poultry, or fish</li> </ul>                      | <ul style="list-style-type: none"> <li>Mixed dishes with smaller portions of meat, such as casseroles, stir fry, stews, salads, and pasta</li> <li>Emphasizing vegetables, fruit, and grains</li> </ul>   |
|                         | <ul style="list-style-type: none"> <li>Ground beef or pork in hamburgers, meatloaf, meat balls, etc.</li> </ul> | <ul style="list-style-type: none"> <li>Replacing 25 to 50% of the meat in the recipe with cooked beans, brown rice, crumbled soft or medium tofu, or whole grain bread crumbs</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Browning meat in oil or other fat for a stew or sauce</li> </ul>         | <ul style="list-style-type: none"> <li>Adding it raw and cooking until tender in the liquid, or browning in a non-stick skillet or on that has been sprayed with a non-stick cooking spray</li> </ul>   |
|                         | <ul style="list-style-type: none"> <li>Canned fish packed in oil</li> </ul>                                     | <ul style="list-style-type: none"> <li>Canned fish packed in water, or rinsing if packed in oil</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Whole milk or half and half</li> </ul>                                   | <ul style="list-style-type: none"> <li>Skim, 1% or 2% milk, evaporated low-fat or skim milk, fortified milk (one part skim milk powder to four parts low-fat or skim milk), or plain low-fat calcium fortified soy milk</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Cream</li> </ul>   | <ul style="list-style-type: none"> <li>Skim, 1% or 2% milk, or evaporated milk or equal parts low-fat &amp; evaporated milk</li> <li>Fortified milk (one part skim milk powder to four parts low-fat or skim milk)</li> <li>Low-fat sour cream</li> <li>Buttermilk</li> <li>Puréed potatoes, carrots, or tofu as thickeners in soups</li> </ul>   |
|                         | <ul style="list-style-type: none"> <li>Full-fat had cheese in amount called for</li> </ul>                      | <ul style="list-style-type: none"> <li>Slicing or shredding and using less than called for</li> <li>Reduced fat cheese (less than 20% milk fat)</li> <li>Grating firm tofu and replace part of the cheese in pizza, lasagne, and casseroles</li> </ul>  |
|                         | <ul style="list-style-type: none"> <li>Full-fat cream cheese</li> <li>Full-fat sour cream</li> </ul>            | <ul style="list-style-type: none"> <li>Fat-free or low-fat cream cheese, yogurt cheese, or cottage cheese puréed until smooth</li> <li>Replacing all or part with fat-free or low-fat sour cream, cottage cheese, part-skim ricotta, yogurt cheese, or plain yogurt (250 mL yogurt blended with 15 mL cornstarch if it will be cooked)</li> </ul> |

<sup>12</sup> This selection has been reproduced and modified with permission from a pre-publication draft; the to-be-published citation will be: Dietitians of Canada. (2009) *Tips and recipes for quantity cooking: Nourishing minds and bodies*, available on the Healthy Eating at School web site: [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).



**Sensational Substitutions – Cooking Cont...**

**Improve the nutritional value and lower the amount of fat, salt, and sugar**

| To                     | Instead of  | Try   |
|------------------------|---|---|
| <b>Use less fat</b>    | <ul style="list-style-type: none"> <li>Whipping Cream</li> </ul>  | <ul style="list-style-type: none"> <li>Whipping well-chilled, evaporated skim milk</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Mayonnaise</li> </ul>  | <ul style="list-style-type: none"> <li>Replacing up to 100% with plain low-fat yogurt, part skim ricotta cheese; blended tofu; blended low-fat cottage cheese; low-fat sour cream; or reduced-calorie/fat mayonnaise</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Oil-based marinades</li> </ul>   | <ul style="list-style-type: none"> <li>A combination of balsamic vinegar, fruit juice, or fat-free broth</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Salad dressing with a high ratio of oil (or mayonnaise) to vinegar</li> </ul>    | <ul style="list-style-type: none"> <li>Replacing up to 50% of the oil called for with balsamic, raspberry, rice, or sherry vinegar; fruit juice; tomato juice; buttermilk, plain yogurt; soft cheese or puréed vegetables</li> <li>Fat-free or reduced-calorie, reduced-sodium commercial dressing</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Using stock or broth</li> </ul>  | <ul style="list-style-type: none"> <li>Making ahead, degreasing, chilling, and skimming hardened fat immediately after cooling</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>High-fat baked goods</li> </ul>  | <ul style="list-style-type: none"> <li>Using the suggestions in Sensational Substitutions – Baking on page 37</li> </ul>  |
| <b>Use less sodium</b> | <ul style="list-style-type: none"> <li>Canned broth</li> </ul>  | <ul style="list-style-type: none"> <li>Homemade stock, or commercial reduced-sodium or salt-free stock, or bouillon in soups, gravies, sauces, dressings, etc.</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Regular canned foods</li> </ul>  | <ul style="list-style-type: none"> <li>Foods canned in water, preferably with no salt added</li> <li>Low- or sodium-reduced products</li> <li>Draining and rinsing canned foods</li> <li>Using fresh foods as much as possible</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Processed, cured, or smoked meats</li> </ul>                                     | <ul style="list-style-type: none"> <li>Fresh or frozen meat or poultry cooked without salt or high-sodium ingredient</li> <li>Small amounts of salty meats, served with larger amounts of vegetables and fruit, grains, or grain products</li> </ul>  |
|                        | <ul style="list-style-type: none"> <li>Salted snack foods popcorn, or pretzels</li> </ul>                               | <ul style="list-style-type: none"> <li>Unsalted or lightly salted products such as nuts, seeds, crackers</li> <li>Dried fruit</li> <li>Emphasizing vegetables and fruit</li> </ul>  |
|                        | <ul style="list-style-type: none"> <li>Instant packaged foods, especially with salty powder or sauce packets</li> </ul> | <ul style="list-style-type: none"> <li>Preparing product from scratch using fresh ingredients</li> <li>Using only a small amount of the prepared powder or sauce</li> </ul>   |
|                        | <ul style="list-style-type: none"> <li>Commercial condiments</li> </ul>   | <ul style="list-style-type: none"> <li>Homemade herb and spice mixtures</li> <li>Chopped or sliced vegetables or fruit instead of pickles</li> <li>Homemade chunky fruit or vegetable sauces like salsa, chutney, or relish</li> <li>Small amounts of condiments such as ketchup, soy sauce, commercial salad dressings and salsas, pickles, etc.</li> <li>Substituting low or sodium-reduced products</li> </ul> |

## Allergies

Some students may have food allergies or intolerances that restrict the foods that they can safely eat.

A **food allergy**<sup>13</sup> occurs when the body mistakes a particular food as harmful. An allergic reaction is the body's immune system fighting back. The severe form of an allergic reaction is called anaphylaxis. It can be life-threatening. Symptoms of a severe allergic reaction, or anaphylaxis, can vary and include any of the following:

- Skin: hives, swelling (including throat, tongue, lips or eyes), itching, warmth, redness, rash, pale skin or blue colour;
- Breathing: wheezing, trouble breathing, cough, change of voice, throat tightness or chest tightness;
- Stomach: vomiting, nausea, abdominal pain or diarrhea;
- Other: weak pulse, passing out, feeling faint, trouble swallowing, runny nose and itchy watery eyes, sneezing, anxiety or headache.

A severe allergic reaction should be treated with a medication called epinephrine. Call 9-1-1 if someone is experiencing a severe allergic reaction.

**Food intolerances** are different from food allergies. Food intolerances result from an inability to absorb or metabolize certain parts of foods. The immune system is not involved. An example of food intolerance is lactose intolerance. Lactose intolerance results from a lack of the enzyme lactase. Although the symptoms of lactose intolerance can be uncomfortable, such as abdominal bloating and gas, they are not normally considered a serious health risk.

It is important that schools and parents of children with food allergies or intolerances work together with regard to School Meal and School Nutrition Programs. Parents can work closely with the School Meal and Schools Nutrition Program coordinator to support safer environments for their anaphylactic child. Food-allergic children should only eat food which has been approved by their parents, and should only try new foods at home, not at school. Ingredients of food used in School Meal and School Nutrition Programs should be clearly identified.

*Call 9-1-1 if someone is experiencing a severe allergic reaction.*

The School Meal and School Nutrition Program coordinator and school administration should also be familiar with other essential related information, such as a Student Emergency Procedure Plan and/or an Anaphylaxis Action Plan.

Schools should have a School Anaphylaxis Policy consistent with the British Columbia Anaphylactic and Child Safety Framework, to ensure that all school staff are aware of

<sup>13</sup> The definition of a food allergy and the symptoms of a severe allergic reaction have been taken from HealthLink BC, *Severe Food Allergies in Children* (HealthLink BC File #100, May 2007). Retrieved April 30, 2009, from [www.healthlinkbc.ca/healthfiles/hfile100.stm#E46E1](http://www.healthlinkbc.ca/healthfiles/hfile100.stm#E46E1).

emergency procedure plans for students with severe or life-threatening food allergies. The Ministry of Education has developed resources and tools to aid in the creation of a school anaphylaxis policy, student emergency procedures plans, training information and teaching plans, and awareness/avoidance strategies. To access these resources, refer to the British Columbia School Trustees Association website: <http://www.bcsta.org/anaphylaxis>

School Meal and School Nutrition Programs are under no obligation to accommodate a child's **food preferences**. Having a food preference unmet does not pose any immediate risk to a student's health and safety.

Some schools may have specific guidelines or policies regarding allergies that apply to School Meal and School Nutrition Programs. One of the most common food allergens is peanuts and tree nuts, and the prevalence of nut allergies is on the rise. Current research shows that there is a 1.5% prevalence rate of peanut allergy in Canadian children (Kagan et al., 2003). It is recommended that schools implement a "Nut Aware" policy.

