

NUTRITION AND FOOD SAFETY GUIDELINES FOR NUTRITION PROGRAMMING IN SASKATCHEWAN SCHOOLS

School nutrition programs can improve the health and learning potential of children. Children have high nutrient needs in relation to the volume of food they eat; therefore, it is essential to serve foods that are high in nutritional value. Also, serve food without excessive fat, salt and sugar. Nutritious food supports growth, good health, healthy weight and optimal learning.

Nutrition and Food Safety Guidelines for Saskatchewan Schools promotes the provision of high quality nutritious food and the management of efficient economical food service. These guidelines apply to breakfast/snack/lunch programs in elementary and secondary schools. Many of the concepts can also be applied to other food environments in schools, such as school & classroom celebrations, special food days, fundraisers, cafeterias, canteens, vending machines, meetings, or staff rooms. For guidance in applying these guidelines, consult a Public Health Nutritionist in your Health Region.

1. MENU PLANNING

1.1 The use of seasonally adapted cycle menus is recommended.

1.2 Base menus on the nutrition guidelines in *Canada's Food Guide*.

BREAKFAST - contains 1 Food Guide Serving from each of 3 food groups

SNACK - contains 1 Food Guide Serving from each of 2 or more food groups

LUNCH - contains at least 1 Food Guide Serving from each of the 4 food groups

Serving sizes should be appropriate for the age of the child. Because young children have small stomachs that tend to fill up quickly, they need small nutritious meals and snacks throughout the day. One Food Guide Serving may be divided into smaller amounts and served at both meal and snack time as long as children are meeting the total recommended number of Food Guide Servings each day.

- Include a variety of foods from each food group listed in *Canada's Food Guide*.
- Serve whole grain or multi-grain products, dark green and orange vegetables, and orange fruit more often.
- Prepare foods with little or no added fat, sugar, or salt. For foods that require little preparation, select those that are naturally lower in fat, sugar, and salt. Do not restrict nutritious foods such as cheese or peanut butter just because of their fat content. These foods can provide a concentrated source of nutrients for children.

What is One Food Guide Serving?

- **Vegetables and Fruit**
1 medium sized vegetable or fruit, 125 mL (1/2 cup) fresh, frozen, or canned vegetables or fruit, 250 mL (1 cup) salad, 125 mL (1/2 cup) juice
- **Grain Products**
1 slice bread (35 g), 30 g cold cereal, 175 mL (3/4 cup) hot cereal, ½ pita or bun (35 g), ½ bagel (45 g), 125 mL (1/2 cup) pasta or rice
- **Milk and Alternatives**
250 mL (1 cup) milk or fortified milk alternative, 50 g (1 1/2 oz) cheese, 175 mL (3/4 cup) yogurt
- **Meat and Alternatives**
75 g (2 1/2 oz) meat, poultry, or fish, 2 eggs, 175 mL (3/4 cup) beans, 150 g (3/4 cup) tofu, 30 mL (2 tbsp) peanut butter

1.3 Menus must meet the following criteria from the attached "Healthy Eating Guidelines".

- **"Choose Most Often"** These foods are sources of one or more of the following: vitamins, minerals, protein, carbohydrate and fibre. They are generally lower in fat, sugar, and salt. Foods may be served without restriction.
- **"Choose Sometimes"** Most of these foods are sources of one or more of the nutrients iron, calcium, vitamin A, C, or D, but they are also high in fat, sugar or salt, or low in fibre. This makes them less nutritious. If a food from this category is served, it should be combined with a food from the "Choose Most Often" group rather than alone.

The enclosed "Healthy Eating Guidelines" is a tool to support healthy eating in schools, and is based upon the concepts of *Canada's Food Guide* and Saskatchewan Ministry of Health's *Healthy Foods for My School*.

The guidelines in this resource are intended to support healthy eating for all students. Some students may have specialized needs that require a clinical diet. For students with life-threatening allergies, type 1 diabetes and other medical conditions, check with your school for guidelines or policies regarding medical conditions.

2. MENU EVALUATION

2.1 Menus should be prepared and evaluated in collaboration with a broad array of interested stakeholders including school personnel, School Community Councils, students and families/community members. A Public Health Nutritionist or Registered Dietitian may be consulted.

