



REPORT TO BOARD OF TRUSTEES

April 12, 2011

Paul Wubben, Director of Education

SUBJECT: Policy 3.23 – Food and Beverage

PREPARED BY: Paul Wubben, Director of Education

BACKGROUND:

In January 2010, the Ministry of Education released Policy/Program Memorandum No. 150 (PPM 150), which put all school boards in Ontario on notice that the Minister of Education would exercise her legislative authority under subsection 8(1) of the Education Act, to direct that boards put into effect by September 2011 food and beverage policies. Later that year, the ministry released a comprehensive resource guide, which set nutrition standards for food and beverages and laid out a framework from which school boards could develop their own policies and procedures.

In August 2010, the Director of Education drafted policy and procedures documents for St. Clair Catholic, which were shared with our partners at the Lambton Kent District School Board and both the Chatham-Kent Public Health Unit and the Lambton County Community Health Services Department. The draft policy has also been shared with principals and with St. Clair Catholic's Board Advisory Council.

Three community consultation meetings have been held in Wallaceburg, Sarnia and Chatham, to help acquaint food service providers with the new policy and to explain the process of obtaining letters of compliance, which will permit them to offer for sale in our schools, foods and beverages that have been approved by dietitians of the local health units. This has proved to be an important partnership, which is helping to ensure consistency in messaging for the benefit of food service providers and members of the general public.

Although the new policy will require considerable change in school culture, and a significant loss in revenue at the secondary level, we believe the move to healthier food choices for our students is a good one. In laying out the rationale for school food and beverage policies, PPM 150 points to research, which shows that "...health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy..." and that "...healthy eating patterns in childhood and adolescence promote optimal childhood health, growth and intellectual development."

Highlights of Policy 3.23 – Food and Beverage:

1. The policy will make our school healthier places in which to learn and students will learn to make healthy nutrition choices.
2. The policy, at a minimum, conforms to Ministry of Education directives regarding student nutrition and, in some cases, extends beyond provincial requirements:
 - i. fund raisers must be compliant with the policy by September 2014;
 - ii. school snack and breakfast programs must be compliant with the policy by September 2014;

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- iii. foods offered for sale from off-site food service providers must be from the “Sell Most” category of the Ministry Resource Guide, and must be approved by the local health unit;
 - iv. beverages offered for sale in high school vending machines must be from the “Sell Most” category of the Ministry Resource Guide, and must be approved by the local health unit;
 - v. in any schools which have tuck shops, all food items sold must be from the “Sell Most” category of the Ministry Resource Guide;
 - vi. with the exception of students who have an IEP, food items must not be used to moderate behaviour.
3. Principals will have 10 “Special Event Days” during which the school will be exempted from the food and beverage policy.
 4. Coaches and/or staff are not permitted to give or sell energy drinks or energy bars to student athletes.
 5. The policy applies to students only.
 6. The policy does not apply to:
 - i. lunches that students bring from home;
 - ii. foods supplied from home for classroom celebrations (i.e., birthday parties)
 - iii. students who are on educational excursions;
 - iv. community groups utilizing the school.

RECOMMENDATIONS:

That the St. Clair Catholic District School Board receive the report: *Policy 3.23 – Food and Beverage*, for information.

That the St. Clair Catholic District School Board approve Policy 3.23 – Food and Beverage, effective September 1, 2011.

**ST. CLAIR CATHOLIC DISTRICT SCHOOL BOARD
POLICIES AND PROCEDURES
SECTION 3: STUDENTS**

FOOD AND BEVERAGE POLICY	POLICY 3.23
EFFECTIVE: 2011 09 01	

POLICY STATEMENT:

The St. Clair Catholic District School Board recognizes the value of promoting healthy nutrition among students and that healthy lifestyles help to advance physical well-being, growth and intellectual development.

POLICY GOALS:

This policy, at a minimum, conforms to Ministry of Education directives regarding student nutrition, and in some cases extends beyond provincial requirements, to ensure a consistent, logical message is conveyed to students, parents, volunteers, guests and staff. This policy and the accompanying procedures are aligned with the concepts of Equity and Inclusion; therefore, religious and/or cultural needs will be accommodated. Further, the implementation of the related procedures must put student safety first, which requires Management Memorandum 12-2009 – *Procedural Guidelines for Anaphylaxis and Diabetes in the School Setting* to be considered paramount.