In "Nut Aware" schools:<sup>14</sup>

- the school sends out letters to parents at the beginning of the school year, asking them to limit inclusion of pertinent allergens in their child's snacks/lunches, and consider "allergy aware" options (e.g. only send food products that are packaged, clearly labelled with ingredients, and do not contain pertinent allergens);
- staff and volunteers involved in the School Meal and School Nutrition Program implement special precautions for food preparation in consideration of known allergens;
- the child, family, medical service provider(s), and school work together to develop a reasonable safety plan;
- students with severe food allergies should be discouraged from eating if they do not have access to their epinephrine auto-injector, and school staff have been trained on how to use these devices;
- other children can be taught about respecting allergies and how to help a student in an emergency.



<sup>14</sup> Adapted with permission from Fraser Health Public Health Nursing School Health Committee. (2007) *Nut aware classrooms*. Retrieved April 8, 2009 from <http://www.nvsd44.bc.ca/~media/Schools/Boundary/PDFs/Nut%20Aware%20Classrooms.ashx>.

## Food Safety Information

### Why is Food Safety Important?

It is important to practice safe food handling when preparing and serving foods at school. Failure to properly prepare, store or serve foods could lead to serious illnesses from ingesting disease-causing bacteria like *salmonella* or *E.Coli*.

According to the Canadian Food Inspection Agency ([www.inspection.gc.ca](http://www.inspection.gc.ca)), public health experts believe that each year there are 11 to 13 million cases of food borne illness in Canada. Food safety standards in schools are intended to ensure that all food provided to students is acquired, prepared, stored and served safely.

### Food Safety Standards

The *Food Premises Regulation* ([www.qp.gov.bc.ca/statreg/reg/H/Health/210\\_99.htm](http://www.qp.gov.bc.ca/statreg/reg/H/Health/210_99.htm)) outlines public health requirements for any institution which supplies and serves food to the public. These provincial regulations and standards apply to food service in schools. The *Food Premises Regulation*

requires the operator of the kitchen and at least one other person on site to possess FOODSAFE certification.

Local Health Authorities administer the *Food Premises Regulation* and regional FOODSAFE education programs ([www.foodsafe.ca](http://www.foodsafe.ca)). For any questions or concerns regarding food safety, contact an Environmental Health Officer at a local Health Authority. See Appendix One for a list of Health Authorities in BC.

For more information on food safety, refer to [www.eatsmartbc.ca](http://www.eatsmartbc.ca) – a BC website that provides up-to-date food safety information.

### Four Key Food Safety Messages

#### 1. Clean!

- Wash hands with warm water and soap often.
- Wash cutting boards, dishes, utensils and countertops often.
- Always wash fresh fruits and vegetables.

#### 2. Separate!

- Use separate cutting boards for fresh produce and raw meat, poultry, and seafood.
- Always keep raw meat, poultry, and seafood separated from other foods.

#### 3. Cook!

- Use a thermometer to make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to appropriate internal temperatures.

#### 4. Chill!

- Keep the fridge at 4°C (40°F) or below; use a thermometer to check the temperature.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as they are delivered to the school.

## Kitchen Safety and a ‘Permit to Operate’<sup>15</sup>

All school kitchens must obtain a Permit to Operate prior to beginning a school food program. An application package for a Permit to Operate can be obtained by contacting an Environmental Health Officer at a local Health Authority. Appendix One contains Health Authority contact information.



A written plan, including details of the layout of the kitchen and types of kitchen equipment, must be submitted with the application package for consideration by the Environmental Health Officer. As part of this process, the plan will be reviewed to ensure it meets the requirements of the *Food Premises Regulation*.

More information is available in the BC Centre for Disease control document entitled, *Food Protection – Vital to Your Business* which is available online:

[www.bccdc.ca/NR/ronlyres/29845061-1E80-4768-B278-A245E70368BE/0/FoodProtectionVitaltoBus.pdf](http://www.bccdc.ca/NR/ronlyres/29845061-1E80-4768-B278-A245E70368BE/0/FoodProtectionVitaltoBus.pdf)

If a School Meal and School Nutrition Program is new, it will be helpful to contact a local Environmental Health Officer and advise her/him of the intention to start the program prior to submitting the application package. Officers often have a standard information package for start up food operations. The officer may also provide an application form.

### To issue the Permit to Operate, the Environmental Health Officer will need to confirm that:

1. the facility was constructed and finished as per the plan that was signed off;
2. a food safety plan is in place;
3. staff training has been completed;
4. the facility is clean; and
5. the equipment is in working order.

<sup>15</sup> More information on food and kitchen safety can be found in: The Farm to School Salad Bar Initiative. (2008) *Food safety guidelines for school kitchens*. Retrieved May 20, 2009 from [www.phabc.org/files/farmtoschool/Farm\\_to\\_School\\_Salad\\_Bar\\_kitchen\\_guidelines\\_Sept\\_5.pdf?NSNST\\_Flood=fa05641a321ff3c5e4755810e10da763](http://www.phabc.org/files/farmtoschool/Farm_to_School_Salad_Bar_kitchen_guidelines_Sept_5.pdf?NSNST_Flood=fa05641a321ff3c5e4755810e10da763).

## Safe Sources of Food

All food used in School Meal and School Nutrition Programs should be purchased from retailers, distributors or Farmers’ Markets that have been approved by a Health Authority. Refer to page 64 for more information on purchasing foods from Farmers’ Markets. Foods supplied from unreliable sources, while possibly cheaper, can contain high levels of pathogens or other forms of contamination.

Contact a local Environmental Health Officer to confirm that a food source has been approved.<sup>16</sup> Health Officers can be reached through Health Authorities (see Appendix One for contact information).

### Considerations for Donated Foods

Donations of surplus foods are common in School Meal and School Nutrition Programs. Food donations may range from packaged ready-to-eat foods to individual ingredients. When accepting donated foods, it is essential to ensure that the food is both safe and healthy. Refer to page 48 for a sample communication on accepting food donations.

Some foods have a higher potential than others to cause food borne illnesses (see table below). Donated hazardous foods should not be used in a School Meal and School Nutrition Program. Some donated foods are potentially hazardous, but can be served when proper safe food handling practices are applied. The acceptability of donated foods should be discussed with a local Environmental Health Officer.

| Hazardous Foods   | Food Requiring Safe Food Handling Practices*                  | Safe Foods*  |
|---|---|--|
| Unpasteurized dairy products                              | Meat and meat products  | Dried goods (sugar, flour, etc.)                             |
| Processed foods prepared in a private home                | Dairy products  | Food products that do not require refrigeration              |
| Home canned foods; particularly meat, fish and vegetables | Eggs and egg products   | Whole, fresh fruit and vegetables                            |
| Foods that have passed their expiry/“best before” dates   | Seafood and seafood products                                  | Baked goods (not cream- or meat-filled)                      |
| Uninspected wild game                                     | Tofu products   | Unopened, commercially packaged or canned goods              |
|   | Sauces and gravies  | Condiments (e.g. salt, sugar, ketchup, relish, mustard, jam) |
|   | Cooked rice, grains and cereal (e.g. moisture has been added) |  |
|   | Cream and meat filled pastries                                |  |
|   | Pies (meat and pumpkin, but not fruit)                        |  |

\* All food used in School Meal and School Nutrition Programs should be purchased from retailers, distributors or Farmers’ Markets that have been approved by a Health Authority.

<sup>16</sup> For more information, see: BC Centre for Disease Control (2004) *Ensuring food safety: Writing your own food safety plan – The HACCP way, A guide for food service operators*, available on the BC Centre for Disease Control web site: [www.bccdc.org/](http://www.bccdc.org/).

## Different Kinds of School Meal and School Nutrition Programs

Research indicates that receiving regular nutrition throughout the day has a positive impact on cognitive ability. Due to financial considerations, it may not be possible to provide breakfast, lunch and snack programs. The table below summarizes some of the potential advantages and challenges of each type of school nutrition program. Due to its generalized nature, this summary may not be applicable to all locations or circumstances.

