

YORK CATHOLIC DISTRICT SCHOOL BOARD



BOARD POLICY	
<i>Policy Section</i> Students	<i>Policy Number</i> 201A
<i>Former Policy #</i>	<i>Page</i> 1 of 10
<i>Original Approved Date</i>	<i>Subsequent Approval Dates</i>
June 21, 2011	June 19, 2012 June 20, 2017 June 21, 2022

POLICY: HEALTHY SCHOOLS - EATING AND NUTRITION

SECTION A

1. PURPOSE

The YCDSB recognizes that education is about the whole child and that healthy eating and nutrition practices, programs and curriculum initiatives will help students optimize their learning potential. This policy ensures that the York Catholic District School Board supports the Ministry Memorandum PPM 150 and provides a consistent message about food and nutrition to all staff, students and school volunteers. By creating a Healthy School Nutrition Environment, schools will be supporting a Christ-centred learning philosophy.

2. OBJECTIVE

It is the policy of the York Catholic District School Board to promote and sustain Healthy School Nutrition Environments and healthy behaviours by requiring all schools to develop Healthy Food and Nutrition strategies through their Healthy School Committee that align with the Ministry's Health and Physical Education Curriculum, Healthy Schools Framework, as well as all relevant Ministry of Education directives.

3. PARAMETERS

- 3.1 All schools in the York Catholic DSB shall comply with the Ontario Ministry of Education's [Healthy Food for Healthy Schools Act \(2008\) and the School Food and Beverage Policy/Program Memorandum \(PPM 150\) \(2010\)](#).

- 3.2 All Principals, in consultation with staff, the Catholic School Council and the local Healthy Schools Committee, shall be responsible for implementing and monitoring this Policy and developing local strategies that align with the Healthy Schools Framework.
- 3.3 **Food and Beverages Sold**
Any food or beverages sold (e.g., catered lunch days' cafeteria, sporting events) shall be in compliance with PPM 150. Providing food with Maximum Nutritional Value at school will help to educate students and families about healthy eating.
Vendors shall be asked to sign a compliance letter to ensure that PPM 150 standards are met. (Board Forms: Admin 120, 121)
- 3.4 **Artificial Sweeteners**
The sale of food and beverages that provide minimum nutritional value **and** artificial sweeteners are not permitted (e.g., soft drinks). Artificial sweeteners in food and beverages that provide Maximum Nutritional Value (e.g., yogurt) are permitted.
- 3.5 **Celebrations**
Any food or beverages offered for celebrations or as part of school-sanctioned contests shall be in compliance with PPM 150.
- 3.6 Food or beverages are not to be given as a reward or withheld as a punishment.
- 3.7 Drinking water is to be freely available and accessible throughout the school day. Students are encouraged to provide a safe, reusable water bottle for this purpose.
- 3.8 **Milk Program**
Elementary schools are encouraged to implement a daily milk program with plain or chocolate milk (skim, 1% or 2% MF) that meets the nutrition criteria for milk outlined in PPM 150.
- 3.9 **Special-Event Days** (e.g., Pancake Tuesdays, Fun Fair, Meet the Teacher BBQ): Ten Special event days are allowed, as per PPM 150. Parent(s)/Guardian(s) are to be informed of the food/beverage items or allergens in advance of these days. Parents may contact the company/vendor for additional information.
- 3.10 All foods sold in Board schools must be reasonably priced.
- 3.10.1 In elementary schools, the Catholic School Council shall be involved in deciding the number of Hot Lunch days as well as the cost of the service provided to families, keeping in mind that many families may have several children at the school and that there may be peer pressure to participate in hot lunch programs.
- 3.10.2 In the secondary schools, the cafeteria menu and prices shall be reviewed annually by the school's Healthy School Committee (which includes membership from the parent and student communities) keeping in mind variety and affordability. The Principal shall work with the Cafeteria operator to address any concerns or suggestions in a proactive manner.
- 3.11 In the secondary panel, there should be at least one vegetarian option on the daily cafeteria menu.
- 3.12 **Anaphylaxis**
The York Catholic District School Board Policy 209 *Protection of Students with Anaphylaxis* is to be enforced.

