

## EMSB NUTRITION POLICY STATEMENT

The English Montreal School Board Nutrition Policy aims at promoting health-enhancing attitudes and behaviors among all students by teaching them the essential knowledge and skills they need to make nutritious food choices and by providing an environment encouraging healthy eating habits.

## APPLICATION OF THE EMSB NUTRITION POLICY

This policy regulates all food distribution (sold or donated) to students in all EMSB schools and centres during regular school activities (cafeteria, daycare service, nutritional support program, lunch service, vending machine, reward program, regular fundraising and extracurricular activity).

The sale of food to students or reward programs based on food for promotional or commercial solicitation is prohibited in accordance with Section 94 of the *Education Act*.

## OBJECTIVES OF THE EMSB NUTRITION POLICY

- 1) To increase the nutritional knowledge of all students through different programs, activities and projects.
- 2) To improve the nutritional intake of all students by offering nutritious foods through various programs, activities and projects.
- 3) To ensure the safety of all students by monitoring the quality of the food offered through the various programs, activities and projects.

All administrators, teachers, staff, volunteers and parents have a responsibility to respect the Nutrition Policy by promoting/modeling healthy eating habits and distributing nutritious foods to students during regular school activities.



EAT RIGHT – FEEL BRIGHT!  
ENCOURAGE OUR STUDENTS  
TO LIVE A HEALTHY LIFESTYLE  
FOR A HEALTHY FUTURE!

## SCHOOL'S RESPONSIBILITIES:

### In Implementing:

- Ensure the application of the Nutrition Policy at any point of distribution of food to students during regular school activities (daycare service, nutritional support program, lunch service, vending machine, reward program, regular fundraising and extracurricular activity).
- Encourage students to bring healthy choices of foods for their lunches and snacks by informing students and parents of the EMSB Nutrition Policy. (Necessary tools can be obtained from Cafeteria and Nutrition Education Services.)
- Ensure that needy families are aware of and benefit from nutritional support programs.

### In Fundraising:

- Ensure that foods sold / offered through regular fundraising and extracurricular activities on school grounds conform to this policy. (Please refer to the handout “In-School Fundraising Campaigns” for complete details.)

*Note: Excluded from this Nutrition Policy are school fundraising campaigns occurring off school grounds, occasional celebrations and school trips.*

### With Food Suppliers:

- Ensure that all foods offered / sold to students regardless of the food service program (daycare service, nutritional support program, lunch service, vending machine, reward program, regular fundraising and extracurricular activity) come from an EMSB approved food supplier and that the food suppliers respect the Nutrition Policy.
- Designate a person to monitor the overall quality of food / meals provided by an outside food supplier. Please refer to the “Quality Monitoring Forms”.
- Ensure that food suppliers do not conduct any promotional or commercial solicitation targeted towards students.

### With Food Allergies:

- Ensure allergen awareness:
  - Clearly identify students with food allergies.
  - Sensitize students and parents to food allergies in the school.
  - Provide a safe eating area reserved for students with food allergies.
  - Ensure that staff members are aware of the protocol in case of anaphylactic reactions.
  - Ensure that auto-injectors (Epipens, etc.) are available.

## Is A Nut (Or Other Allergen) Free School Possible?



The answer is NO! As the presence of many allergens is students' lunches cannot be monitored, schools should refrain from establishing a list of restricted foods. Therefore, there can never be a guarantee that certain allergens are not present.



## Steps to Ensure Students' Safety:

It is the SCHOOL'S RESPONSIBILITY to provide a **RESERVED EATING AREA** for students with food allergies

### Precautionary measures should be put in place:

- ✓ No-sharing-food with classmates;
- ✓ Eat-only-food-from-home;
- ✓ Frequent hand washing;
- ✓ Students with allergies should always clean their eating area before they eat and their work desk before class (especially if classrooms are used as eating areas).
- ✓ In the possible presence of an allergen, students at risk of anaphylactic reactions should be directed to a safe area.