|                          | Advantages   | Issues  | Equipment/<br>Facility Requirements   |
|--------------------------|--|---|---|
| <b>Breakfast Program</b> | <ul style="list-style-type: none"> <li>• Relatively easy to organize</li> <li>• Can be inexpensive to run</li> <li>• Can be prepared by students or volunteers (with FOODSAFE certification)</li> <li>• Increases student attendance</li> <li>• Provides energy for morning activities</li> <li>• Allows social interaction among students</li> <li>• Increases student connection to school</li> <li>• Allows transitional time between home environment and structured class time</li> <li>• Suitable for donations</li> </ul>   | <ul style="list-style-type: none"> <li>• Given the typically smaller portion sizes and the lesser variety of foods, breakfast programs may not be as well suited as some hot lunch programs to meet students' energy and nutrient needs.</li> </ul> | <ul style="list-style-type: none"> <li>• Minimal equipment and space requirements for basic programs: i.e. a refrigerator, toaster, clean working space and a double sink *</li> <li>• Requires FOODSAFE expertise</li> <li>• Requires expertise in <i>Guidelines for Food and Beverage Sales in BC Schools and School Meal and School Nutrition Program Handbook</i></li> </ul>  |
| <b>Hot Lunch Program</b> | <ul style="list-style-type: none"> <li>• Allows greatest diversity of foods/menus, which enables program to:                             <ul style="list-style-type: none"> <li>○ serve foods from all food groups</li> <li>○ meet energy and nutrient needs</li> </ul> </li> <li>• Increases student attendance</li> <li>• Allows social interaction among students</li> <li>• Increases student connection to school</li> <li>• Allows for possible partnerships with local food providers</li> <li>• Can be difficult to coordinate donations of small amounts of food</li> </ul> | <ul style="list-style-type: none"> <li>• Cost may or may not be an issue. In some cases, due to volume and cost recoveries this will be the cheapest method. In other cases, it may be more costly.</li> </ul>                                      | <ul style="list-style-type: none"> <li>• Requires either access to a caterer or access to qualified food preparers and food preparation facilities with necessary equipment*</li> <li>• Requires FOODSAFE expertise</li> <li>• Requires expertise in <i>Guidelines for Food and Beverage Sales in BC Schools and School Meal and School Nutrition Program Handbook</i></li> </ul> |
| <b>Bag Lunch Program</b> | <ul style="list-style-type: none"> <li>• Less expensive than hot lunch</li> <li>• Can be prepared by students or volunteers (with FOODSAFE certification)</li> <li>• Increases student attendance</li> <li>• Allows social interaction among students</li> <li>• Increases student connection to school</li> <li>• Can be suitable for donations of small amounts of food</li> </ul>   | <ul style="list-style-type: none"> <li>• Can be a challenge to provide a variety of foods (especially compared to a hot lunch program)</li> <li>• Can be more costly depending on the number of students involved</li> </ul>                        | <ul style="list-style-type: none"> <li>• Minimal equipment and space requirements for basic programs: i.e. a refrigerator, clean working area, and double sink.*</li> <li>• Requires FOODSAFE expertise</li> <li>• Requires expertise in <i>Guidelines for Food and Beverage Sales in BC Schools and School Meal and School Nutrition Program Handbook</i></li> </ul>             |
| <b>Snack Program</b>     | <ul style="list-style-type: none"> <li>• Provides easy access to nutrition throughout the day for vulnerable students</li> <li>• Easy to organize</li> <li>• Inexpensive</li> <li>• Suitable for donations of small amounts of food</li> <li>• Suitable for food sharing tables</li> </ul>   | <ul style="list-style-type: none"> <li>• Limited range of food and beverages that may be served, e.g. fruit and packaged foods</li> </ul>   | <ul style="list-style-type: none"> <li>• Requires FOODSAFE expertise</li> <li>• Requires expertise in <i>Guidelines for Food and Beverage Sales in BC Schools and School Meal and School Nutrition Program Handbook</i></li> </ul>  |

\* Check with Environmental Health Officer for the most recent facility requirements; see Appendix One.

## Catering Versus Doing-It-Yourself

Deciding whether to provide meals through a contracted caterer or by preparing the meals within a school or a district will depend on various factors, including location of the school or district, number of students being fed, access to a caterer, and budget considerations. The table below summarizes potential advantages and challenges of either option. Due to its generalized nature, this summary may not be applicable to all locations or circumstances.

|                       | Potential Benefits   | Possible Challenges  |
|-----------------------|--|--|
| <b>Do-It-Yourself</b> | <ul style="list-style-type: none"> <li>• Schools retain full control over program</li> <li>• Allows administrators to implement themed menus or provide extra touches</li> <li>• Can build student capacity and/or partnerships with secondary and alternate schools if older students are enlisted to prepare the food</li> <li>• Can be particularly effective with breakfast and snack programs</li> <li>• More funds can be designated to purchase of foods, as opposed to transportation</li> </ul> | <ul style="list-style-type: none"> <li>• Requires in-house FOODSAFE expertise</li> <li>• Requires adequate in-house facilities and equipment for food preparation</li> <li>• Requires in-house knowledge of the <i>Guidelines for Food and Beverage Sales in BC Schools</i> and the <i>School Meal and School Nutrition Program Handbook</i></li> <li>• Staffing implications for the school or school district</li> </ul>   |
| <b>Caterer</b>        | <ul style="list-style-type: none"> <li>• Caterer may more easily be able to provide access to diverse foods</li> <li>• Can be more cost effective, especially when dealing with larger numbers of students</li> <li>• Does not require equipment or facilities</li> <li>• Has been found to be particularly effective for lunch programs</li> <li>• Does not have staffing implications for the school or school district</li> </ul>   | <ul style="list-style-type: none"> <li>• School district needs to determine that caterer has FOODSAFE training and expertise in <i>Guidelines for Food and Beverage Sales in BC Schools</i> and <i>School Meal and School Nutrition Program Handbook</i></li> <li>• Loss of some degree of control that school administrators have over the program</li> <li>• Food temperatures can be a challenge to control if the foods are prepared off-site</li> <li>• May not be cost effective for small numbers of students</li> <li>• Caterer may not have capacity to accommodate desired number of students</li> </ul> |

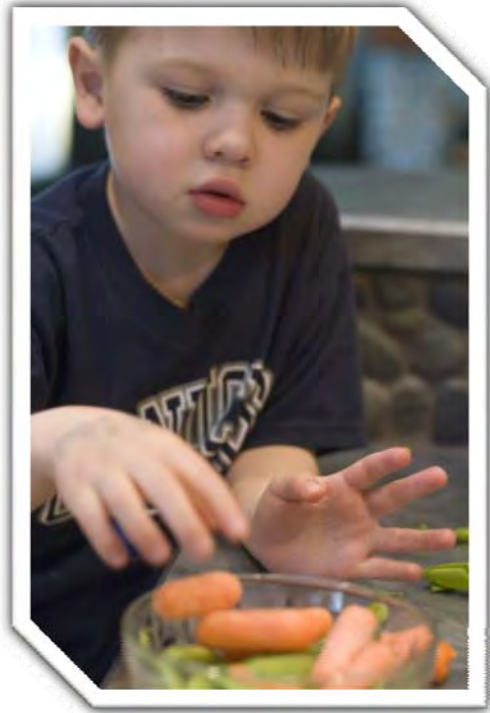


## Working with Caterers

Schools wishing to work with a caterer to provide a School Meal or School Nutrition program should discuss the issue with a school district representative.

In addition to standard matters such as cost, schedule and quantity, school districts that are contemplating engaging a caterer may wish to consider addressing some or all of the following:\*

- development of menus and recipes using foods that conform to the nutritional information and serving sizes outlined in the *Guidelines for Food and Beverage Sales in BC Schools*, the *School Meal and School Nutrition Program Handbook*, and *Eating Well with Canada's Food Guide* and any future updates to these standards and guidelines;
- disclosure of recipes;
- disclosure of nutritional information;
- FOODSAFE certification;
- procedures for introducing new foods and beverages based on student feedback;
- recycling of packaging;
- quality control, including serving sizes, safe food temperatures, and delivery times;
- safe operation of equipment – possibly including emergency repair; and
- inspection of food preparation facilities.



\* This list is not intended to be exhaustive.

## Sample Communications with Families and Donors

Given the demands involved with running a School Meal and School Nutrition Program, developing a range of communications materials and strategies with parents, students and potential donors or volunteers may not always receive the priority it should.

Schools and school districts that have taken the time to develop communications tools report multiple benefits.

Well-publicized programs have an easier time finding community donors. As well, since it can sometimes be difficult to identify students who are not getting enough to eat, regular communication with students helps to connect students-in-need with appropriate School Meal and School Nutrition Programs.

This *Handbook* includes sample communications tools. Since the circumstances of each program are unique, these samples are only intended to generate ideas.

Some School Meal and School Nutrition programs have successfully developed partnerships with school groups that have the ability to take on the role of drafting communications materials. For example, a local secondary school English or Communications class could readily take such a project on, designing a full range of communications templates and tools.

### Sample Communications Tools Included in this *Handbook*

| Resource                                  | Page |
|---|------|
| <b>Newsletter Announcement</b>            | 45   |
| <b>Monthly Parent Contribution Letter</b> | 46   |
| <b>Parent-Advisory-Committee Letter</b>   | 47   |
| <b>Food Donation Information Sheet</b>    | 48   |
| <b>Media Release</b>                      | 49   |

## Sample Communications: Newsletter Announcement

### School Breakfast Club: New School Year Announcement

Parents and students: [NAME OF SCHOOL] is pleased to announce that it will again run the very popular Breakfast Club.

All students are welcome to attend.

Research shows that eating a nutritious breakfast helps students to meet with success in school. The club also gives students a great chance to socialize before class with friends, teachers, and parent volunteers.

The Breakfast Club runs each morning from [START TIME] until [END TIME] in [LOCATION] and provides [SAMPLE FOODS].

If your child has a food allergy, please be sure to inform the school.

Each year the Breakfast Club receives donations of cash, food and time from many parents, businesses and students. Our Community Stars List below recognizes businesses that have offered their support to the Club. Please let them know how thankful you are for the role they play in making our community strong.

If you are able to volunteer your time or wish to make a donation to the program, please contact [NAME OF CONTACT AND PHONE NUMBER/EMAIL]. Parents wishing to make donations of food directly to the program are asked to check with [NAME OF CONTACT] first as provincial health and nutrition regulations prevent the school from accepting certain types of foods.

#### Community Stars

[LISTS OF PARTNERS/DONORS]

## Sample Communications: Monthly Pay-What-You-Can Letter

### [SCHOOL NAME] School Meal Program [MONTH AND YEAR] – Monthly Consent Form and Contribution Letter

For the month of [MONTH], the School Meal Program will begin on [DATE OF FIRST MEAL]. If you wish your child to participate for the month of [MONTH], this form must be signed and returned to the school office by [DUE DATE].

#### Your Fair Share!

Provincial CommunityLINK funding helps to pay for the School Meal Program, but we need your contributions to help keep the program available for all students at our school.

Your child's lunch costs the School District [COST] per day and has been designed to include 1/3 of *Canada's Food Guide's* recommended number of servings per day from the four food groups.

Families who use the meal program because it is convenient are asked to pay the full amount requested each month. All other families are asked to contribute their Fair Share.