- 3.13 Food Safety**
Food preparation complies with proper food safety practice. Principals are encouraged to work with York Region Community and Health Services to access food safety training for anyone handling food (e.g., staff, parent volunteers).
- 3.14 Hand washing**
There shall be adequate time to wash hands before lunch.
- 3.15 Role Modeling**
School Staff and volunteers are encouraged to be positive role models when choosing their meals and snacks, especially in the presence of students.
- 3.16 Time to Eat Lunch**
Students shall have at least 20 minutes to eat lunch from the time seated. Secondary school lunch periods should fall between 11:00 am and 2:00 pm. where possible.
- 3.17 Parent/Guardian Education**
School staff shall encourage Parents/Guardians to send nutritious lunches and snacks to school/events through positive role modeling and information provided in school newsletters/at events in collaboration with York Region Community and Health Services.
- 3.18 Student Nutrition Programs**
School staff/volunteers are encouraged to implement universal Student Nutrition Programs (healthy breakfast/snack programs) to ensure all students are ready to learn. These programs should be developed in consultation with York Region Food for Learning (www.foodforlearning.com) and the Ministry of Children and Youth Services Student Nutrition Program Guidelines (www.student.nutrition.program.ca).
- 3.19 Nutrition Education for Students**
In elementary school, all students shall receive nutrition education via the Healthy Eating Component from the Ontario Health and Physical Education Curriculum (Grades 1-8), Healthy Living Strand. These concepts are reinforced in our Family Life curriculum. In secondary school, nutrition education is incorporated into appropriate areas of the curriculum to help develop lifelong decision making skills for healthy living. As part of integrating our Catholic values, staff and students routinely pause to give thanks for the gift of food and to bless the hands who have helped to provide and prepare our meals. As stewards of God's creation, we are called to use resources respectfully so that all share in the bounty that God has provided and no one goes hungry.
- 3.20 Nutrition Education and Fully Alive**
Nutrition education is integrated with the *Fully Alive* Family Life program and other Catholic education resources.
- 3.21 Nutrition Education for Staff**
All staff shall be encouraged to participate in regular nutrition training sessions. The York Catholic District School Board shall provide opportunities for professional development and encourage staff to have adequate nutrition knowledge (e.g., articles, workshops, and websites).
- 3.22 Community Partnerships**
Every effort shall be made to promote strategies to involve students, families, parish and the community (e.g., York Region Community and Health Services, York Region Nutrition

Services, food vendors) in healthy eating education, and promoting and maintaining a Healthy School Nutrition Environment.

4. RESPONSIBILITIES

4.1 Director of Education

4.1.1 To oversee compliance with the Healthy Schools – Eating and Nutrition policy.

4.2 Superintendent of Education overseeing Healthy Schools

4.2.1 To oversee the Board's processes for Healthy Schools in alignment with the Ministry's Healthy School Strategy.

4.2.2 To support and act as a resource to the Health and Physical Education Consultant.

4.3 Superintendents of Education

4.3.1 To assist the school in promoting and supporting healthy eating and nutrition for students.

4.3.2 To share successful practices and develop future directions.

4.4 Principals and Vice-Principals

4.4.1 To support school participation in promoting healthy eating through both words and actions;

4.4.2 To provide leadership and learning opportunities to teachers, students, staff, parents, school councils and community members to implement and sustain healthy eating and nutrition in the school;

4.4.3 To work with the Healthy School Committee to provide information on healthy eating and nutrition.

4.5 School Staff

4.5.1 To provide opportunities for students to increase their knowledge, skills, and attitudes with regards to healthy eating and nutrition;

4.5.2 To integrate healthy eating and nutrition into daily practices;

4.5.3 To model healthy behaviours.

4.6 School Councils

4.6.1 To support school participation efforts in promoting and supporting healthy eating and nutrition.

4.7 Students, Parents, Community Members

4.7.1 To take opportunities to acquire and apply knowledge and skills that develop and sustain positive healthy eating and nutrition in their home environments and school communities.

5. DEFINITIONS

5.1 Healthy Eating

Healthy eating can be defined as the amount and variety of safe and culturally appropriate foods to provide the body with all the nutrients required, in adequate proportions. Nutrition is a major environmental influence in physical and mental growth and development in early life. Healthy eating should be an integral part of daily student life that contributes to the physiological, mental and social well-being of individuals.

5.2 Healthy School Nutrition Environment

A school with a Healthy Nutrition Environment is one that promotes and supports healthy eating for students through both words and actions. The goal is to ensure consistency between lessons students learn in the classroom and the nutrition messages provided in the school environment; for example, in the cafeteria and vending machines, on “catered lunch” days, during special events and fundraising.

5.3 Nutrition Tools for Schools® (NTS) Nutrition Standards

Nutrition standards that have been adapted from the Ministry of Education’s School Food and Beverage Policy (PPM 150) Nutrition Standards. The PPM 150 Nutrition Standards include nutrition criteria for three categories: Sell Most, Sell Less and Not Permitted for Sale. The Nutrition Standards: Nutrition Tools for Schools include an additional category to identify food and beverages that meet or exceed the PPM 150 Nutrition Standards and provide Maximum Nutritional Value. By using the Maximum Nutritional Value category, schools will be complying with PPM 150.

