



Food and Nutrition Policy For Secondary Schools

Waterloo Catholic District School Board

Adopted June 2006



School Cafeteria Policy

1.0

POSITION STATEMENT ON NUTRITION PROGRAMS AND SERVICES IN SCHOOLS

Nutrition has a vast influence on a child's development, health status, well-being and potential for learning. Schools are in a position to play an important role in ensuring that healthy eating patterns are promoted through classroom nutrition education coordinated with the promotion and the availability of healthy food choices. Establishment of a nutrition policy within the Waterloo Catholic District Secondary School system will facilitate the schools in achieving the following goals:

- Promote an environment that encourages and supports the development and maintenance of healthy eating habits.
- Provide standards/guidelines to ensure a variety of nutritious foods and beverages are available to students and staff that will enable them to make healthy food choices. This includes: cafeteria, vending machines, school tuck shops/stores, fundraising events, and refreshments served at celebrations and meetings.

2.0 RATIONALE

The purpose of the nutrition policy is to ensure that a variety of nutritious foods and beverages are promoted and provided to students and staff. The environment is one of the most important indicators determining our success in making healthy food choices. Our goal is to create this healthy environment in all the secondary schools of the Waterloo Catholic District School Board. By reducing the quantity of foods of minimal nutritional value and calorie dense beverages and increasing the availability of foods of maximum or moderate nutritional value, we model healthy behaviour and avoid sending students and staff mixed messages. This policy ensures a supportive environment is created for the school community by clarifying the direction for action and supports the Catholic Graduate Expectations of responsible citizenship and development of a self-directed, responsible life-long learner. Implementation of the policy demonstrates that the school values the health of students and staff.

3.0 DEFINITION OF TERMS USED IN POLICY

- When the term 'nutritious choices' is used this means foods of maximum or moderate nutritional value. (Appendix 2)
- When the term 'less nutritious choices' is used this mean foods of minimum nutritional value. (Appendix 2)
- WCDSB or Board – Waterloo Catholic District School Board

4.0 COMMUNICATION

- This policy applies to all five high schools in WCDSB.
- The policy will be available for review in the Staff Policies and Procedures Manual, in the main office of the school, in the cafeteria managers' office and on the school web site.
- All parents, staff and student groups will be informed of the policy and a copy will be available as above.
- A copy of the policy will be distributed to the School Council of all five schools in the WCDSB.
- This policy will be reviewed at the time all Board policies and procedures are reviewed.
- Additions and amendments to this policy can only take place at a planned meeting with a variety of voices present (staff, administration, parents, students, public health nutritionist) with consensus approval.
- All components should be included in food service agreements between the Board (WCDSB) and the food service providers.
- All community members working with WCDSB must adhere to the healthy foods policy.

5.0 GUIDELINES

A. Food and Beverage Choices Available

- During contract negotiations, the services and menus of cafeterias and vending programs should be negotiated for appropriate items to ensure that a variety of nutritious choices are available.
- All school cafeterias must adhere to the Eat Smart! School Cafeteria guidelines. (Appendix 1)
- At least seventy percent (70%) of the choices available in the cafeteria are foods of maximum or moderate nutritional value (Appendix 2)
- The long term goal is to decrease the availability of foods of minimal nutritional value to 10% of the choices available.

B. Size of Food and Beverage Choices

- Portion sizes of foods of minimum nutritional value should be offered in the smallest possible size available.
- Only a small size of fries is offered (4 oz/112 g or less).
- Beverage options of minimum nutritional value should be offered in only the smallest serving size. Beverage options include fruit drinks/cocktails, flavoured drinks, iced tea and soft drinks. (e.g. only have pop available in 355 ml cans).
- Beverages of maximum nutritional value including water, 100% fruit juice and low fat milk should be available in a variety of size options to allow for choice.

C. Limits on the sale of foods of poor nutritional quality

- Poutine should not be offered at any time.
- French fried potatoes should be offered no more than three days a week with a goal of eliminating them to one day a week (Fry Fridays), and possibly eliminating them completely from the schools.