For families unable to pay the full amount, some suggested payment options might be:

1. pay full cost for the first child and half for each additional child;
2. pay \$25 dollars for the first child and \$10 for each additional child;
3. contribute whatever your family can afford, no matter how small; or
4. if you are unable to contribute this month, your child or children are still welcome to register for the program.

**No child should go hungry at lunch and each family should support the program with whatever amount is possible.**

**Please Note: If your child has an allergy, please consult with the School Meal Coordinator.** Please review the monthly menu with your child and if your child cannot eat or does not like a certain item, please send a substitution that day and the School Meal Program will provide the rest of the meal.

### Consent/Contribution Form Please Return this form by [DATE]

I give permission for my child(ren) to participate in the School Meal Program. Contributions may be paid in cash, or by cheque – payable to [NAME OF SCHOOL] School Meal Program.

The cost per child for the month of [MONTH] is [\$AMOUNT] ([MEAL COST] X [NUMBER OF DAYS])

I am able to contribute \_\_\_\_\_ for the month of [MONTH]

Student Name \_\_\_\_\_ Teacher \_\_\_\_\_  
 Student Name \_\_\_\_\_ Teacher \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

**Protection of Privacy:** The information on this form is required and will be used solely for the purposes of accounting. It will be kept secure and confidential in accordance with the Freedom of Information and Protection of Privacy Act. Any questions concerning the collection of this information can be directed to the Program Coordinator.

## Sample Communications: PAC Letter

[NAME AND ADDRESS OF LETTER WRITER]

[DATE]

Dear [NAME OF SCHOOL] Parent Advisory Committee,

The purpose of this letter is to provide the Parent Advisory Committee with a wish list of items that would assist the school in being able to continue operation of its School Meal Program.

The organizers of [NAME OF SCHOOL]'s School Meal Program wish to thank the Parent Advisory Committee for their continued support and recognize the significant contribution that the PAC makes to the students of [NAME OF SCHOOL].

Each year the School Meal Program provides our students with [TOTAL NUMBER OF MEALS] lunches. In addition to all of the social and nutritional benefits that the School Meal Program provides the school community, the program offers free and pay-what-you-can meals to our school's vulnerable students. It is an uncomfortable truth that without the School Meal Program some of the students at our school would go hungry.

When children go to school hungry or poorly nourished, their energy levels, memory, problem-solving skills, creativity, concentration and behaviour are all negatively impacted. The School Meal Program is, therefore, an essential program that helps promote student success.

The following wish list of items includes approximate costs.

[LIST INCLUDING APPROX. COST]

Thank you once again for the support the PAC offers the students and staff of [NAME OF SCHOOL].

If you require any further information, please do not hesitate to contact [NAME OF CONTACT AND CONTACT INFORMATION].

Sincerely,

[SIGNATURE]

## Sample Communications: Food Donation Information Sheet

**[Name of School] [Name of School Meal or School Nutrition Program]  
Food Donation Information**

Thank you very much for your interest in making a food donation to the [Name of School] [Name of School Meal or School Nutrition Program].

We gratefully accept a wide range of food donations, such as many non-perishable items. Due to health and safety concerns and provincial regulations, we are not able to accept some foods as donations. If you have further questions about the suitability of an item for donation, please contact [Name of School Meal Coordinator or School Principal].

In addition to direct food donations, [Name of School Meal and School Nutrition Program] gratefully accepts cash donations and/or gift cards from [Name of Supermarket(s) where purchases are made].

| Great to Donate   |  |
|---|--|
| <b>Fruit And Vegetables</b>   | <ul style="list-style-type: none"> <li>• Packaged, store-bought, whole, fresh fruit and vegetables</li> <li>• Unsweetened fruit cups, fruit salad cups, apple sauces</li> <li>• Pre-packaged, 100% fruit juice</li> <li>• Canned fruit or vegetables in water or juice (not syrup)</li> <li>• Packaged, 100% dried fruit (e.g. raisins, dried fruit medley, fruit bars)</li> </ul> |
| <b>Grain Products</b>   | <ul style="list-style-type: none"> <li>• Packaged whole wheat bread, buns, rolls, bagels, tortillas, naan bread, bannock, crackers</li> <li>• Unopened boxes of whole grain cereals and cereal with fruit</li> <li>• Uncooked, unopened whole wheat pasta or brown rice</li> </ul>   |
| <b>Milk and Alternatives</b>  | <ul style="list-style-type: none"> <li>• Unflavoured tetra-pak soy milk; ensure that the variety selected does not require refrigeration</li> </ul>  |
| <b>Meat and Alternatives</b>  | <ul style="list-style-type: none"> <li>• Fish canned in water (or oil)</li> <li>• Canned or packaged (dried) beans, peas, and lentils</li> <li>• Some canned meats (low sodium chicken or turkey)</li> </ul>   |
| Will not be accepted  |  |
| <ul style="list-style-type: none"> <li>• Perishable foods such as meat or dairy products</li> <li>• Foods that have been prepared at home (e.g. home-made macaroni)</li> <li>• Home canned/jarred foods (e.g. jams, sauces, fruit or vegetables)</li> <li>• Foods that have been exposed to any possible sources of contamination (e.g. insect, rodent, or chemical contamination)</li> <li>• Damaged store-bought canned foods (dented, label off, etc.)</li> <li>• Food items that are out of date</li> <li>• Open boxes or cans of food</li> </ul> |  |

## Sample Communications: Media Release – Suggesting a Story

[NAME, TITLE OF WRITER]

[ORGANIZATION NAME]

[ADDRESS]

[DATE]

Dear [NAME OF EDITOR OR TO WHOM IT MAY CONCERN],

I would like to suggest that you run a story on [NAME OF SCHOOL]'s School Meal Program.

There are various angles that your coverage could take: one angle I would like to suggest would be [INSERT DESIRED TOPIC OF STORY – FOR EXAMPLE, THE EXTENT TO WHICH OUR COMMUNITY HAS RALLIED TOGETHER TO SUPPORT STUDENTS DURING CHALLENGING ECONOMIC TIMES OR THE HIGH NUTRITIONAL QUALITY OF TODAY'S SCHOOL MEALS]

Our school's Meal Program is a universal program, available to all students. The program began as a way to deliver essential support to vulnerable students, ensuring that all students had access to the nutrition they require to have success in school and to support healthy growth and development. The Meal Program continues to play this role, providing no-charge and pay-what-you-can meals to those students whose families are unable to pay full price. For many other students, the Meal Program provides an opportunity to eat healthy and nutritious foods while learning about new foods.

I have lined up several people including our school's principal who would be happy to provide you with an interview and further information.

From the school's point of view, coverage of our Meal Program would benefit us by helping to get the word out to potential donors and to students and parents who may have need of the service.

Sincerely,

[SIGNATURE]

## The Importance of Evaluating School Meal and School Nutrition Programs

Regularly evaluating School Meal and School Nutrition Programs helps to ensure that the food is healthy, tasty, and being eaten by the students.

If it is not practical to survey all students, parents or staff for their feedback, then the selection of people to participate in the survey should be done randomly. This ensures that feedback is unbiased and reflective of a variety of different views and experiences. Some common methods of random selection are described below.

- **Simple Random Sampling:** provide each student with a number, and then pull numbers from a hat
- **Systematic Sampling:** establish a gap, or interval, between each selection (e.g. select every 5<sup>th</sup> student on class lists)
- **Cluster Sampling:** divide school into clusters of classes and select one class from each grade to complete the survey

### Sample Evaluation Tools Included in this *Handbook*

| Resource                          | Explanation   | Page    |
|-----------------------------------|---|---------|
| <b>Menu Evaluation Checklists</b> | Ensures meals meet recommendations of <i>Canada's Food Guide</i> and the <i>Guidelines for Food and Beverage Sales in BC Schools</i> . Complete annually or whenever there is a change to a menu  | 51 - 52 |
| <b>Student Survey</b>             | Provides data on the acceptance of meals  | 53 - 54 |
| <b>Primary Student Survey</b>     | Provides data on primary student acceptance of meals  | 55      |
| <b>Adult Survey</b>               | Provides feedback on parents', teachers', administrators', and others' attitudes toward a program   | 56 – 57 |
| <b>Adult Questionnaire</b>        | Seeks input on potential foods and meals to be included in the program  | 58      |
| <b>Visual Plate Waste Survey</b>  | Assesses food waste, providing information on the amount of food being consumed as well as a baseline for waste management and sustainability. Another effective method of determining plate waste is to conduct a custodian interview. | 59      |



# Section Seven: Evaluation

## Menu Evaluation Checklist 1<sup>17</sup>

| Day   | Food | Number of Servings |                |                 |                 |       | Guideline Rating |                  |                  |
|-------|------|--------------------|----------------|-----------------|-----------------|-------|------------------|------------------|------------------|
|       |      | Veg. and Fruit     | Grain Products | Milk & Altrntvs | Meat & Altrntvs | Other | Choose Most      | Choose Sometimes | Not to be Served |
| Mon   |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
| Tues  |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
| Wed   |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
| Thurs |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
| Fri   |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |
|       |      |                    |                |                 |                 |       |                  |                  |                  |

<sup>17</sup>Adapted with permission from: Directorate of Agencies for School Health. (n.d.) *The meal and/or snack*. Retrieved April 8, 2009 from [www.dashbc.org/resources/ms.pdf](http://www.dashbc.org/resources/ms.pdf).

