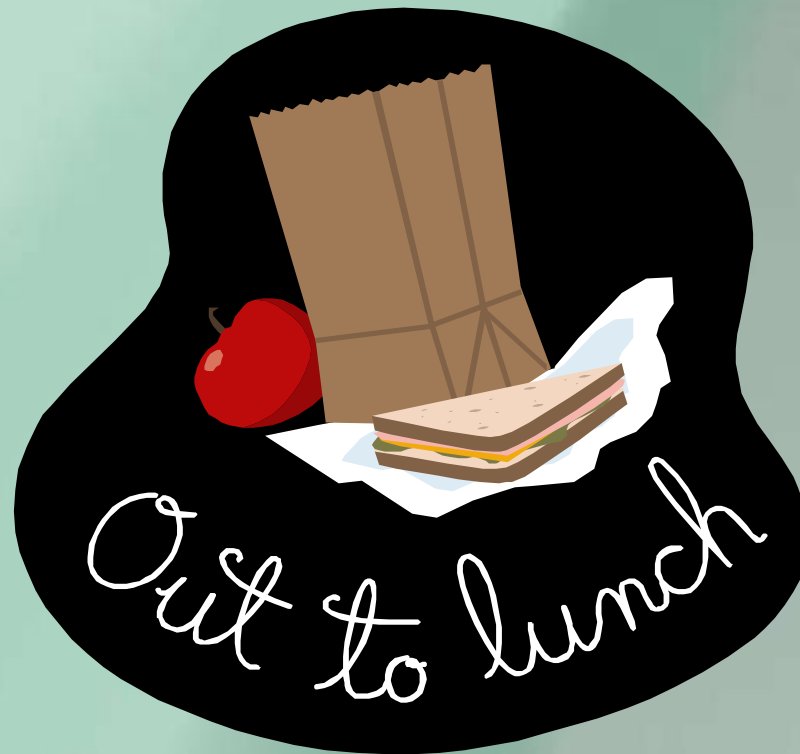


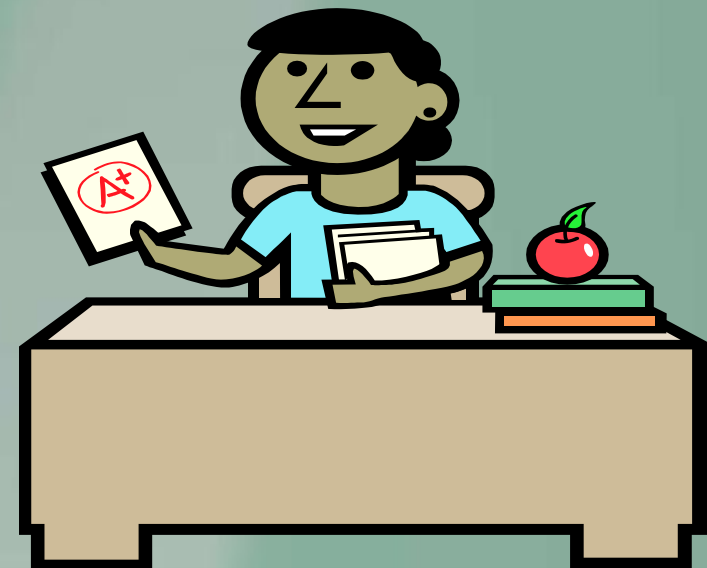
STUDENT NUTRITION PROGRAM

Nutrition Guidelines



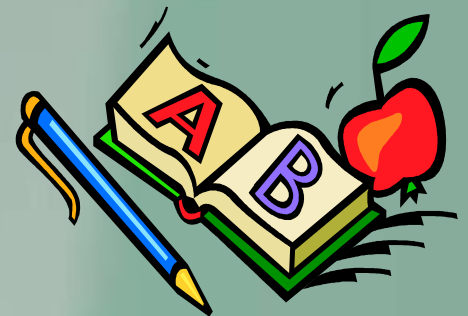
Nutrition Guidelines: Purpose

- ✘ “to assist SNP providers in selecting nutritious foods for breakfast, lunches and snacks. Serving nutritious foods and beverages promotes good health and healthy eating habits in children and youth, and helps them to be ready to learn.”