D. Pricing of Foods and Beverages

- Healthier food items should be comparably/competitively priced with less healthier items. When possible, healthier items should be priced lower than less healthier choices to encourage and support the selection of healthy eating choices.
- Milk, water and 100% fruit juice should be priced lower than pop and flavoured drinks (fruit drinks, ice tea) i.e. less of a mark up on healthier items.
- Prices of foods should be displayed at point-of-purchase i.e. on the food product and/or on the shelf by the food.
- The cafeteria will not encourage the use of debit or credit.
- Debit transactions should be limited to a minimum purchase of \$5.00 per transaction.

E. Display of Foods and Beverages

- All nutritious food choices should be prominently displayed on front shelves and in an area where they are easy to see.

- Nutritious choices must be positioned in a way that allows for all patrons to easily access i.e. patrons should not have to leave the main line up to access a healthier item.
- All less nutritious food choices should not be prominently displayed i.e. displayed on front shelves/space, at cash register.

F. Availability of Foods and Beverages

- Efforts need to be made to ensure that all healthier items advertised on the menu are available daily AND that enough of each item is available for purchase daily.

G. Vending Machines

- All policies stated above are to be applied to food and beverage choices available in vending machines.

H. Advertising and Promotion of Foods and Beverages

- Only posters that portray nutritious food items be displayed. Posters are to be visual and include positive messages that have teen appeal.
- Advertise daily nutritious specials over the morning announcements and on video and/or radio advertisements.
- When advertising daily specials that include a side option, only advertise that the daily special includes a healthier side option.

E.g. Daily special includes salad and milk. Versus stating that the special comes with choice of salad or fries and choice of drink.

- Have a large bulletin board or white board located at the entrance of the cafeteria so students and staff can see what the healthier daily option is before they enter the cafeteria.
- Offer incentives for purchasing the healthier options including frequent buyer cards, draws and contests.

I. Food Safety

- A minimum of one full-time cafeteria employee must be certified in safe food handling.
- It is encouraged that all cafeteria staff receive safe food handling training.
- A hand sanitizing station will be provided in each cafeteria.

J. Nutrition Education

- Nutrition education is incorporated into appropriate areas of the curriculum for all students in order to develop life long decision making skills for healthy living.
- Nutrition programs offered will be provided in a safe and welcoming environment reflecting the diversity of the school community and follow the recommendations of Canada's Guidelines for Healthy Eating.
- Staff responsible for nutrition education shall be adequately prepared and provided with appropriate training to deliver effective nutrition education programs.

K. Food as a Reward

- School personnel should not offer individuals food as a performance incentive or reward and shall not withhold food from students as punishment.
- School sanctioned contests may use foods with maximum nutritional value as prizes.

L. School Celebrations

- No foods with minimum nutritional value should be offered for classroom celebrations. Foods with maximum nutritional value should be chosen, however, some celebrations may include foods with moderate nutritional value. Student allergies and cultural requirements should be respected.

M. School fundraisers and special events

- All school fundraising efforts should reflect healthy eating principles in which only healthy food and beverages (items other than foods with minimal nutritional value), or non food items are sold. (see appendix 3 for suggestions)

N. School stores

- School tuck shops/stores should offer alternatives to the sale of foods of minimal nutritional value.

O. School Personnel

- School staff will be encouraged to model healthy eating behaviour (children and youth who see teachers eating healthy foods are much more likely to eat well).

P. School Meetings

- Nutritious and safe food and beverage choices shall be provided at all work related meetings, workshops and other events where food and/or beverages are served.
- School personnel are encouraged to use the following guidelines when planning food and beverages for school meetings/events:
 1. Promote Healthy Eating: Select refreshment options that incorporate the nutrition messages in Canada's Food Guide to Healthy Eating: choose vegetables and fruit, whole grain and lower fat foods more often. (See appendix 3 for suggestions of healthy choices)
 2. Practice safe food handling: Meet the standards for safe food preparation and service. Proper hand washing, and food preparation techniques and storage procedures should be followed.
 3. Be environmentally friendly: Minimize waste from food, food packaging, dishes and cutlery when possible.
 4. Promote locally grown products: Choose Region of Waterloo and Ontario grown products whenever possible.
 5. Be fiscally accountable: The money spent on refreshments should attempt to meet as many of the guidelines listed above at the best possible price.

