

How does this Nutrition Policy apply to the Daycare Services?

A variety of high nutritive value foods are offered to the students. Focus should be on foods from the four food groups of Canada's Food Guide.

Vegetables and Fruit Guidelines:

- ✓ Offer raw, cooked, juiced, canned in their own juice, pureed fruits and vegetables.
- ✓ Choose dark-colored as they are rich in vitamins, minerals and antioxidants.



Grain Products Guidelines:

- ✓ Offer whole grain products that are lower in fat and sugar (examples include: rice cakes, crackers, crispbreads, cereal bars, cookies, etc.)
- ✓ Promote snacks with the following criteria:
 - Less than 10 grams of sugar per serving
 - Less than 7 grams of total fat per serving
 - Less than 2 grams of saturated fat per serving
 - 0 grams of trans fat
 - More than 2 grams of fibre per serving

Milk and Alternatives Guidelines:

- ✓ Offer a variety of milk products such as milk, flavored milk (containing less than 30 grams of sugar per 250ml), yogurt, yogurt drinks, and cheese.



Using the % DV (Daily Value)

- ✓ Use the % DV (daily value) on **Nutrition Labels** to help choose healthier snacks. *The % DV is used to determine whether there is a little or a lot of a nutrient in a serving of food.*

Choose products with less of...

- Fat
- Saturated fats
- Trans fats
- Sodium
- Sugar



Choose products with more of...

- Fibre
- Vitamin A
- Calcium
- Iron

5% DV or less is a LITTLE

15% DV or more is a LOT

Nutrition Facts		Valeur nutritive	
Per 230 cup (160mL) / Porce 213 tasse (160mL)		%	
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	80		
Fat / Lipides	0g	0%	
Saturated / saturés	0g	0%	
+ Trans / trans	0g	0%	
Cholesterol / Cholestérol	0mg	0%	
Sodium / Sodium	0mg	0%	
Carbohydrate / Glucides	19g	6%	
Fibre / Fibres	2g	8%	
Sugars / Sucres	17g		
Protein / Protéines	1g		
Vitamin A / Vitamine A		4%	
Vitamin C / Vitamine C		30%	
Calcium / Calcium		2%	
Iron / Fer		2%	

The following items do not conform with the **Framework Policy on Healthy Eating and Active Living** and may not be offered or sold 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...)
- High fat content luncheon meats (bacon, salami, pepperoni, bologna, mock chicken, mortadella...)
- 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
- Chocolate bars
- 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

Respecting the Nutrition Policy involves promoting and modeling healthy eating habits and distributing nutritious foods to students!

Suggested Snack Ideas

- ☉ Fruit & yogurt parfait cup
- ☉ Whole grain crackers & cheese
- ☉ Unsweetened cereal (with or without milk)
- ☉ Yogurt mixed with unsweetened cereal
- ☉ Whole wheat muffin & fruit
- ☉ Mini pita and hummus
- ☉ Baby carrots and cream cheese



Lunch Box Guidelines:

- ✓ Encourage students to bring healthy choices for their lunches and snacks by informing students and parents of the EMSB Nutrition Policy - we can provide the necessary tools!
 - Canada's Food Guide to Healthy Eating
 - Lunch Box Tips
 - Newsletters

Food Safety

- ✓ Provide appropriate areas and favorable conditions for meals / snacks.
- ✓ Preparation, storage and distribution of all food intended for student consumption in EMSB Daycare Services must be done under the sanitation rules required by the MAPAQ's Loi sur les aliments. (L.R.Q., c. p-29).
- ✓ Refrigerators used to store milk or snacks must be washed using hot water and an appropriate cleaning product once per week or as required and the internal temperature must be maintained between 0°C and 4°C.

FOOD SAFETY FIRST!



Potentially hazardous cold foods must be maintained at a temperature of 4 °C or lower and hot foods at 60 °C.

Outside Food Suppliers – Quality Monitoring

- ✓ In order to ensure the safety of students, all foods offered to students must come from a Board approved supplier. Advantages of using Board suppliers include:
 - uniform and consistent pricing
 - delivery and invoicing
 - eliminate time spent grocery shopping
 - quality control
 - valid MAPAQ Food Permit
 - regular inspections

✓ All schools offering a **Hot Lunch Program** must monitor the overall quality of meals to ensure safe consumption. Schools must complete and return “**Quality Monitoring Forms**” at the end of each month.

- ✓ Any irregularities (quality of food, food temperatures, etc.) must be reported to **Cafeteria and Nutrition Education Services** immediately and a meal sample must be kept.

Cafeteria and Nutrition Education Services Responsibilities:

- ✓ Ensure the organization, the control and the evaluation of the application of this policy in all EMSB schools and centers.
- ✓ Plan, implement and evaluate both nutrition education and nutritional support programs.
- ✓ Ensure that the food suppliers comply with this Nutrition Policy including the sanitation rules.
- ✓ Establish list of authorized food suppliers.
- ✓ Ensure that all MAPAQ food service permits are valid.
- ✓ Assist schools with any food related programs.



EAT RIGHT – FEEL BRIGHT!
Encourage our students to live a Healthy Lifestyle for a Healthy Future!



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
- ✓ www.hc-sc.gc.ca/fn.an/food-guide-aliment/index-fra.php
- ✓ www.emsb.qc.ca/nutrition-caf

SCHOOL ORGANIZATION

CAFETERIA AND NUTRITION EDUCATION SERVICES

THE EMSB NUTRITION POLICY

Information for:
DAYCARE SERVICES



The EMSB Nutrition Policy is based on the original Framework Policy issued from the MELS.

This Nutrition Policy regulates all food distribution (cafeteria, daycare service, nutritional support program, lunch service, vending machine, regular fundraising and extracurricular activities) in all EMSB schools and centers, during regular school activities.

The objective is to “improve the health of students by creating an environment conducive to the adoption and maintenance of healthy eating and active living.”¹

This document is to be used in conjunction with the EMSB Nutrition Policy.

¹ Going the Healthy Route at School. Framework Policy on Healthy Eating & Active Living.