Nutrition Guidelines: Guiding Principles

- ✘ Promote healthy eating
- ✘ Prepare healthy food
- ✘ Respect diversity & individual needs
- ✘ Contribute to social development
- ✘ Choose Ontario food first
- ✘ Be environmentally conscious
- ✘ Practice safe food handling & storage



How to follow the guidelines

- ✘ Tool to enhance what you are already doing
- ✘ Offer vegetable or fruit at every meal/snack
- ✘ Offer snacks with:
 - 2 food groups
 - V&F group
- ✘ Offer meals with:
 - 3 food groups
 - V&F group
 - Milk & Alt. group
- ✘ Have tap water available



Using the new guidelines

- ✘ **Guidance on choosing foods based on:**
 - 4 Food Groups
 - Types of food
 - Serving size
 - Selection criteria



Reading Food Labels

✘ Food label:

- Nutrition Claims
- Ingredient List
- Nutrition Facts table

✘ Nutrition Facts:

- ① Serving size;
- ② Calories;
- ③ 13 Core Nutrients
- ④ % Daily Values (DV)

Nutrition Facts	
Valeur nutritive	
Per 100g serving / par portion de 100g	
Amount Teneur	% Daily Value % valeur quotidienne
① Calories / Calories 260	
Fat / Lipides 14 g	22 %
Saturated / saturés 6 g + Trans / trans 0.4 g	32 %
Cholesterol / Cholestérol 85 mg	28 %
Sodium / Sodium 350 mg	15 %
Carbohydrate / Glucides 9 g	3 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	
Protein / Protéines 24 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	20 %

Reading Food Labels

✘ SNP nutrition guidelines offer specific selection criteria based on these nutrients:

- Fat (saturated and trans fat)
- Sodium
- Fibre
- Iron, Calcium, Vitamin A, Vitamin C



Tips for Selecting Foods in each Food Group

V&F: how can I meet criteria?

✘ Every meal & snack:

- Aim to serve fresh, frozen or canned vegetables and fruit

✘ Once per week (or less):

- Fruit juice, vegetable juice or tomato juice
- Dried fruit or fruit leather/bars



Grains: how can I meet criteria?

✘ Every meal & snack:

- Emphasize *whole grain* breads, cereals, rice, pasta and crackers
- ≥ 2 grams of fibre

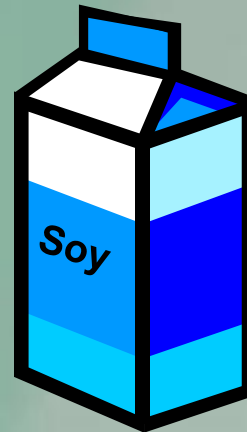
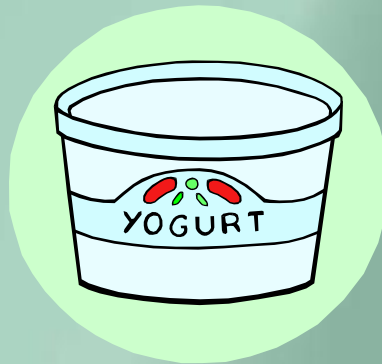
✘ Once per week (or less):

- Muffins, grain bars (e.g. Nutrigrain), cookies, pancakes, waffles
- Popcorn, pretzels, baked tortilla chips (snack programs)