(See appendix 4 for suggestions of healthy food choices)

6.0 ENFORCEMENT AND MONITORING

- Each school will find a teacher who is willing and interested in working within the school environment and with the cafeteria manager. Teacher and cafeteria manager will meet a minimum of once a month to look at menus and advertising specials and promotions of healthy foods.
- The school nutrition report card will be used to evaluate the status of the school's progress in implementing the food policy. (appendix 5)
- Regular reports will be presented at the school council meetings to keep parents informed of the adherence to the policy.

7.0 POLICY ENDORSEMENT

Endorsement Date: _____

School Superintendent: _____

School Principal: _____

Healthy Choices Teacher Advocate: _____

Healthy Choices Student Representative: _____

Parent Advocate: _____

Appendix 1: Eat Smart! School Cafeteria Nutrition Standard

1. At least 50% of all pre-made sandwiches on bread, bagels, pita, rolls, tortillas and wraps etc. use whole grains.
2. In the made-to-order sandwich bar at least 50% of the bread choices are whole grain.
3. At least 50% of breakfast cereals offered are whole grain.
4. At least one lower fat, grain snack is available e.g. plain popcorn, cereal, pretzels, lower fat cookies.
5. At least 4 choices of the following vegetable and fruit choices are offered (excluding deep fried vegetables, vegetables in cream or other high fat sauces or dressings, Caesar salad):
6. At least 2 lower fat (2%, 1% or skim) plain or chocolate milk choices are available (or milk alternatives fortified with calcium and Vitamin D, such as rice and soy beverages).
7. At least 2 milk snacks such as cheese, yoghurt, milk puddings, frozen iced milk, frozen yoghurt are available.
8. At least one meat, fish, poultry or vegetarian entrée choice (could include a salad entrée which contains a meat or meat alternative) prepared in a lower fat way.
9. Upon request, remove visible fat from meat and skin from poultry before serving.
10. Prepared sandwich fillings (e.g., tuna, chicken salad, egg salad, etc) use low fat mayonnaise or other low fat dressings or mixes.
11. All daily specials contain at least 3 of the 4 food groups.
12. Calorie reduced or fat free salad dressings used or available.
13. Other fat based condiments, dips, spreads (including butter and margarine), sauces and gravies are lower fat wherever possible.
14. Upon request, other fat based condiments, dips, spreads and sauces or gravies are:
 - Served on the side
 - Not used on entrees
 - Not used on side dishes
 - Not used on vegetables
15. A substitute for French fries or poutine is offered if they are served as part of an entrée. The substitute could be: baked, boiled or mashed potato, vegetables, salad, rice or other grain product (prepared in a lower fat way).
16. A serving of French fries or poutine must include an option of a 112 gram/4 oz size or smaller.
17. Information on ingredients is available upon request.
18. Water (tap and/or bottled) available at all times.

Appendix 2: Classification of Foods with Maximum, Moderate and Minimum Nutritional Value

<i>Canada's Food Guide to Healthy Eating Food Groups</i>	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
These foods are:	<p>Good or excellent sources of important nutrients (e.g. vitamins, minerals, protein, and fibre)</p> <p>Generally low in added fat, sugar and/or salt</p> <p>Found within one of the four food groups in <i>Canada's Food Guide to Healthy Eating</i></p> <p>Generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives</p>	<p>Sources of nutrients (e.g. vitamins, minerals, protein, and fibre)</p> <p>Sometimes high in fat, sugar, salt and/or excessive calories, generally as a result of processing. Some of these foods are difficult to classify because of the brand and/or their method of preparation and the portion size offered (e.g. commercial cake style muffin versus whole grain muffin with reduced fat and sugar)</p> <p>Found within one of the four food groups in</p>	<p>May provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories</p> <p>Tend to be highly processed (e.g. with added colouring, deep fried, high in hydrogenated fats)</p> <p>* May belong in the "Other Food" category in <i>Canada's Food Guide to Healthy Eating</i></p>

* Foods in the "Other category of *Canada's Food Guide to Healthy Eating* generally fall into the minimum nutritional value group.