The list of students with food allergies should include the allergen(s), the type of trigger from allergen (inhalation, skin contact or ingestion) and the severity of symptoms (skin, gastrointestinal and/or respiratory) to the allergen(s).

**This should be supported by a medical note in order to establish a priority list and put in place appropriate protocols to ensure students' safety. Students at risk of anaphylactic reactions should be clearly identified.**

**Framework Policy on Healthy Eating and Active Living and can not be offered or sold to the students.**

1. Foods with a high fat content

(more than 30% of total energy value) such as:

- ☒ Deep fried potatoes
- ☒ Commercially fried foods (nuggets, burgers, egg rolls, etc.)
- ☒ High fat content luncheon meats (bacon, salami, pepperoni, bologna, mock chicken, mortadella, etc.)
- ☒ Hot dogs / pogos
- ☒ Donuts
- ☒ Pastries
- ☒ Sweet buns, turnovers

**N.B. Products containing Trans fats, such as shortening and hydrogenated oil must be eliminated.**

**Products containing added saturated fats such as lard, tallow, or palm oil must be avoided.**

2. Foods with a high sugar content such as:

- ☒ Candies
- ☒ Sweet pastries
- ☒ Wrapped commercial type cakes
- ☒ All varieties of chocolate
- ☒ Commercial type cookies coated or cream filled
- ☒ Sugar / artificially sweetened beverages
- ☒ Carbonated beverages
- ☒ Cereals with more than 8 grams of sugar per serving
- ☒ Coated peanuts and nuts
- ☒ Sweetened popcorn
- ☒ Chewing gum
- ☒ Hot chocolate made from powder and water

**N.B. Products containing sugar as the first ingredient must be eliminated.**

3. Foods with a high salt content such as:

- ☒ Salted peanuts, nuts and pretzels
- ☒ Chips, Nachos
- ☒ Buttered popcorn



**CAFETERIA AND NUTRITION EDUCATION SERVICES' RESPONSIBILITIES:**

- Ensure the organization, the control and the evaluation of the application of the Nutrition Policy in all EMSB schools and centres.
- Plan, implement and evaluate nutrition education programs for students, parents and teachers that focus on students' eating behaviours and are designed to help them:
  - ☐ increase their nutritional knowledge:
    - ✓ benefits of healthy living
    - ✓ essential nutrients
    - ✓ nutritional deficiencies
    - ✓ healthy weight management and dietary supplements
  - ☐ acquire nutrition-related skills:
    - ✓ planning of healthy meals
    - ✓ understanding food labels
    - ✓ proper sanitation rules
  - ☐ assess one's personal eating habits, set goals for improvement, and achieve those goals.
- Plan, implement and evaluate nutritional support programs.
- Operate school cafeterias based upon the criteria of quality, quantity, safety and nutritional value.
- Annually review the cafeteria price structure, cafeteria menu and recipes.
- Assist schools with any food related programs.
- Evaluate and monitor outside food suppliers:
  - ☐ Ensure compliance with Nutrition Policy
  - ☐ Monitor and evaluate activities
  - ☐ Ensure operation under valid permits
- Provide schools with a list of Board-approved suppliers.



**For any additional information on The EMSB Nutrition Policy contact:**

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Reference: Framework Policy on Healthy Living and Active Living

📄 [www.mels.gouv.qc.ca/sections/viragesante](http://www.mels.gouv.qc.ca/sections/viragesante)

📄 [www.hc-sc.gc.ca/fn/an/food-guide-aliment/index-fra.php](http://www.hc-sc.gc.ca/fn/an/food-guide-aliment/index-fra.php)

📄 [www.emsb.qc.ca/nutrition-caf](http://www.emsb.qc.ca/nutrition-caf)

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**SCHOOL ORGANIZATION**

**CAFETERIA AND NUTRITION EDUCATION SERVICES**



**THE EMSB  
NUTRITION POLICY**

Information for:  
**ADMINISTRATORS  
TEACHERS  
SCHOOL STAFF**

The EMSB Nutrition Policy is based on the MELS Framework Policy on Healthy Eating and Active Living.