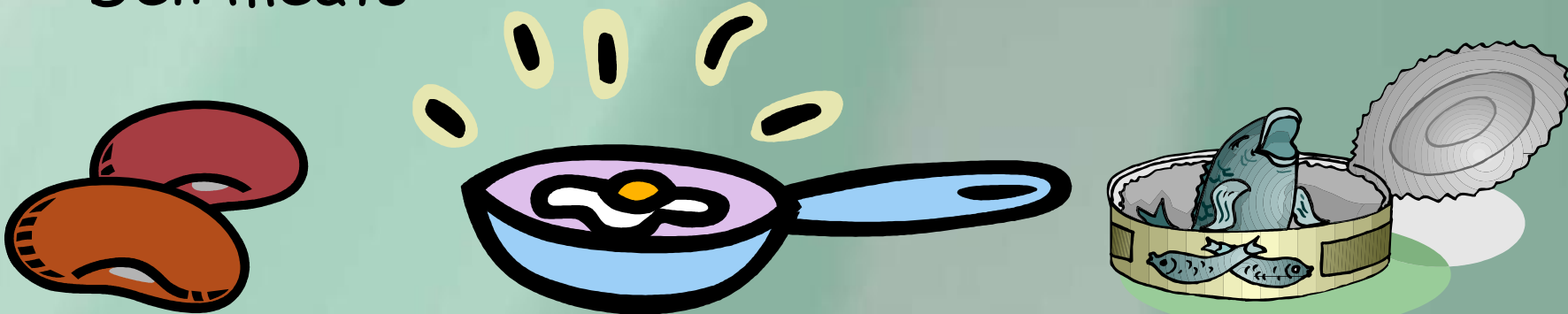
Milk & Alt.: how can I meet criteria?

- ✗ **Every breakfast and lunch meal:**
 - Aim to serve milk or milk alternative beverages, cheese, yogurt or kefir
- ✗ **Once per week (or less):**
 - Processed cheese slices and spreads, custard, pudding, frozen dessert



Meat & Alt.: how can I meet criteria?

- ✘ **Every breakfast and lunch meal:**
 - Aim to serve fresh or frozen prepared meats, canned meat or fish, eggs, legumes, seeds, tofu or other meat alternatives (e.g. soy burgers)
- ✘ **Once per week (or less):**
 - Deli meats



Do Not Serve in Student Nutrition Programs

The following foods and beverages are not recommended for Student Nutrition Programs:

- Foods containing artificial trans fat e.g. hydrogenated oils, partially hydrogenated oils, shortenings, hydrogenated (hard) margarines ⁶
- Soft drinks, sports drinks, energy drinks, coffee and caffeinated tea based drinks
- Fruit-flavoured beverages that are not 100% fruit juice
- Ice cream treats and popsicles
- Flavoured jellos
- Cakes, cupcakes and doughnuts
- Toaster pastries
- Chocolate or yogurt covered granola bars or granola bars with candy, chocolate or marshmallows in them
- Candy, chocolate and marshmallows
- Full fat sour cream and cream cheese, table cream and coffee cream
- Unpasteurized milk or milk alternatives
- Unpasteurized apple ciders and juices
- Home preserves: home canned foods, particularly meat, fish, vegetables and combination foods (e.g. antipasto)
- Peanuts, nuts, nut and seed butters ^{**}
- High fat, salty snacks (e.g. potato chips, nacho chips, cheese puffs, etc.)
- Deep-fried foods (e.g. chicken nuggets, French fries, fish sticks, samosas, spring rolls, etc.)
- Hot dogs, sausages and bacon (regular side bacon, turkey bacon, chicken bacon)
- Cured meats (e.g. salami, pepperoni, bologna)
- Cream, whipped cream, non-dairy whipped cream toppings and creamers
- Instant noodle soups
- Fruit flavoured candy, gummies, rolls or chews
- Foods which are not in their original container
- Jars or packages which have seals broken (the top has popped)
- Expired food or food after the best before date

Menu Reminders

- ✘ Aim for 2 food group snacks
 - Have at least 1 vegetable or fruit

- ✘ Aim for 3 food group meals
 - Have at least 1 vegetable or fruit
 - Have at least 1 milk & alternative