Examples of these include:

- Sports drinks, tea, iced tea, coffee, fruit flavoured drinks, pop, diet pop, hot chocolate made with water
- Flavoured cheese puffs/popcorn, potato chips, marshmallows, chewy fruit snacks
- Chocolate, candy, gum
- Jelly powders, syrups, jams, honey
- Whipped cream, cream cheese, cream
- Gravy
- Ketchup, mustard, relish
- Butter, margarine

<i>Canada's Food Guide to Healthy Eating Food Groups</i>	Foods with Maximum Nutritional Value	Foods with Moderate Nutritional Value	Foods with Minimum Nutritional Value
Grain Products Examples	Cereal: whole grain, good source of fibre; regular oatmeal; Whole grain or multi-grain breads & crackers; whole wheat pasta; brown rice; air popped popcorn	Cereal: source of fibre, flake or crisp types; instant oatmeal; White enriched breads, pasta, noodles, rice, crackers; pretzels light popcorn; some plain cereal/granola bars Cookies: whole grain, fruit bars, oatmeal, gingersnaps, graham wafers Muffins: lower fat	Cereal: sugar coated or candied; regular granola Crackers: high fat, pastry types Granola bars: high fat, chocolate covered and/or with marshmallows Muffins, fruit loaves, dessert breads from commercial mixes Pastries, danishes, cakes, doughnuts, pies, most cookies
Vegetables and Fruit Examples	Baked or mashed potato Fresh, frozen, canned vegetables and fruit prepared without added sugar or salt 100% unsweetened fruit juice/frozen fruit juice bar	Dried fruit, canned fruit in syrup, 100% fruit leathers, fruit compote Salsa	Fruit drinks, punches, cocktails, "ades", blends French fries, poutine Deep fried/breaded vegetables Vegetables in cream or cheese sauces
Milk Products Examples	Milk: white/chocolate 2% or less milk fat (MF) Soy beverage: fortified, low fat Cheese: part skim block cheese, cheese strings 20% MF or less; cottage 2% MF or less Yogurt & puddings: 2% MF or less	Milk: homogenized; some milkshakes Soy beverage: fortified, regular fat Cheese: 21% MF or more Yogurt & Puddings: made with more than 2% MF, some frozen yogurt	Milkshakes , eggnog Processed cheese slices, spread Frozen yogurt (high fat) Ice cream
Meats and Alternatives Examples	Lean beef, poultry, pork: baked, broiled, grilled, roasted. Fish canned in water, tofu, lentils, boiled eggs, no added fat/sugar peanut butter.	Lean lunch meats: ham, turkey, roast beef, back bacon, fish canned in oil, peanut butter, fried eggs	Wieners, pepperoni slices/sticks, processed luncheon meats, deep fried/battered fish

Appendix 3: Alternative Fundraising Ideas

Things You Can Sell

<ul style="list-style-type: none">✓ Activity Cards✓ Balloon bouquets✓ Bath accessories✓ Batteries✓ Books & calendars✓ Brick/stone/tile memorials✓ Buttons, pins & stickers✓ Calendar✓ Candles✓ Cheese✓ Cookbooks✓ Coupon books✓ Emergency kits for cars✓ First aid kits✓ Flea market✓ Flowers & bulbs✓ Fruit & Vegetable baskets✓ Fruit smoothies & slushies✓ Gift baskets✓ Gift items✓ Gift wrap, boxes, and bags✓ Greeting cards✓ Hats✓ Healthy snack items✓ House decorations✓ Jewelry✓ License plate frames w/school logo✓ Magazine subscriptions✓ Megaphones✓ Mugs✓	<ul style="list-style-type: none">✓ Newspaper space/ads✓ Personalized stationary✓ Plants✓ Pocket calendars✓ Raffle donations✓ Scarves✓ School art drawings✓ School frisbees✓ School spirit gear & accessories✓ Scratch-off cards✓ Spirit/seasonal flags✓ Stuffed animals✓ T-shirts & sweatshirts✓ Temporary/henna tattoos✓ Tupperware✓ Valentine's Day flowers✓ Yearbook covers✓ Yearbook space/monograms
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Adapted from www.nojunkfood.org

