

Nutrition Policy Statement

The English Montreal School Board Nutrition Policy aims to promote health-enhancing attitudes and behaviors amongst students by teaching the essential knowledge and skills needed to make nutritious food choices, and by providing an environment which encourages healthy eating habits.



Application

This policy regulates all food distribution in all EMSB schools during regular school activities.

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

Objectives of the EMSB Nutrition Policy

Through various programs, activities and projects the objectives of the EMSB Nutrition Policy are:

- 🍎 **To increase the nutritional knowledge of all students**
- 🍎 **To improve the nutritional intake of all students by offering nutritious foods**
- 🍎 **To ensure the safety of all students by monitoring the quality of the food offered**



Encourage our students to live a healthy lifestyle for a healthy future.



How does the EMSB Nutrition Policy influence fundraising campaigns?

Fundraising campaigns held on school grounds on a regular basis (more than once per year) during school hours **must** comply with the *EMSB Nutrition Policy*.

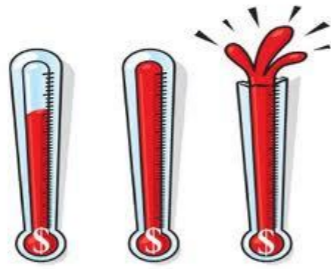
Bake sales, pizza lunches and other food sales have to offer foods that meet the *EMSB Nutrition Policy guidelines*:

- ✓ To decrease the availability of high sugar content foods.
- ✓ To decrease the availability of high fat content foods and eliminate foods containing Trans fats.
- ✓ To increase the availability of high fiber content foods
- ✓ To ensure that foods served/sold to students come exclusively from a board approved food supplier.

Note: Excluded from this Nutrition Policy are school fundraising campaigns occurring off school grounds.

Fundraising Campaigns

Plan Yours Wisely



Foods which cannot be offered or sold to students:

- ✗ French Fries, chips, nachos, commercially pre-fried foods, e.g. nuggets, etc
- ✗ High fat luncheon meats, e.g. pepperoni, bacon, salami, bologna, etc
- ✗ Hot-dogs, Pogos
- ✗ Wrapped commercial cakes, donuts, pastries, chokolatines or danishes
- ✗ Sweetened Popcorn, gum
- ✗ Chocolate, candies, cream-filled or coated cookies, cakes and bars
- ✗ Cereals with more than 8g of sugar per 30g portion
- ✗ Artificially or sugar sweetened beverages (soft drinks, energy drinks, fruit punch, hot chocolate made from powder, etc.)

Suggested foods which can be offered or sold to students:

- ✓ Pizza (without pepperoni)
- ✓ Low-fat, unsalted popcorn
- ✓ Unsalted pretzels
- ✓ Sliced apples with or without caramel dip
- ✓ Ice-cream, Frozen yogurt
- ✓ Chocolate milk, water, 100% pure, unsweetened juice, homemade lemonade
- ✓ Cakes, cupcakes or muffins without or with minimal icing without candied decoration
- ✓ Cookies, Cereal squares

Promote foods with the following criteria:

- ⇒ less than 10g of sugar
- ⇒ less than 7g of fat
- ⇒ less than 2g of saturated and trans fat
- ⇒ more than 2 grams of fiber

Products containing **sugar as the first ingredient** and products containing **trans fats** must **not be offered to students!**

What about Bake Sales?

Bake Sales or similar campaigns, where goods are prepared at home, **do not comply** with the Nutrition Policy guideline that “foods served/sold to students come exclusively from a board approved food supplier” on the premise that:

Private homes cannot be inspected for proper hygiene and food handling methods as opposed to a board approved supplier.

Understanding the significance of this type of fundraising campaign, schools willing to conduct bake sales need to ensure the safety of their students by minimizing the risks of contamination. The following guidelines are to be met:

(1) Foods prepared by parents should be restricted to:

Muffins Cookies Cakes Cereal Bars

Baked goods made from whole wheat flour and fruit should be promoted.

(2) Products containing meat and/or dairy products should be avoided.



For any additional information contact:

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THE EMSB NUTRITION POLICY

In-School Fundraising Campaigns



Commission scolaire English-Montréal
English Montreal School Board

School Organization – Cafeteria and Nutrition Education Services