## Menu Evaluation Checklist 2

| Does your menu include.... |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |
|----------------------------|--|----|----------------------|----|-------|----|--------------|----|-----------------------|----|--|----|------|----|
| Day                        | 1 dark green and/or 1 orange vegetable |    | Vegetables and fruit |    | Juice |    | Whole grains |    | Milk and Alternatives |    | Meat alternatives (beans, lentils, tofu) |    | Fish |    |
|                            | Yes                                    | No | Yes                  | No | Yes   | No | Yes          | No | Yes                   | No | Yes                                      | No | Yes  | No |
| Mon                        |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |
| Tues                       |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |
| Wed                        |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |
| Thurs                      |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |
| Fri                        |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |
| Total:                     |  |    |                      |    |       |    |              |    |                       |    |  |    |      |    |

### Goals:

- Serve 1 dark green and/or 1 orange vegetable at each meal: *the total number of checks in the “yes” column should be 5*
- Serve vegetables and fruit more often than juice: *the total number of checks in the “yes” column for vegetables and fruit” should be more than the total “yes” checks for juice.*
- Serve whole grain products most often: *the total number of checks in the “yes” column for whole grains should be 3 or more per week.*
- Serve Milk and Alternatives (e.g. cheese, yogurt) at each meal: *the total number of checks in the “yes” column for milk and alternatives should be 5.*
- Offer meat alternatives, such as beans, lentils or tofu, at least twice per week: *the total number of checks in the “yes” column for meat alternatives should be 2 or more per week.*
- Offer fish at least once per week: *the total number of checks in the “yes” column for fish should be 1 or more per week.*

## Sample Student Survey

### School Meal and School Nutrition Program Intermediate and Senior Student Survey

**Instructions:** We want to know what you think about the School Meal and School Nutrition Program. Please fill in the answer that best describes your thoughts.

I am in grade \_\_\_\_\_.

1. The School Meal Program is a good idea.

All of the time   
Most of the time   
Some of the time   
None of the time

2. I feel full after eating the school lunch.

All of the time   
Most of the time   
Some of the time   
None of the time

3. I like the meals.

All of the time   
Most of the time   
Some of the time   
None of the time

4. I like to try new foods.

All of the time   
Most of the time   
Some of the time   
None of the time

5. If there were no School Meal Program, I would miss it.

All of the time   
Most of the time   
Some of the time   
None of the time

## Student Survey (Cont.)

1. Please list 2 or 3 of your favourite things on the School Meal menu.

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2. Please list 2 or 3 of your least favourite things on the School Meal menu.

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3. Please tell us about any other ideas to help make the School Meal Program better.

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## Primary Student Survey

I am in grade \_\_\_\_\_.

We want to know what you think about the School Meal and School Nutrition Program. Please circle the face that best describes the way you feel about your school lunch or breakfast program.



I agree



I don't know



I disagree

1. The School Meal Program is a good idea.



2. I feel full after eating the school lunch.



3. I like the meals.



4. I like to try new foods.



5. I want the School Meal Program to stay at my school.



## Adult Survey

Instructions: please answer the following questions on the School Meal and School Nutrition Program. Your answers will be used to help evaluate the program.

Please indicate your role in the school:

Parent:       Teacher:       Counsellor:   
 Administrator:       Support Staff:       Other:

1. I support the School Meal Program.

Strongly Agree   
 Agree   
 Don't Know   
 Disagree   
 Strongly Disagree

2. I believe the School Meal Program has a positive influence on:

**a) Student behaviour**

Strongly Agree   
 Agree   
 Don't Know   
 Disagree   
 Strongly Disagree

**b) Attendance**

Strongly Agree   
 Agree   
 Don't Know   
 Disagree   
 Strongly Disagree

**c) Concentration/learning ability**

Strongly Agree   
 Agree   
 Don't Know   
 Disagree   
 Strongly Disagree

**Adult Survey (cont.)**

- d) Social climate in the school**
- Strongly Agree
  - Agree
  - Don't Know
  - Disagree
  - Strongly Disagree

- e) Eating habits**
- Strongly Agree
  - Agree
  - Don't Know
  - Disagree
  - Strongly Disagree

3. It is important that the School Meal Program is in place at my school.

- Strongly Agree
- Agree
- Don't Know
- Disagree
- Strongly Disagree

4. I find the nutrition education material posted inside the school and in school newsletters informative.

- Strongly Agree
- Agree
- Don't Know
- Disagree
- Strongly Disagree

5. The current menu is:

- Very Satisfactory
- Satisfactory
- Unsatisfactory
- Very Unsatisfactory



## Adult Questionnaire

### School Meal and School Nutrition Program: Adult Questionnaire

What child-friendly menu item would you like to see added to the School Meal and School Nutrition Program?

Please note the School Meal and School Nutrition Program operates on a limited budget and is governed by the *Guidelines for Food and Beverage Sales in BC Schools* and *Canada's Food Guide* which recommends a specific number of servings from each of the four food groups according to the age of the child.

*Comments:*

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## Visual Plate Waste Survey

### Instructions:

1. randomly select 10 plates;
2. visually estimate amount left on plates following meal (e.g. 25%, 50%, 75%).

|         | Main Entree          | Vegetable/Fruit      | Yogurt/Milk                   |
|---------|----------------------|----------------------|-------------------------------|
| Student | % Food Left on Plate | % Food Left on Plate | % Food Left on Plate/in glass |
| 1       |                      |                      |                               |
| 2       |                      |                      |                               |
| 3       |                      |                      |                               |
| 4       |                      |                      |                               |
| 5       |                      |                      |                               |
| 6       |                      |                      |                               |
| 7       |                      |                      |                               |
| 8       |                      |                      |                               |
| 9       |                      |                      |                               |
| 10      |                      |                      |                               |

### Suggestions for Reducing Plate Waste

- Reschedule lunch so that it follows recess.
- Allow students adequate time to eat. Twenty minutes is recommended.
- Consider the timing of the lunch hour. If it is too early, students may not yet be hungry. If it is too late, students may not be hungry due to access to snacks.
- Offer students nutrition education.

## Promising Practices

School Meal and School Nutrition Programs can take different shapes and sizes. Feeding students does not always require a formal program demanding extensive funding, staffing, and equipment. Some schools have shared the following “promising practices” that they have used to feed vulnerable students in their schools.

### Strategies for Safeguarding Student Dignity and Confidentiality

Supporting success in school for vulnerable students significantly depends upon helping students to develop a sense of connection with their school and school community. When providing a school meal or school nutrition program, it is vital that the program be conducted in a manner that does not stigmatize already vulnerable students. It is equally vital that families participating in a School Meal and/or School Nutrition Program have the assurance that their financial information and situation is confidential.



Schools running School Meal and School Nutrition Programs have developed a variety of strategies to ensure that vulnerable students may participate in meal and nutrition programs without being stigmatized.

The following are strategies schools have developed to assist in maintaining vulnerable students’ dignity and confidentiality. Obviously, each strategy has been tailored to a specific kind of program (breakfast, bagged lunch, hot lunch, snack program etc.). The

key is that meal and nutrition programs in no way single out vulnerable students or their families.

**Separate payment from registration:** Universal programs (ones which offer food to all students) that register students on a weekly or monthly basis, often find it useful to immediately separate payment from the meals ordered. This can be easily done by removing the payment from the order form as envelopes come in and by not correlating the amount that a family pays with the number of meals ordered. Some programs prefer to maintain a record of payment information but keep the information highly confidential and only accessible to one or two school administrators.

**“Munch cards:”** Cards work well for programs that have cafeterias where food is purchased. By allowing students to purchase their food with a specially designed “munch card,” students whose families are not able to pay the full cost of their meals are indistinguishable from other students. Another advantage of a card system is that school staff (e.g. principals, counsellors or youth workers) that have reason to believe a child is hungry can easily provide students with cards as needed.

**Provide lunches to students before school begins:** For some schools with smaller numbers of vulnerable students, another solution is to prepare brown bag lunches for students, making the lunches available for pick up in a designated location before school begins. Many schools leave the lunches in the office fridge where students can pick them up as needed.

**Establish a “sharing basket” in classrooms:** Students can put any uneaten fruit or packaged, non-perishable foods from their lunch bags in the basket to be enjoyed by other students.

**Set up a fruit table in a designated location in the school:** Offer fruit in a central location, such as the front foyer or outside of the school office where students can rely on finding fruit at a specific time each day (e.g. before school, recess, lunch, or after school).

**Bus stop snacks:** Have the principal or other staff member visit with students who are waiting for the bus after school; she or he can offer items from a box or basket of fruit or packaged, non-perishable foods.

**Enlist the help of playground supervisors:** Ensure that the playground supervisor is aware that some students may be hungry and provide the supervisor with healthy snacks to offer during recess or the lunch hour break.

### Spotlight on Ashton Creek!

Ashton Creek Elementary School offers an informal breakfast program to all students free of charge. When the program started in 2007, the only food offered was toast. The program was very popular. It has now expanded and offers a variety of healthy foods.

The school is able to keep the overhead low because they make most of the food from scratch and due to the support of the larger school community. When they need additional resources, such as flour or cereal, they advertise in the school newsletter, and parents donate what they can. Recently, the Parent Advisory Committee donated a bread machine so the program can offer students homemade bread!

Ashton Creek Elementary has created a welcoming environment where students can come and listen to music while eating a healthy breakfast for 30 minutes before starting school. Students are also engaged by helping with the daily functioning of the program, such as washing the dishes. The program now serves 25-30 students every day.

## Making Healthy Foods Appealing

Healthy foods can be made fun and interesting to children and adolescents. The following are strategies that have been found to be successful by other School Meal administrators when planning meals and menus.



### 1. Relate the food to students' own experiences.

- One School Meal Coordinator found that younger students in her rural school got excited about eating rutabaga sticks after being told they were putting money in the pocket of local farmers.
- Another tool is to compare new foods to more familiar ones – for example, kids in one school were wild about hummus after being told that it tasted like garlic toast and had the texture of peanut butter.