3. FOOD SAFETY STANDARDS

Food Safety Standards are intended to ensure that food offered to students is acquired, prepared, stored, and served in a safe manner. Provincial regulations and standards apply to food service in schools. For guidance in applying the regulations and standards, contact a Public Health Inspector in your local Health Region.

3.1 Prior to construction, renovation, and operation contact a local Public Health Inspector for plan approval and arrangements for necessary inspections.

- 3.2 All staff who handle food must successfully complete a Certified Food Handling Course prior to, or as soon as possible after, commencement of duties. Contact your Health Region for a schedule of available courses.
- 3.3 All food used in school nutrition programs must be purchased from an approved source. If there is a question about any source, contact the Public Health Inspector. Examples of sources not approved: private residence, farm-slaughtered meat.
- 3.4 Discuss the acceptability of donated food with a Public Health Inspector. In general, donated foods are not acceptable in school nutrition programs; however, fresh fruit and vegetables, day-old bread & muffins, and uncooked pasta may be acceptable. Never accept the following foods:
- home canned goods
 - raw milk
 - eggs
 - home processed meat, poultry, fish or dairy products
 - dented, rusted, or bulging canned goods or any food with an expired "best before" date
 - frozen food
 - pastry or dessert items
 - left-over food from banquets, parties, etc.
- 3.5 In the case of an emergency, such as suspected contaminated food or food-borne illness, a Public Health Inspector must be contacted.

WRITTEN BY THE PUBLIC HEALTH NUTRITIONISTS OF SASKATCHEWAN


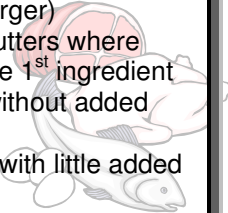
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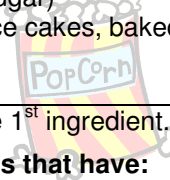
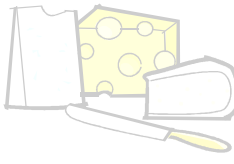


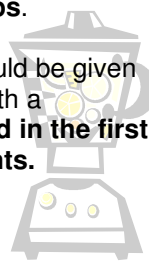
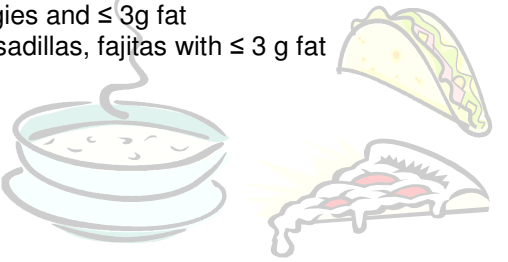
Healthy Eating Guidelines



Use the "food selection categories" to make better food choices for meals & snacks, school & classroom celebrations, special food days, fundraisers, cafeterias, vending machines, meetings, or staff rooms.

"Choose Most Often" Choose these foods everyday or "most often"	Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
	<ul style="list-style-type: none"> Fresh/frozen /canned vegetables & fruit prepared without added sugar or salt Vegetables prepared without added fat Fruit canned in juice Vegetable soups (from scratch) Vegetable/fruit salads Unsweetened applesauce <p><i>Choose dark green and orange vegetables often</i></p> <p><i>Vegetables or fruit should be listed as the first ingredient (or second, if water is first)</i></p>	<ul style="list-style-type: none"> Whole grain bread, rolls, buns, bagels, pita bread, tortillas, baked bannock, English muffins Whole grain muffins, loaves, pancakes, waffles Whole grain unsweetened cereals or low sugar cereals with: ≥ 2 g fibre and < 8 g sugar Cooked whole grain unsweetened cereals Corn bread Whole grain pasta, noodles Barley, whole wheat couscous Brown or converted (parboiled) rice <p><i>Choose a variety of whole grains</i></p> <p><i>Look for foods with at least 2 grams of fibre.</i></p>	<ul style="list-style-type: none"> 2%, 1% or skim milk Yogurt (plain, unsweetened) Cheese (lower fat) Cottage cheese Milk-based soups Skim milk powder Soy beverage – fortified & low fat  <p><i>Choose milk often for vitamin D</i></p>	<ul style="list-style-type: none"> Roasted/baked/grilled chicken, turkey, fish, seafood, beef, pork, lamb, ham Canned tuna, salmon, chicken, flaked ham, crab Lean ground meat Wild meat (if butchered in an approved facility) Cooked dried peas, beans, lentils Canned beans, lentils (rinsed) Tofu & soy based alternatives (eg. veggie burger) Peanut & nut butters where sugar is not the 1st ingredient Nuts & seeds without added sugar or salt Eggs prepared with little added fat 
<p>These foods are: sources of one or more of the following: vitamins, minerals, protein, carbohydrate and fibre generally lower in added fat, sugar and salt</p>				