As a result of this policy:

1. Schools will become healthier places in which to learn and students will learn to make healthy nutrition choices.
2. Healthier schools will lead to academic gains in student performance.
3. Administration, staff, parents and guests will promote and support healthier food choices for students.
4. School cafeterias will adhere to the Ministry guidelines in the sale of all foods and beverages.
5. Food will not be used as a reinforcement of student behaviour, with the exception of students whose IEP stipulates that such a technique is necessary. In such instances, it is expected that healthy foods or beverages will be favoured.
6. Principals, staff, school councils, parents, and volunteers will make every effort to understand and work co-operatively to ensure that this policy is implemented as outlined and that the spirit of the policy influences their decisions and actions.
7. This policy will:
 - a) apply to all events that involve students at school, regardless of the time of day or night;
 - b) apply to students only;
 - c) apply to fundraising activities;
 - d) apply to food that is sold or given to students. This includes breakfast programs, school lunches and special events;
 - e) apply to extra-curricular activities, on or off site.
8. This policy will not:
 - a) apply to student lunches brought from home or foods brought from home for classroom parties (i.e., birthdays and other classroom celebrations);
 - b) apply on educational excursions;
 - c) apply to staff rooms;
 - d) apply to community groups utilizing the school.

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EFFECTIVE: 2011 09 01	

ADMINISTRATIVE PROCEDURES:

1.0 Responsibility

- 1.1 The principal will orient students, teachers, cafeteria staff, breakfast program volunteers and school councils to the Food and Beverage Policy.
- 1.2 The principal will orient students, teachers, cafeteria staff, breakfast program volunteers and school councils to the Ministry of Education School Food and Beverage Policy Resource Guide.
- 1.3 The principal will make parents, students and teachers aware of the Ministry of Education website www.ontario.ca/healthyschools
- 1.4 Principals will communicate the changes required by the Ministry and Board policy to parents and seek their cooperation and support.
- 1.5 The principal may invite a Registered Dietitian of the local public health unit to speak at meetings of the school council, student council or staff.
- 1.6 All staff, volunteers and parents are expected to model healthy food and beverage choices, helping students to also make healthy and nutritious food and beverage choices.

2.0 Expectations

- 2.1 All off-site food service suppliers involved in the sale or provision of food and beverages to students will be required to follow a process of prior approval of menu choices, including nutrition facts and serving sizes. Food service suppliers must complete an Off-Site Food Service Supplier Letter of Compliance (Appendix A), which can be obtained from the school principal, or by visiting the Board website, and must be submitted for approval by a Registered Dietitian of the local public health unit. Foods offered for approval will be from the "Sell Most" category of the Ministry Resource Guide.
- 2.2 There will be 10 Special Event Days, during which the school will be exempted from the provisions of the Food and Beverage Policy. The principal will determine the 10 Special Event Days, in consultation with staff and school council. The principal may wish to mark three days as "undetermined" for flexibility. For a listing of what constitutes a Special Event Day, see the definitions in Section 3.0 of these procedures.
- 2.3 Coaches and/or staff are not permitted to give or sell energy drinks or energy bars to student athletes.

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- 2.4 School staff will not use food items to reinforce good behaviour, or to withhold it as a consequence of poor behaviour. The exception is if such usage is a function of applied behavioural analysis and is documented as necessary in the Individual Education Plan (IEP). The food items used in such instances must be healthy.
- 2.5 Principals, in consultation with school council and staff, will seek alternatives to selling confections as fundraisers. All foods sold in school fundraisers must fully comply with the permitted foods in the “Sell Most” category of the Ministry of Education Resource Guide by September 1, 2014.
- 2.6 School snack and breakfast programs must full comply with the permitted foods in the “Sell Most” category of the Ministry of Education Resource Guide by September 1, 2014.
- 2.7 Vending machines are not permitted in elementary schools. In secondary schools, food and beverages sold in vending machines are to be approved by dietitians of the local health units and will come from the “Sell Most” category of the Ministry Resource Guide.