### 2. Make food interesting.

- When working with younger students:
  - Spice up menus and menu rotations with themes. Whole weeks, days or individual menu items can be made more interesting by being renamed according to a designated theme. Theme ideas can involve popular movies, animals, sports players, etc. “Dinosaur Week” could involve:
    - stegosaurus sandwiches,
    - velociraptor veggie sticks, or
    - tyrannosaurus Tuesday;
  - Use simple holiday stamps (pumpkin, turkey, four-leaf clover etc.) on lunch bags or food wrappers; they can add an element of holiday celebration to meals.
- When working with older students:
  - Consider themes that add to students' knowledge of their school community, the world and their classes, such as
    - multicultural meals and menus, and
    - ecologically- or environmentally-themed meals and menus.

**3. Plan meal times and durations strategically.**

- Implement a “Play Before Lunch” policy in which students enjoy playtime before eating lunch, which results in quieter and calmer students who are focused on eating rather than thinking about getting outside to play. For more information, see the “*Play First Lunch*” toolkit which can be accessed on the *Healthy Eating at School* website ([www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)).
- Provide adequate time for students to enjoy their lunches.
- Provide a School Breakfast Program at morning recess rather than before school to encourage late risers to attend.

**4. Create a warm, welcoming environment.**

- Play calming music during lunchtime over the PA system.
- Put up decorations.
- Provide comfortable chairs and tables.
- For more ideas, refer to “*Creating A Pleasant and Safe Eating Environment*” which can be accessed on the *Healthy Eating at School* website ([www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)).

**5. Involve students in their meal programs.**

- Invite students to make healthy menu recommendations or to share their favourite healthy recipes from home.
- Create opportunities for students to participate in meal preparation.
- Partner with another group in the school to create and run a school garden.

**6. Pay attention to the students.**

- Knowing more about the demographics of a school can help to provide foods that will be readily accepted. Depending on the cultural diversity of a school, it may be useful to consider which meals and snacks complement cultural attitudes, preferences, and dietary restrictions.

**7. Involve people from the local community in meal programs.**

- Invite local celebrities (e.g. athletes, musicians, or politicians) to visit the School Meal and School Nutrition Program to sample the meals and give it their “thumbs up.”

**8. Try new foods more than once.**

- Often students need to be exposed to new foods up to twenty times before they readily accept it. When serving new foods, consider introducing them gradually, in small portion sizes. It is common for students to eat only a little of a new food when they are first exposed to it.

## Using BC Grown Food

Whenever possible buy BC grown foods from farms that are as close to home as possible to support local farmers, the local economy, and to optimize the freshness of the foods. See page 26 for a table showing seasonal availability of BC grown vegetables and fruit.

### Why buy BC grown foods?

- Buying BC grown foods is good for the economy. Dollars spent are reinvested back into the community, which strengthens the growth of small businesses and generates local jobs.
- Buying BC grown foods supports local farmers. Purchasing food products from BC farms enhances the market for BC produced food products and contributes to the sustainability of BC rural communities.
- Buying BC grown foods is good for the environment. Local food distribution uses less fossil fuel for transportation and less packaging materials.
- Buying BC grown foods is healthy. Locally grown foods are generally fresher and less processed than imported foods. Produce picked at its peak has the highest nutrient content.

### Farmers' Markets

Farmers' Markets are great places to buy locally grown foods and support local food producers. All vendors selling foods at Farmers' Markets must be approved and follow the *Guidelines for the Sale of Foods at Temporary Food Markets*. These guidelines were developed by the BC Center for Disease Control and the Health Authorities, in partnership with the BC Association of Farmers' Markets. The guidelines have been implemented across the province and apply to all Farmers' Markets that belong to the BC Association of Farmers Markets. Contact a local Environmental Health Officer to confirm that all vendors at a Farmers' Market have been approved as safe sources of food.

#### The Province of BC Encourages Students' Consumption of BC Grown Produce

***The Farm to School Salad Bar Initiative*** – This program partners schools with local farms to provide food for the school's salad bar twice per week. Visit the website at [www.phabc.org/farmtoschool](http://www.phabc.org/farmtoschool) or contact them at [farmtoschool@phabc.org](mailto:farmtoschool@phabc.org)

***School Fruit and Vegetable Nutritional Program*** – Registered schools receive free BC vegetables and fruit twice per week every second week for 14 weeks to be offered as snacks in the classrooms. Visit the website at [www.aitc.ca/bc/snacks](http://www.aitc.ca/bc/snacks)

## If Resources Are Limited...

1. **Emphasize community partnerships.** For example, approach a community organization to sponsor, partially fund, or donate to a School Meal and School Nutrition Program.

### Spotlight: Community Partnerships

The Surrey School District has partnered with the Surrey Firefighters Association, which supplies snack items for students who normally don't have breakfast or snacks. In schools that have a School Meal and School Nutrition Program, these snacks are a supplement to the Program.

2. **Engage students in making food for students!**

### Spotlight: Student Chefs

Students enrolled in Princeton Secondary School's Culinary Arts course cook meals for the neighbouring Elementary School's School Meal and School Nutrition Program. Every student in the course is FOODSAFE certified, and all meals are made from scratch ingredients.

15-20% of the student body attending Dragon Lake Elementary School receive a cold meal program provided by the students at the neighbouring Alternative School. The demand is so high that Dragon Lake Elementary School is now providing FOODSAFE certification to its grade six students so that they can help with the meal program.

3. **Provide a cold bagged lunch program that requires less equipment and human resources.**

- Some schools do not have an equipped kitchen for full meal preparation. As long as these schools have a double sink, fridge and a clean working area, they can operate a successful School Meal and School Nutrition Program by offering healthy, cold bagged lunches.
- Contact a local Environmental Health Officer to confirm that all food safety guidelines have been followed and to inquire if an operating permit is required. The information and guidelines outlined within this *School Meal and School Nutrition Program Handbook* also apply to cold bagged meal programs.
- For suggestions on bagged lunch programs in this *Handbook*, please see "Sample Two Week Menu for Cold Bagged Lunches" (page 30) and "The Sandwich and Beyond" (page 32).

4. **Safely store unserved food from one meal and serve them for breakfast or snack the next day.**
  - Providing a school has sufficient refrigerator space, storing left-over food from one meal and providing it to students at another meal can be an excellent way to ensure high nutrition at lower cost. Some schools package unserved food from meal programs and make them available for after-school snacks or for the next day's breakfast program. Attention must be paid to ensure food safety, particularly food temperatures.
  
5. **Make the most of the food served – try for over 90% food consumption.**
  - By involving students in the meal process, using student and parent surveys, and performing visual plate-waste checks, many schools have been able to greatly reduce the uneaten portion of the meals they serve.





## Related Resources

### Action Schools! BC

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. A source for complimentary, practical and relevant professional development, curriculum-linked resources and support for teachers in physical education, physical activity and healthy eating, and physical activity leadership training and resources for students.

Website: [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)

### BC Ministry of Education Core Anaphylaxis Resources

The British Columbia School Trustees Association (BCSTA) houses an online collection of resources available to school administrators, teachers and parents to support the implementation of the British Columbia Anaphylactic and Child Safety Framework and the Anaphylaxis Protection Order.

Website: <http://www.bcsta.org/anaphylaxis>

### Bake Better Bites: Recipes and Tips for Healthier Baked Goods

This resource is for parents, community volunteers, school staff, and students to use when preparing baked goods for sale to students. Every *Bake Better Bites* recipe meets the *Guidelines for Food and Beverage Sales in BC Schools* and also offers tasty choices for fundraising events, and classroom and school celebrations. *Bake Better Bites* was developed by Dietitians of Canada in partnership with the BC Healthy Living Alliance and the Ministry of Healthy Living and Sport.

PDF: [www.healthyeatingatschool.com](http://www.healthyeatingatschool.com)

### Brand Name Food List British Columbia

This list provides nutrition ratings for packaged and franchised foods and beverages to help schools and the food industry find 'Choose Most' and 'Choose Sometimes' items that meet the *Guidelines*. By providing a range of readily available products, the list could easily help with the planning and budgeting of school snack cupboards or in guiding requests for donations from stores or parents. The *Brand Name Food List British Columbia* was developed and is managed by the Dietitians of Canada and HealthLink BC's Dietitian Services.

Website: [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

### **Breakfast for Learning**

Breakfast for Learning is a national non-profit organization solely dedicated to child nutrition programs in Canada. Breakfast for Learning provides information on how to start a school nutrition program; funding in the form of nutrition grants; child nutrition education resources and tools to help raise awareness and educate communities about proper nutrition; research to support the vital link between child nutrition and learning; and is a strong voice for child nutrition that advocates for quality nutrition programs in schools.

**Website:** [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca)

### **Canadian Food Inspection Agency**

The Canadian Food Inspection Agency is mandated to safeguard Canada's food supply and the plants and animals upon which safe and high-quality food depends.

**Website:** <http://www.inspection.gc.ca>

### **CommunityLINK**

CommunityLINK (**L**earning **I**ncludes **N**utrition and **K**nowledge) is a British Columbia Government program that provides funding to all 60 boards of education to support vulnerable students in academic achievement and social functioning. School districts have the flexibility to decide how best to spend their funding in support of this goal. Most school districts employ a portion of their allocation to support School Meal and School Nutrition Programs. Funding also helps districts provide services such as inner city and community school programs, school-based support workers, and counselling for at-risk children and youth.

**Website:** [www.bced.gov.bc.ca/communitylink](http://www.bced.gov.bc.ca/communitylink)

### **Dietitians of Canada**

Dietitians of Canada provides leadership and support in the promotion of health and well-being through expertise in food and nutrition. Dietitians of Canada's website offers access to evidence-based nutrition information, as well as useful tips, tools and resources.