Sample Menu

Breakfast or Morning Meal Menu For _____

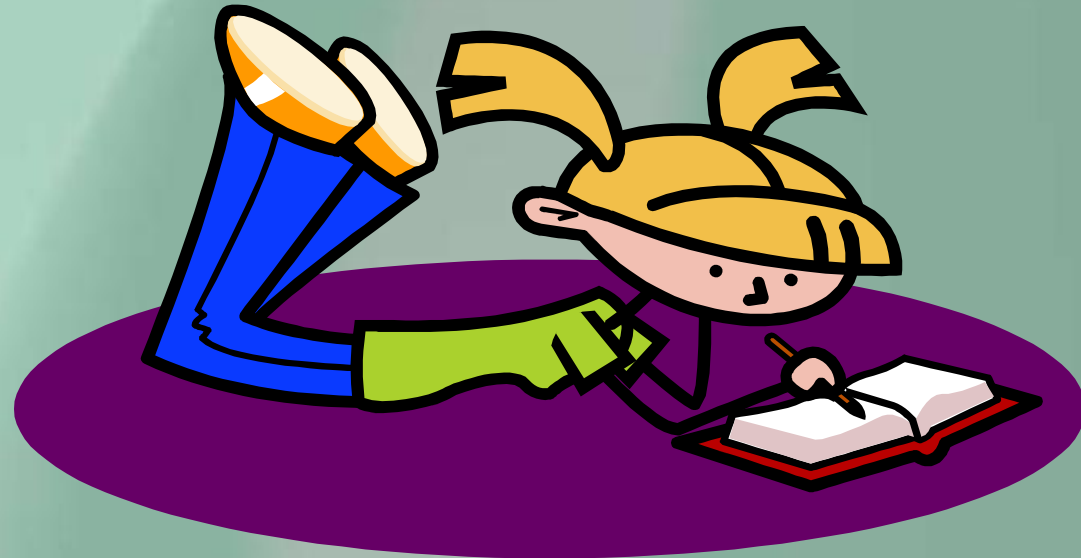
Week 1	Day 1 Cold Cereal & Fruit		Day 2 Egg & Cheese Wrap		Day 3 Hawaiian Bagel Melt		Day 4 Muffin & Fruit		Day 5 Yogurt & Fruit Parfait	
Vegetables/ Fruit:	100 % Pure Unsweetened Juice *	125 mL (½ cup)	Seasonal Fruit	125 mL (½ cup)	Pineapple Rings	2 rings	Apple Slices	125 mL (½ cup)	Frozen Mixed Berries	125 mL (½ cup)
Grain Product:	Whole Wheat Tortilla Spread with 30 mL Salsa	1 small	Whole Grain Cereal	30 g (½ - 1 ¼ cup)	Multigrain Bagel with 15 mL Light Cream Cheese	½ each 45 g (1½ oz)	Whole Grain Mini Muffins *	2 mini size	Low Fat Granola	60 mL (¼ cup)
Milk/ Alternative:	Shredded Reduced Fat Cheddar Cheese	50 g (1½ oz)	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Vanilla Yogurt	175 g (¾ cup)
Meat/ Alternative:	Scrambled Egg	1 each			Sliced Deli Ham (optional)	28 g (1 oz)			Sunflower Seeds (optional)	30 mL (2 Tbsp)
Tips and Suggestions:	Place cheese and egg in tortilla and heat to melt cheese. Fold burrito style. * Serve fruit juice 1x per week or less				Toast bagel and spread with cream cheese and top with ham and pineapple rings. Place top half of bagel on top. Serve ½ of bagel as one portion.		* Serve muffins 1x per week or less		Place yogurt in bowls and top with frozen berries, granola and sunflower seeds.	

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
 - Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
 - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
 - Plain tap water is always available

Are additional servings of food available? yes no. If yes which foods? _____

Items for Review

- ✘ Choose Ontario Food First
- ✘ Accepting Food Donations
- ✘ Safe Food Storage & Handling
- ✘ Planning & Shopping
- ✘ Special Diet Considerations



Questions & Comments

✖ **School Health Dietitian**
KFL&A Public Health

Dial-a-Dietitian
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