

## How does this Nutrition Policy apply to the Outside Food Suppliers?

All food service programs shall focus on promoting the consumption of nutritious foods by:

1. Offering students balanced meals providing one-third of their nutritional requirements.
2. Decreasing the availability of high sugar & high fat foods (higher than 30% of total energy value).
3. Increasing the availability of high fiber content foods.

### Vegetables and Fruit guidelines:

- ✓ Raw, cooked, canned in their own juice, pureed.
- ✓ Choose dark-colored as they are rich in vitamins, minerals and antioxidants.

### Grain Products guidelines:

- ✓ Provide a variety of grain products, preferably whole grain.
- ✓ Promote products with more than 2 grams of fiber per portion. Examples include:
  - brown rice
  - whole-wheat breads, tortillas, or pitas
  - whole-wheat and whole-grain pasta

### Milk and Alternatives guidelines:

- ✓ Offer a variety of milk products such as milk, flavored milk (containing less than 30 grams of sugar per 250 ml), yogurt, yogurt drinks, individually wrapped cheese, and fresh cheese as part of the meal deal.
- ✓ Incorporate milk products into recipes:
  - top pasta dishes with shredded cheese;
  - add milk or milk powder to homemade desserts



### Meat and Alternatives guidelines:

- ✓ Breaded meats and fish may be served if they are baked and not commercially pre-fried. Use whole-wheat breadcrumbs for chicken nuggets or fish filets.
- ✓ Replace delicatessen meats (e.g. bacon, sausage, pepperoni, salami, bologna, mortadella, mock chicken) with cold meats (turkey, ham, chicken and roast beef).

### Desserts / Snacks guidelines:

- ✓ Replace high-fat, high-sugar desserts and snacks (e.g. pastries, Danishes, chocolaines and turnovers) with (homemade) loaves, muffins or cookies, cereal bars, etc.
- ✓ Offer a choice of desserts and snacks made with fruit, milk products and whole grain products. Examples include:
  - milk-based dessert: pudding, yogurt, tapioca
  - fruit-based dessert: fruit salad in juice or light syrup, fresh fruit, unsweetened fruit puree, fruit jelly (Jello-O) with fresh or canned fruit, fruit crumble, date squares.

- ✓ Evaluate the nutritional value of commercial products to determine which are the best to choose. Make decisions based on:
  - Nutrition Facts Table
  - List of ingredients on the package

*Note: Ingredients that are listed first those which are present in amounts.*

- ✓ Promote snacks with the following criteria:

#### Cookies, muffins, and granola bars

- ↳ less than 10 grams of sugar
- ↳ less than 7 grams of fat
- ↳ less than 2 grams of saturated
- ↳ 0 grams of trans fat
- ↳ more than 2 grams of fiber

***N.B. Eliminate all products with sugar as the first ingredient listed and all products containing trans fat. Choose items using whole grains to increase fibre content.***

Nutrition Facts Valeur nutritive		
Per 2/3 cup (160mL) / Pour 2/3 tasse (160mL)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories	80	
Fat / Lipides	0g	0 %
Saturated / saturés	0 g	0 %
+ Trans / trans	0 g	
Cholesterol / Cholestérol	0 mg	
Sodium / Sodium	0 mg	0 %
Carbohydrate / Glucides	19 g	6 %
Fibre / Fibres	2 g	8 %
Sugars / Sucres	17 g	
Protein / Protéines	1 g	
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, chocolaines

***N.B. Products containing trans fats, in the form of 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



## Qualitative and Quantitative Food Requirements

(For complete details, refer to the EMSB Nutrition Policy)

### A “Meal Deal” must include:

Main Course: Choice of one of the following:

- 75 g cooked lean meat, poultry, fish
- 175 ml legumes, tofu
- 75 g cheese

**OR**

Sandwich: Choice of one of the following:

- 60 g lean meat, poultry, fish
- 1 egg
- 60 g cheese or combination

**OR**

Vegetable: • 125-175 ml frozen, fresh, canned, cooked, salad

Dessert/Snacks: See Prior Specifications

Beverage: Choice of one of the following:

- 200 ml, 100 % pure unsweetened juice
- 200 ml white skim milk (1% or 2%)
- Spring water (non carbonated) maximum 1,000 p.p.m. mineral salts

*Note: To fulfill the **protein requirements of a main course**, when serving pasta as a main entrée it is recommended to serve it with meat sauce, meatballs or cheese. Otherwise a milk-based product (ex.: yogurt, cheese string, milk-based pudding) must be included as dessert and/or snack.*

### **Reminder**

- Please note that regular fundraising through the lunch program is **NOT** exempted from this Policy (eg.: Friday pizza lunch).
- 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*.

### **Food Safety**

The preparation, storage and distribution of all food intended for student consumption in EMSB schools must be done following sanitation and food handling practices in accordance with the **MAPAQ’s Loi sur les aliments** (L.R.Q., c.p-29).

**FOOD SAFETY FIRST!**

Potentially hazardous cold foods must be maintained at a temperature of 4°C (40°F) or lower and hot foods at or above 60°C (140°F).

## Cafeteria and Nutrition Education’s

### Responsibilities:

- ✓ Ensure that the Nutrition Policy is respected at any point of food distribution in EMSB schools.
- ✓ Ensure that food suppliers operate with a valid MAPAQ food permit as well as the Hygiene and Food Safety Certification.
- ✓ Monitor and evaluate the production / distribution centers and issue recommendations on the following activities:
  - menu
  - portion control
  - quality of the food
  - sanitation
- ✓ Notify supplier of any infraction to the EMSB Nutrition Policy and request immediate rectification of the situation.
- ✓ Issue list of approved outside suppliers.

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

**Sylvie Beaudry, Dietitian (7424)**

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

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)

## SCHOOL ORGANIZATION

### CAFETERIA AND NUTRITION EDUCATION SERVICES



## THE EMSB NUTRITION POLICY

### Application to OUTSIDE FOOD SUPPLIERS

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.”<sup>1</sup>

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

<sup>1</sup> Going the Healthy Route at School. Framework Policy on Healthy Eating & Active Living.