6. CROSS REFERENCES

Nutrition Standards: Nutrition Tools for Schools

Institute for Catholic Education Resource Curriculum Links Between the Ontario Curriculum, Grades 1-8 Health and Physical Education and the Fully Alive Program, Ontario

Curriculum for Classroom Management Strategies and Other Catholic Education Resources

[Ontario Food Premises Regulation 493/17](#)

Ontario Society of Nutrition Professionals in Public Health, October 2010

Sabrina’s Law, An Act to Protect Anaphylactic Pupils 2005

<http://www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html>

Ontario Ministry of Children and Youth Services Student Nutrition Programs Nutrition Guidelines, 2005.

<http://www.gov.on.ca/children>

Ontario Ministry of Education Healthy Food for Healthy Schools Act, 2008

http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&BillID=1925

Ontario Ministry of Education Trans Fat Standards regulation

http://www.e-laws.gov.on.ca/Download?dDocName=elaws_regs_080200_e

Ontario Ministry of Education’s Policy/Program Memorandum No. 150 School Food and Beverage Policy

<http://www.ontario.ca/healthyschools>

[Ministry/HPE Curriculum Healthy Schools Framework](#)

YCDSB [Policy 201 Healthy Schools](#)

YCDSB [Policy 209 Supporting Students with Prevalent Medical Conditions: Anaphylaxis](#)

YCDSB [Policy 603A School Fundraising](#)

YCDSB Healthy Schools Resource Package – www.ycdsb.ca

YCDSB Forms: Admin. 120 Elementary Letter of Compliance

Admin. 121 Secondary Letter of Compliance

Approval by Board	June 21, 2022
	<i>Date</i>
Effective Date	June 22, 2022
	<i>Date</i>
Revision Dates	June 21, 2022
	<i>Date</i>
Review Date	June 2026
	<i>Date</i>



Dear Lunch Caterer for Elementary Schools:

The York Catholic District School Board is committed to healthy schools for our staff and students. As part of this commitment to healthy eating, we ask you to review and understand the requirements of the [Ontario School Food and Beverage Policy](#) (PPM 150) found on the web at <http://www.ontario.ca/healthyschools>. We are recommending that our schools sell food and beverages that provide Maximum Nutritional Value¹ (e.g. vegetables, fruit, whole grain bread, lean meats) in addition to meeting the Sell Most criteria of PPM 150.

Caterers providing food and beverages to our schools are required to meet the following:

- All food and beverages must be prepared, served, and stored in accordance with the [Ontario Food Premises Regulation 493/17](#) -as amended under the Health Protection and Promotion Act
- At least 80% of the food is from the Sell Most or Maximum Nutritional Value categories (e.g. fruit, vegetables, whole grain products, yogurt)
- No more than 20% of the food is from the Sell Less category (e.g. higher fat and sodium products)
- No food is from the Not Permitted for Sale category
- All beverages are from the Sell Most or Maximum Nutritional Value categories (e.g. 250 ml container size only, 100% juice, low-fat milk)

For further assistance with complying to the policy, you may choose to have your menu reviewed by a Registered Dietitian. To find a dietitian visit the Dietitians of Canada website at: <http://www.dietitians.ca/> and click on *Find a Dietitian*. For specific policy questions, call Eat Right Ontario at 1-877-510-5102. For further nutrition support, please call York Region Community and Health Services at 1-800-361-5653.

Principals will require a completed copy of the attached “Elementary School Letter of Compliance” to ensure that their lunch caterers comply with this new policy. This letter will be stored in the school office and the completion of the form is required annually.

We look forward to working with you and thank you for your commitment to healthy schools.

Sincerely,

Domenic Scuglia
Director of Education

Elizabeth Crowe
Chair of the Board

¹ Criteria for food and beverages with Maximum Nutritional Value that meet or **exceed** P/PM 150 can be found in the Nutrition Tools for Schools® Nutrition Standards - www.york.ca/nutrition.



Elementary School Letter of Compliance

To be completed annually by Lunch Caterers in York Catholic District School Board schools.

Lunch Caterer's Business Name(s) (Please print):
Lunch Caterer Contact Name:
Address:
Phone number(s):
Business Number:
Date of Inspection by York Region Public Health (YRPH):
Copy of Food Handler Certificate provided

I, the above named caterer(s) have read and understood the requirements of the [Ontario School Food and Beverage Policy](#) (PPM150).