**Website:** [www.dietitians.ca](http://www.dietitians.ca)

### **Dietitian Services at HealthLink BC**

Dietitian Services at HealthLink BC is a free nutrition information line for British Columbians that specializes in easy-to-use nutrition information for self-care, based on current scientific sources. Registered dietitians provide brief nutrition consultations by phone. If more in-depth counselling is necessary, HealthLink BC's Dietitian Services will guide you to community nutritionists or other nutrition services in your community. Translation services are available in 130 languages.

**Website:** <http://www.healthlinkbc.ca/diet.stm>  
**Phone:** 8-1-1 (ask to speak with Dietitian Services)

### **EatSmart BC**

EatSmartBC provide easy access to important information about food safety and healthy eating in order to reduce the risk of food borne illness and improve the health of British Columbians.

**Website:** <http://www.eatsmartbc.ca>

### **Farm to School Salad Bar Initiative**

The Farm to School Salad Bar Initiative partners schools with local farms to provide schools with fresh, local salad twice per week.

**Website:** [www.phabc.org/farmtoschool](http://www.phabc.org/farmtoschool)

### **FOODSAFE Training**

FOODSAFE is an inexpensive provincially-run education program that teaches how to handle food safely to prevent food borne illnesses. All School Meal Program coordinators and at least one other staff member must have successfully completed FOODSAFE training.

**Website:** [www.foodsafe.ca](http://www.foodsafe.ca)

### ***Guidelines for Food and Beverage Sales in BC Schools***

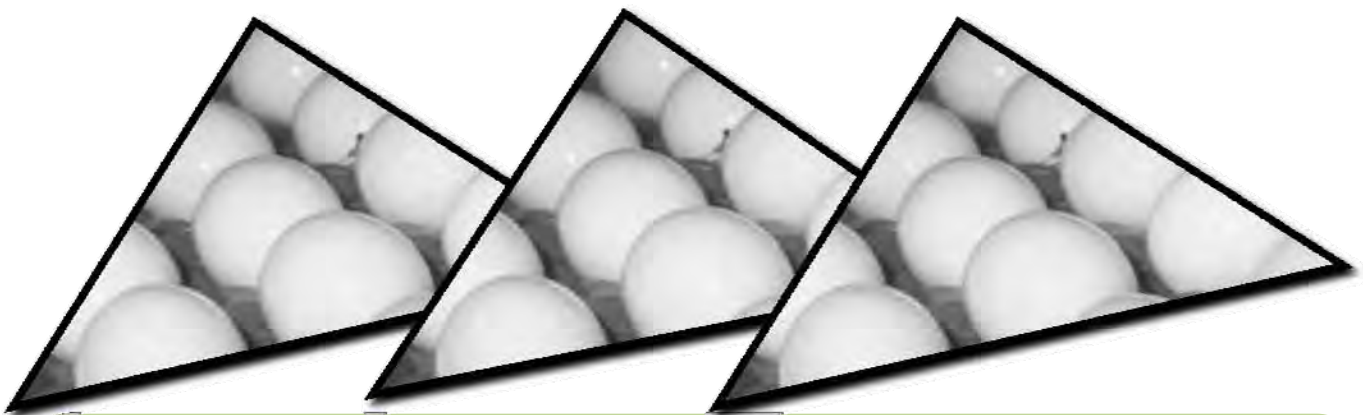
The *Guidelines for Food and Beverage Sales in BC Schools* provide minimum nutrition standards that apply to all vending machines, school stores, cafeterias, and fundraising sales of food and beverages in BC schools. The *Guidelines* were developed by the Ministries of Education and Health (renamed the Ministry of Healthy Living and Sport).

**PDF:** [www.bced.gov.bc.ca/health/guidelines\\_sales.pdf](http://www.bced.gov.bc.ca/health/guidelines_sales.pdf)

### Healthy Eating at School Website

The *Healthy Eating at School* website is designed to be the one stop shop where school communities can find all the resources necessary to implement nutrition policy at school. The website uses a comprehensive school health model to address multiple issues, one of which is food at school. It aims to build the capacity of school communities to develop and implement nutrition policies by providing resources, tips, examples of nutrition policies, and success stories. Healthy Eating at School is a partnership between BC Dairy Foundation, the Ministry of Healthy Living and Sport and Knowledge: (formerly Knowledge Network).

Website: [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)



### Healthy Schools Branch

The Healthy Schools branch represents a joint partnership between the ministries of Education and Healthy Living and Sport. The core mandate of the Healthy Schools branch is to facilitate cross-sector collaboration between health and education stakeholders in order to promote policy development and practice that reflect a comprehensive school health approach.

Website: [www.bced.gov.bc.ca/health](http://www.bced.gov.bc.ca/health)

### School Fruit and Vegetable Nutritional Program

The School Fruit and Vegetable Nutritional Program provides registered schools with free BC vegetables and fruit twice per week every second week for 14 weeks which are to be offered as snacks in the classrooms.

Website: [www.aitc.ca/bc/snacks](http://www.aitc.ca/bc/snacks)

### **Tips & Recipes for Quantity Cooking: Nourishing Minds and Bodies**

*Tips & Recipes for School Food Services: Meeting the Guidelines for Food and Beverage Sales in BC Schools (Tips and Recipes)* was developed to assist food services staff, chef instructors, caterers, school teams, students, Parent Advisory Councils and others in implementing the *Guidelines for Food and Beverage Sales in BC Schools (Guidelines)*. It includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier, and a selection of recipes that meet the *Guidelines*. *Tips & Recipes* was developed by Dietitians of Canada in partnership with the BC Healthy Living Alliance and the Ministry of Healthy Living and Sport. The document can be found on the *Healthy Eating at School* Website.

**Website:** [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)



### **Waste Management and Sustainability**

Sustainability refers to using environmental resources with the goal of replenishing, preserving, or sustaining them for future generations. For foodservice operations, this might mean choosing energy and water-saving equipment or purchasing food products from local suppliers. Foodservice operations have unique demands that make environmental sustainability complicated, such as water use, food packaging and transportation, energy use associated with refrigeration and cooking, and food waste. British Columbia schools have taken up the challenge to implement strategies and programs to enhance environmental sustainability within their schools.

**Ministry of Education's Green Schools Website:** [www.bced.gov.bc.ca/greenschools](http://www.bced.gov.bc.ca/greenschools)  
**Green School Toolkits:** [www.seedsfoundation.ca/greenschools.html](http://www.seedsfoundation.ca/greenschools.html)

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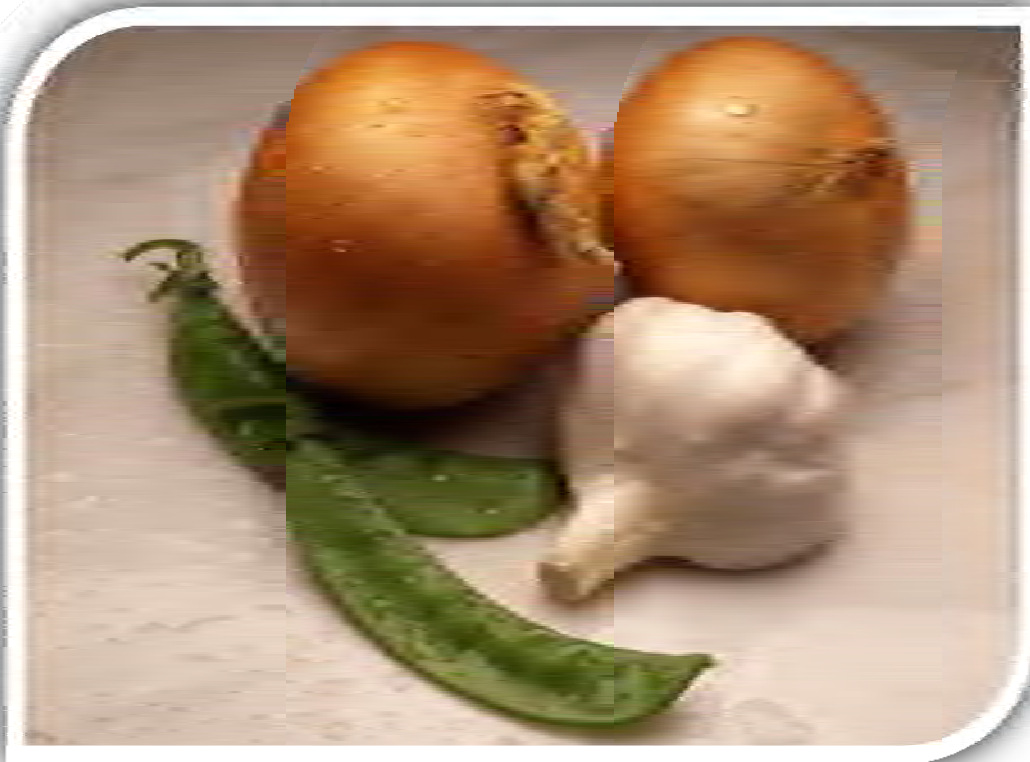
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## Appendix One: British Columbia Health Authorities

Local Health Authorities administer the *Food Premises Regulation* and regional FOODSAFE education programs: [www.foodsafe.ca](http://www.foodsafe.ca). For up to date information on Health Authorities in British Columbia please visit the website for the Ministry of Health Services: [www.gov.bc.ca/health](http://www.gov.bc.ca/health). At the time of printing, Health Authorities in British Columbia are organized in accordance with the map below.