Alternative Fundraising Ideas

Things You Can Do

- ✓ Auction
- ✓ Bike-a-thons
- ✓ Bowling night
- ✓ Car wash
- ✓ Carnivals
- ✓ Celebrity Basketball Game
- ✓ Dances
- ✓ Festivals
- ✓ Garage/Penny Sale
- ✓ Gift wrapping
- ✓ Golf tournament
- ✓ Jump-rope-a-thons
- ✓ Magic show
- ✓ Raffles
- ✓ Read-a-thons
- ✓ Recycling cans/paper/ink cartridges
- ✓ Singing telegrams
- ✓ Skate night
- ✓ Spelling bee
- ✓ Sports games: teachers vs students or parents vs students
- ✓ Talent shows
- ✓ Tennis/horseshoe competition
- ✓ Treasure hunt
- ✓ Walk-a-thons
- ✓ Workshops/classes

Adapted from www.nojunkfood.org

Fundraising Tips:

- Only promote high quality products
- Offer competitive prices to offer good value to the customer but still make a profit
- Offer samples of products to view and/or taste
- Involve the whole school community in the fundraiser using appropriate advertising

Appendix 4 - Suggestions for Refreshments at Meetings/Workshops/Events

These suggestions are to help facilitate the selection of healthier food and beverage options for meetings and catered events.

Beverages:

- Have lots of fresh water available
- 100% fruit or vegetable juice (apple juice, apple cider and grape juices are available locally)
- Offer 2%, 1% or skim milk for drinking and provide milk and/or half & half cream for coffee and tea
- Tea: consider offering herbal teas
- Coffee: regular and decaffeinated

Breakfast Event:

- Fresh fruit
- Yogurt
- Whole grain breads, bagels, cereals
- Lower fat muffins (include more bran, fruit options)
- Lower fat cereal/granola bars

Sandwiches:

- Always include a vegetarian option
- Choose whole grain breads, pita, wraps or buns
- Have a variety of low fat fillings including lean roast beef, chicken, turkey or ham, egg, tuna, salmon
- Offer egg, tuna or salmon fillings made with little or no mayonnaise, butter or margarine
- Offer toppings of lettuce, tomatoes, onions and other vegetables

Main dishes:

- Always offer a vegetarian choice (e.g. pasta with tomato sauce/vegetarian lasagna)
- Avoid fried foods and cream sauces
- Include at least one vegetable (raw or cooked)
- Choose meat, fish, poultry and vegetable dishes that are broiled, roasted or steamed instead of fried
- Serve green salads with dressing on the side
- Offer at least one low-fat or fat-free dressing
- Include whole grain breads (whole wheat, rye, cracked wheat)
- Try to limit the size of main course items

Desserts:

- Offer fresh fruit or a fruit salad
- Whole grain cookies
- Lower fat yoghurt

Appendix 5

The School Nutrition Report Card

"MENU OF CHOICES"
SECONDARY SCHOOL
RESOURCE



THE SCHOOL NUTRITION REPORT CARD

True or False Statement

Why is this important?

Please rate the following statements as true or false.
Scoring instructions are given for every section.

1 Lunch Facilities

<ul style="list-style-type: none"> ▶ The walls, floors, doors and or windows do not need repairs. (True/False) ▶ Tables and chairs are not damaged and are the right size for all students. (True/False) ▶ There is always enough seating for everyone. (True/False) ▶ The lunch area has no bad odours. (True/False) 	<p>Eating is meant to be a time to socialise and to enjoy your food. Physical surroundings have an effect on this.</p>
<ul style="list-style-type: none"> ▶ There are rules for safe behaviour during meals. For example there is no running, no throwing food or utensils. (True/False) 	<p>To enjoy our meal, we need to feel safe.</p>
<ul style="list-style-type: none"> ▶ Tables and floors are cleaned between or after lunch periods. (True/False) 	<p>Cleaning reduces the possibility of food-borne illness.</p>
<ul style="list-style-type: none"> ▶ The lunch area is decorated with healthy eating messages. (True/False) 	<p>Colourful food posters help promote healthy eating and create ambience.</p>
<ul style="list-style-type: none"> ▶ The noise level is usually kept low. (True/False) 	<p>A peaceful (or at the very least, less noisy) mealtime is less stressful.</p>

Scoring: give yourself 1/2 point for every true statement above.