I will ensure that any food and beverages provided for sale in schools will meet the following requirements of PPM 150:

Please check:

- All food and beverages are prepared, served, and stored in accordance with the [Ontario Food Premises Regulation 493/17](#) as amended under the Health Protection and Promotion Act
- At least 80% of the food is from the Sell Most or Maximum Nutritional Value categories (e.g. fruit, vegetables, whole grain products, yogurt)
- No more than 20% of food is from the Sell Less category (e.g. higher fat and sodium products)
- No food is from the Not Permitted for Sale category
- All beverages are from the Sell Most or Maximum Nutritional Value categories (e.g. water, 100% juice, low-fat milk)

Please ensure and check off the following:

- Peanut/Nut-safe
- Meets the Trans Fat Standard

_____ If a Registered Dietitian has assessed your menu, please attach relevant documentation.

Lunch Caterer Signature:	Date:
--------------------------	-------

<p>This form must be signed annually and kept on file with the Principal prior to providing food and beverages at any YCDSB school.</p>

Dear Lunch Caterer for Secondary Schools:

The York Catholic District School Board is committed to healthy schools for our staff and students. As part of this commitment to healthy eating, we ask you to review and understand the requirements of the [Ontario School Food and Beverage Policy](#) (PPM 150) found on the web at <http://www.ontario.ca/healthyschools>. We are recommending that our schools sell food and beverages that provide Maximum Nutritional Value² (e.g. vegetables, fruit, whole grain bread, lean meats) in addition to meeting the Sell Most criteria of P/PM 150.

Caterers providing food and beverages to our schools are required to meet the following:

- All food and beverages must be prepared, served, and stored in accordance with the [Ontario Food Premises Regulation 493/17](#) as amended under the Health Protection and Promotion Act
- At least 80% of the food is from the Sell Most or Maximum Nutritional Value categories (e.g. fruit, vegetables, whole grain products, yogurt)
- No more than 20% of the food is from the Sell Less category (e.g. higher fat and sodium products)
- No food and no beverages are from the Not Permitted for Sale category
- At least 80% of beverages are from the Sell Most or Maximum Nutritional Value¹ categories (e.g. 100% juice and low-fat milk)
- No more than 20% of beverages are from the Sell Less category

For further assistance with complying to the policy, you may choose to have your menu reviewed by a Registered Dietitian. To find a dietitian visit the Dietitians of Canada website at: <http://www.dietitians.ca/> and click on *Find a Dietitian*. For specific policy questions, call Eat Right Ontario at 1-877-510-5102. For further nutrition support, please call York Region Community and Health Services at 1-800-361-5653.

Principals will require a completed copy of the attached “Secondary School Letter of Compliance” to ensure that their lunch caterers comply with this new policy. This letter will be stored in the school office and completion of the form is required annually.

We look forward to working with you and thank you for your commitment to healthy schools.

Sincerely,

Domenic Scuglia
Director of Education

Elizabeth Crowe
Chair of the Board

² Criteria for food and beverages with Maximum Nutritional Value that meet or **exceed** P/PM 150 can be found in the Nutrition Tools for Schools® Nutrition Standards - www.york.ca/nutrition.



Secondary School Letter of Compliance

To be completed annually by Lunch Caterers in York Catholic District School Board schools

Lunch Caterer's Business Name(s) (Please print):
Lunch Caterer Contact Name;
Address:
Phone number(s):
Business Number:
Date of Inspection by York Region Public Health (YRPH):
Copy of Food Handler Certificate provided

I, the above named caterer(s) have read and understood the requirements of the [Ontario School Food and Beverage Policy](#) (PPM150).

I will ensure that any food and beverages provided for sale in schools will meet the following requirements of PPM 150:

Please check:

- All food and beverages are prepared, served, and stored in accordance with the [Ontario Food Premises Regulation 493/17](#) as amended under the Health Protection and Promotion Act
- At least 80% of the food is from the Sell Most or Maximum Nutritional Value categories (e.g. fruit, vegetables, whole grain products, lower-fat yogurt)
- No more than 20% of food is from the Sell Less category (e.g. higher fat and sodium products)
- No food and no beverages are from the Not Permitted for Sale category
- At least 80% of beverages are from the Sell Most or Maximum Nutritional Value categories (e.g. water, 100% juice, low-fat milk)
- No more than 20% of beverages are from the Sell Less category

Please ensure and check off the following:

- Peanut/nut-safe
- Meets the Trans Fat Standards

_____ If a Registered Dietitian assessed your menu, please attach relevant documentation.

Lunch Caterer Signature:	Date:
--------------------------	-------

This form must be signed annually and kept on file with the Principal prior to providing food and beverages at any York Catholic District School Board school.