### Contact Information

#### Vancouver Coastal Health Authority

11th Floor - 601 West Broadway  
Vancouver, B.C. V5Z 4C2  
Phone: Toll Free 1-866-884-0888  
Local (604) 736-2033  
Fax: (604) 875-4750

#### Vancouver Island Health Authority

1952 Bay Street  
Victoria, B.C. V8R 1J8  
Phone: (250) 370-8699  
Fax: (250) 370-8750

#### Interior Health Authority

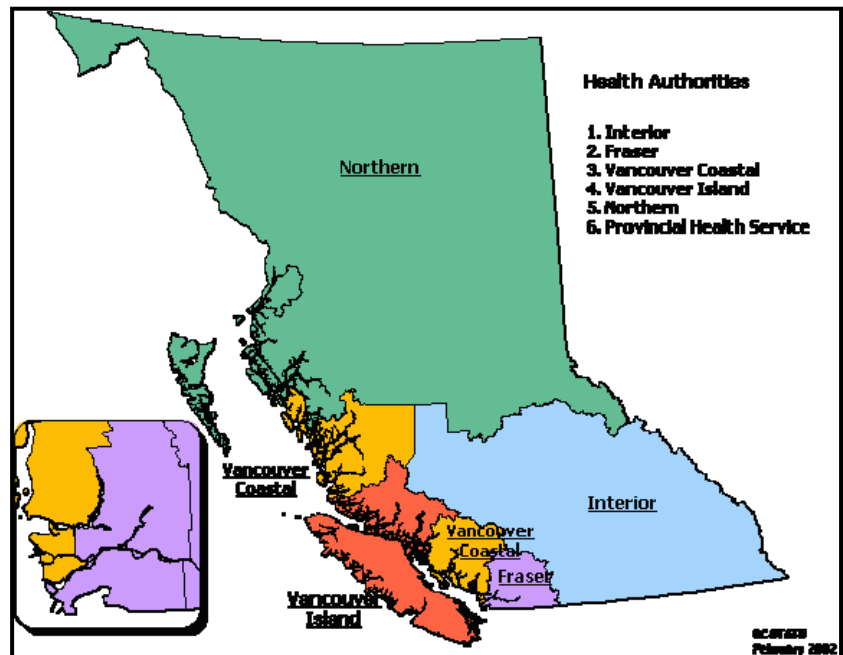
220 - 1815 Kirschner Road  
Kelowna, B.C. V1Y 4N7  
Phone: (250) 862-4200  
Fax: (250) 862-4201

#### Fraser Health Authority

300 - 10334 152A Street  
Surrey, B.C. V3R 7P8  
Phone: (604) 587-4600  
Fax: (604) 587-4666

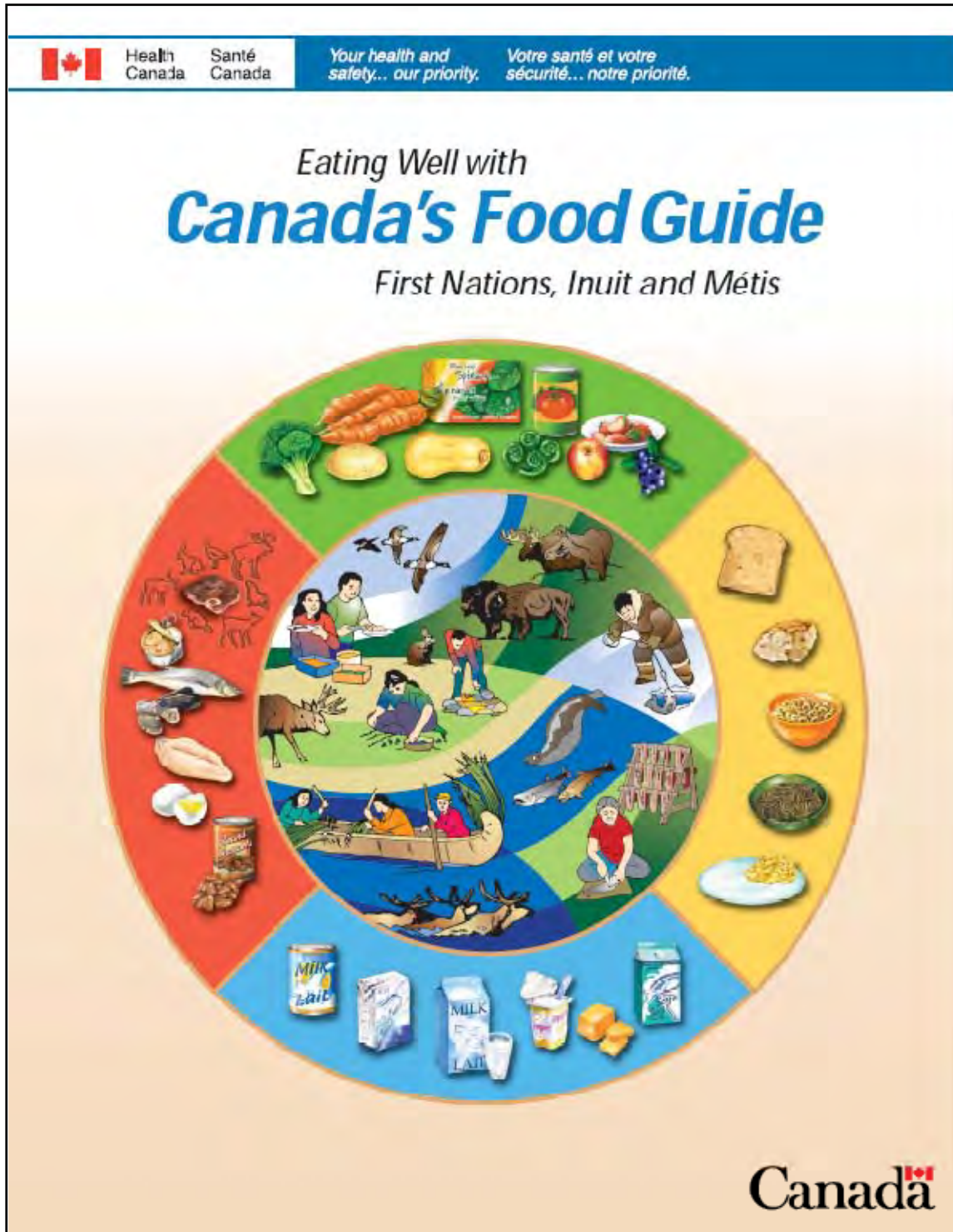
#### Northern Health Authority

Suite 600 - 299 Victoria St  
Prince George, B.C. V2L 5B8  
Phone: (250) 565-2649  
Fax: (250) 565-2640



The Nisga'a Health Council remains an independent health authority  
\* Map reproduced with permission from BC STATS.

**Appendix Two:**  
**Eating Well with Canada's Food Guide, First Nations, Inuit and Metis**



# Section Eleven: Appendices

### How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

|  | Recommended Number of Food Guide Servings per day |                          |   |   |
|--|---|--------------------------|---|---|
|  | Children 2-9 years old                            | Children 10-13 years old | Teens (14-19 years)   | Adults (20+ years)  |
| <b>Vegetables and Fruit</b><br>Fresh, frozen and canned. | 4   | 5-6                      | 7-8   | 7-10  |
| <b>Grain Products</b>                                    | 3   | 4-6                      | 6-7   | 7-8   |
| <b>Milk and Alternatives</b>                             | 2   | 2-4                      | Teens (14-19 years) 3-4<br>Adults (20-50 years) 2<br>Adults (51+ years) 3 | Teens (14-19 years) 3-4<br>Adults (20-50 years) 2<br>Adults (51+ years) 3 |
| <b>Meat and Alternatives</b>                             | 1   | 1-2                      | 2   | 3   |

- Find your age and sex group in the chart below.
- Follow down the column to the number of servings you need for each of the four food groups every day.
- Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

### What is one Food Guide Serving?

Look at the examples below.

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Dark green and orange vegetables 125 mL (1/2 cup)

Other vegetables 125 mL (1/2 cup)

Leafy vegetables and wild plants cooked 125 mL (1/2 cup)  
raw 250 mL (1 cup)

Berries 125 mL (1/2 cup)

Fruit 1 fruit or 125 mL (1/2 cup)

100% Juice 125 mL (1/2 cup)

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Bread 1 slice (35 g)

Bannock 35 g (2" x 2" x 1")

Cold cereal 30 g (see food package)

Hot cereal 175 mL (3/4 cup)

Cooked pasta 125 mL (1/2 cup)

Cooked rice White, brown, wild 125 mL (1/2 cup)

Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.

Milk 250 mL (1 cup)

Powdered milk, mixed 250 mL (1 cup)

Fortified soy beverage 250 mL (1 cup)

Canned milk (evaporated) 125 mL (1/2 cup)

Yogurt 175 g (3/4 cup)

Cheese 50 g (1 1/2 oz.)

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.\* Select lean meat and alternatives prepared with little or no added fat or salt.

Traditional meats and wild game 75 g cooked (2 1/2 oz./125 mL (1/2 cup))

Fish and shellfish 75 g cooked (2 1/2 oz./125 mL (1/2 cup))

Lean meat and poultry 75 g cooked (2 1/2 oz./125 mL (1/2 cup))

Eggs 2 eggs

Beans - cooked 175 mL (3/4 cup)

Peanut butter 30 mL (2 Tbsp)

### When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.

- Traditional fats that are liquid at room temperature, such as seal and whale oil, or collagen grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.

- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, shortening and bacon fat.

\*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

### Respect your body... Your choices matter

Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

### People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people get, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



### Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with folic acid every day. Pregnant women should make sure that their multivitamin also contains iron. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

### Women and men over the age of 50

The need for vitamin D increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

For more information, interactive tools or additional copies visit Canada's Food Guide at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0W9 • E-Mail: [publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca) • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien - Premières Nations, Inuit et Métis

This publication can be made available on request in diskette, large print, audio-cassette and braille.

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**Notes**

**Notes**