_____ points

2 Sufficient time is allowed for eating lunch

<ul style="list-style-type: none"> ▶ At least 20 minutes at the table is given to all students. (Transit time from class to lunchroom and waiting in the line-up for cafeteria food is not included.) (True/False) 	<p>Healthy food takes time to chew! Giving students enough time helps reduce leftovers and improve nutrition.</p>
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Scoring: give yourself 1 point for every true statement above.

_____ points

3 Quality of food at school

<ul style="list-style-type: none"> ▶ Students and parents have received information about healthy lunches and snacks. (True/False) 	<p>Learning how to pack a healthy lunch can greatly improve the quality of what is brought to school.</p>
<ul style="list-style-type: none"> ▶ Students have looked at what they have brought for lunch on a given day to see if they are following Canada's Food Guide. This could be done in Health and Physical Education class. (Need to be sensitive to children of families with limited means – e.g., choose a time of the month when families are most likely to have more choices on hand). (True/False) 	<p>A routine review of school lunches helps students reinforce healthy eating skills. Repeating this exercise is key to help students learn.</p>
<ul style="list-style-type: none"> ▶ If a student-run tuck shop is available, nutritious foods like fruit, vegetables, cheese, milk, 100% fruit juice and low-fat snacks are promoted and available. (True/False) 	<p>It is essential that students who wish to buy food at school have access to nutritious food.</p>

THE SCHOOL NUTRITION REPORT CARD

True or False Statement

Why is this important?

▶ The school cafeteria has a variety of healthy choices available such as subs, wraps, burritos, pizza, raw vegetables, fruit, and yoghurt. Deep fried foods are limited. *(True/False)*

▶ School events feature healthy food and include foods from the four food groups from Canada's Food Guide. For example, fruit platter, cheese and crackers at school dances; school BBQ includes potato salad and coleslaw. *(True/False)*

By providing balanced meals and snacks for such events, you are telling students that healthy variety can be fun to eat. You are telling them that you care about their health.

Scoring: give yourself 1 point for every true statement above.

_____ points

4 Food Allergies (http://www.safe4kids.ca/content/schools/anaphylaxis_school_policy.pdf)

▶ Students with allergies (or their parents) are given the opportunity to identify their allergy and how they react. *(True/False)*

By getting all the right information at earliest time possible, you are able to put into place the prevention and response measures that are needed.

▶ Rules have been put in place to protect people who are allergic to certain things. For example setting a safe lunchroom or eating-area, cleaning and hand-washing routines, or restrictions on certain foods. *(True/False)*

How strict your school is about avoiding certain foods will depend on many factors. It can be quite a challenge to balance the needs of allergic students with those of other students.

▶ Adults are trained to respond to an allergic reaction. For example, the use of EpiPen®. *(True/False)*

Students cannot be counted on to self-administer their medication. Others (adults) need to know what to do.

▶ There is an emergency plan for each student with an allergy, including medication instructions, adequate and up-to-date supplies, contact information, where and how to transport for medical assistance. *(True/False)*

Having a plan makes the response to an incident more effective, and less stressful.

Scoring: give yourself 1 point for every true statement above.

_____ points

5 Use of food to raise funds

▶ Items sold for fundraising are either non-food items or are nutritious. For example, candles, fruit, cheese, greeting cards. *(True/False)*

Selling candies, chocolate, or other less nutritious foods sends the message that money is more important than health.

Scoring: give yourself 2 points if the above is always true, 1 point if sometimes true, and zero if never true.

_____ points

6 Vending machines

▶ Foods sold include nutritious snacks such as low-fat oatmeal cookies, fruit bars, shelled sunflower seeds, sesame seed bars, pretzels, nuts or trail mix (if allowed) or beverages like milk, chocolate milk, 100% pure fruit juices, water. *(True/False)*

If your school has vending machines, there should be nutritious choices. If not, hungry students with change in their pockets will find it hard to resist.