3.0 Acceptable and Unacceptable Foods

- 3.1 Permitted Foods – As a general statement, the most desirable food choices are those that are found in the Ministry guidelines in the “Sell Most” category. Foods in this category are generally low in fat and sodium, are fortified and high in fibre and calcium.
- 3.2 Permitted Beverages
 - a) Water
 - b) 100% fruit juice/blend (< or = 250ml)
 - c) 100% vegetable juice/blend (< or = 250ml)
 - d) 2%, 1% or skim white milk
 - e) Soy milk
 - f) Yogurt drinks (< or = 250ml)
 - g) Low fat hot chocolate
 - h) Chocolate milk(< or = 250ml)
- 3.3 Foods that are Not Permitted – As a general statement the least desirable food choices are those that are found in the Ministry guidelines in the “Not Permitted” category. Foods in this category are generally high in fat and sodium, low in fibre and calcium and are not fortified.
- 3.4 Beverages that are Not Permitted
 - a) Coffee
 - b) Tea
 - c) Energy drinks
 - d) Sports drinks
 - e) “Fruit flavoured” drinks
 - f) Soft drinks

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4.0 Additional Information

- 4.1 The St. Clair Catholic District School Board is committed to the principles of equity and inclusive education, consistent with our Catholic teachings, which value and promote human rights and social justice in all Board policies, programs, guidelines, operations and practices.

5.0 Definitions

- 5.1 **Special Events** – Such events, where food is either sold or given away free of charge, may include, but are not limited to: bake sales; school council events; “Meet the Teacher Bar-b-ques; parties related to holidays and observances such as Halloween, Christmas and Easter; pizza lunches; hot dog days; cake auctions; play days; graduation; etc.
- 5.2 **Fundraising** – Fundraising contributes to education programs and opportunities for students. Fundraising can be complementary to the health of students and the community that supports them, when healthy food and beverages or non-food options are chosen. Fundraising with non-healthy food items and beverages is a message that is contradictory to the intention of this policy and is not permitted (i.e., chocolate sales, cake sales, etc.)
- 5.3 **Food as Reinforcement** – Students need to eat when they are hungry and stop when they are comfortable, if they are to have a healthy relationship with their bodies and learn healthy eating behaviours. Using food as positive reinforcement teaches students to eat when they are not hungry. School staff will not use food items to reinforce good behaviour, or to withhold it as a consequence. The exception to this is if such usage is a function of applied behavioural analysis and is documented as necessary in the Individual Education Plan. The food items used in such instances must be healthy.
- 5.4 **Confections** – Candy, cake, cupcakes, chocolate, freezies, popsicles, gum, licorice, gummies and energy bars form part of the confectionary group. They are high in sugar and fat and are not permitted for sale or distribution. Most potato chips, cheesies, etc. would also fall into this category, as they are high in fat and high in sodium.

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APPENDIX A

OFF-SITE FOOD SERVICE SUPPLIER LETTER OF COMPLIANCE

Name of Food Service Supplier: _____

Address: _____

Contact Name: _____

Contact Email: _____ Phone #: _____

We/I, the above named Food Service Supplier, have read and understand the requirements of the St. Clair Catholic District School Board's Policy 3.23 – Food and Beverage; and Procedures 3.23.1 – Food and Beverage, and affirm that they meet with the following requirements:

- All of the food choices and all of the beverage choices offered for sale to the school are from the *Sell Most* category of the Ministry Resource Guide.

- The attached product list, which includes nutrition facts and serving size, has been reviewed by a Registered Dietitian of the local health unit.

Signature – Registered Dietitian

Date

Signature – Food Service Supplier

Date

Off-Site Food Service Suppliers must fax the completed Letter of Compliance to the Attention of the Registered Dietitian of either the Chatham-Kent Public Health Unit of the County of Lambton Community Health Services Department:

Chatham Kent Public Health Unit
Municipality of Chatham-Kent
Attention: Lyndsay Davidson, RD, BASc
Phone: 519-352-7270, ext. 2478
Fax: 519-352-2166
Email: lyndsayd@chatham-kent.ca

County of Lambton
Community Health Services Department
Attention: Simone Edginton, RD, BASc
Phone: 519-344-2062, ext. 2033
Fax: 519-344-2025
Email: simone.edginton@county-lambton.on.ca

It is understood that the St. Clair Catholic District School Board and its schools are under no obligation to utilize the services of off-site Food Service Suppliers, who meet the regulations and are granted approved Letters of Compliance.

Off-site food items must be prepared in approved facilities, which are inspected by a Public Health Inspector, in accordance with the Food Premises Regulations 562-90.

For the full text copy of *Policy 3.23 – Food and Beverage* visit www.st-clair.net and click on Policies and Procedures.