▶ There is a cold food merchandiser that sells nutritious snacks such as fruit, yoghurt, vegetables and dip, and sandwich-type foods. *(True/False)*

THE SCHOOL NUTRITION REPORT CARD

True or False Statement

- ▶ If less nutritious food like pop, chocolate, and chips are sold in the vending machines when the school is used for community events, there are timers or other physical means to ensure they are not available during school hours. *(True/False)*

Why is this important?

Some schools let the public use their building for community events. If pop, chocolate and chips are available in the vending machines, then prevent students from using the machines during school hours.

Scoring: give yourself 1 point for every true statement above.
OR: If you have no vending machines or canteens, and students have no neighbourhood access to similar services, give yourself 3 points.

_____ points

7 Food safety

- ▶ Hand-washing facilities are available and their use is encouraged. *(True/False)*
- ▶ Pupils usually use ice packs in insulated lunch boxes or bags or they have access to a fridge to keep foods safe. *(True/False)*

Hand washing is the single most important way of preventing food-borne illness.

Keeping food cold until lunch will cut down on spoiled food causing illness.

Scoring: give yourself 1 point for every true statement above.

_____ points

8 Use of food for rewards or punishment

- ▶ Foods are not used as rewards. (This does not prevent a class from having food at a celebration, party, or reception.) *(True/False)*
- ▶ Food is not taken away as a form of punishment. *(True/False)*

Using food as reward or punishment gives kids a distorted view of food. This can, for some people, lead to eating disorders (e.g., anorexia.)

Scoring: give yourself 1 point for every true statement above.

_____ points

9 Promotion of healthy eating

- ▶ Activities such as a food fair, treasure hunt, junior chef, or quiz show are held once or several times per year to make nutrition a fun subject. The activities allow students to transfer classroom a knowledge into every-day life skills. The activities can be held with physical activity promotion. *(True/False)*
- ▶ Posters promoting healthy living are used, sought out, and changed through the year. *(True/False)*
- ▶ Nutrition month (March) events are planned and executed each year. *(True/False)*
- ▶ P.A. announcements, videos, motivational speakers are used to promote healthy eating. *(True/False)*

Healthy eating is something we learn. Kids need to see healthy messages on a regular basis. They need to do, and not just learn. Food fairs, junior chef programs and other activities activities do a lot to give kids the healthy eating skills they need.

New posters catch the eye. Rotate them to make them more noticeable.

Nutrition Month is a great way to highlight the importance of nutrition.

Diversity is important if we want the message to have an effect on students.

Scoring: give yourself 1 point for every true statement above.

_____ points

THE SCHOOL NUTRITION REPORT CARD

True or False Statement

Why is this important?

10 Identification and follow-up: nutrition-related health

<p>▶ Staff has had training to recognise signs of poor nutritional status or disordered eating in students. (<i>True/False</i>) Some signs include: headaches, fatigue, pale skin colour, poor concentration; student constantly "borrows" food from classmates, student "wolfs down" food that is offered. Other clues are related to family environment or eating disorders (always says, "I'm not hungry"; finds other things to do during lunch, always goes to the bathroom right after eating – a possible sign of bulimia).</p>	<p>If a child has a problem with nutrition, adults need to notice the problem and to refer to the right person. (nurse, social worker, principal, dietitian)</p>
<p>▶ A procedure (informal or formal) for dealing with children presenting the above signs has been put into place. (<i>True/False</i>)</p>	<p>By having a procedure in place, there is less likelihood of the student "falling between the cracks."</p>

Scoring: give yourself 1 point for every true statement above.

_____ points

CITY OF OTTAWA, (MAY 2003)²¹

OVERALL SCORING IN THE SCHOOL NUTRITION REPORT CARD

Sum the points you obtained in every section to get your total score out of 30.

Final score _____/30

If your score is 24 to 30 points:

Congratulations, your school's efforts to work on nutrition policies are paying off. Some parts of this Report Card may motivate you to improve some aspects of nutrition in your school

If your score is 18 to 23:

Your school has a lot of things going in the area of healthy eating. In those parts that you have not yet addressed, try picking one or two issues that you can concentrate on in the near future.

If your score is less than 18:

This Report Card is a good start in identifying what you want to work on first. You may find it best to work on an objective that is easy to reach or has a big impact on students' overall healthy eating habits.