"Choose Sometimes" If a food from this category is served, balance it with a food from "Choose Most Often" category	Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
	<ul style="list-style-type: none"> Canned/frozen vegetables and fruit with added salt, sugar, fat or sauces Canned vegetable soups with ≤ 480 mg of sodium Fruit in syrup 100% fruit/vegetable juices Dried fruit 100% fruit leather 100% fruit & vegetable bars Fruit crisps, cobblers Frozen 100% fruit juice bars Salsa 	<ul style="list-style-type: none"> Breads with ≤ 2 g saturated fat and 0 g trans fat such as enriched (white) bread, pita, bagels, rolls, tortillas, croissants, biscuits, scones, breadsticks Enriched (white) pancakes, waffles, loaves, cookies and other baked goods with ≤ 2 g saturated fat and 0 g trans fat Most pancakes, waffles, loaves, cookies, muffins etc made from scratch with enriched flour and non-hydrogenated margarine or oil Hot/cold cereals with: ≤ 12 g sugar White or instant rice White or enriched pasta, noodles Crackers (whole grain or enriched flour) Granola bars/cereal bars (not dipped, ≤ 12 g sugar) Plain popcorn, rice cakes, baked chips Taco shells 	<ul style="list-style-type: none"> Whole milk Flavoured yogurt Milkshakes Flavoured milks (eg. chocolate) Yogurt drinks Milk-based puddings and custards Frozen yogurt, ice milk Hot chocolate made with milk Processed cheese slices, cheese spread 	<ul style="list-style-type: none"> Lean deli meats (ham, corned beef, turkey roll, pastrami, etc.) Canned fish (packed in oil) Preformed meatballs or hamburger patties Breaded fish or meats with ≤ 15 g fat Canned beans, lentils (not rinsed) Canned beans in sauce with ≤ 480 mg sodium Nuts and seeds that are salted or sweetened
<p>Vegetable or fruit must be 1st ingredient (or 2nd, if water is first).</p> <p>Select foods that have:</p> <p>Fat: ≤ 5 g Saturated fat: ≤ 2 g Trans fat: 0 g Sodium: ≤ 480 mg Sugar is not the first ingredient.*</p>	<p>Grain must be 1st ingredient.</p> <p>Select foods that have:</p> <p>Fat: ≤ 10g Saturated fat: ≤ 2 g Trans fat: 0 g Sodium: ≤ 480 mg Sugars: ≤ 12 g</p>	<p>Milk must be 1st ingredient. In milk alternatives, water may be the 1st ingredient followed by a milk alternative such as soy.</p> <p>Select foods that have:</p> <p>Fat: ≤ 10 g Trans fat: ≤ 0.5 g Sugar: ≤ 25 g Calcium: $\geq 10\%$</p>	<p>Meat or meat alternative must be 1st ingredient.</p> <p>Select foods that have:</p> <p>Fat: ≤ 15 g Saturated fat: ≤ 5 g Trans fat: ≤ 0.5 g Sodium: ≤ 480 mg Protein: ≥ 5g</p>	

Prepared Mixed Dishes		
<p>A prepared mixed dish product must contain at least two food groups.</p> <p>Preference should be given to food items with a vegetable listed in the first three ingredients.</p> 	<p>Select foods that have:</p> <p><input checked="" type="checkbox"/> Trans fat: 0.5 g or less</p> <p>AND</p> <p>Four of the following six</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fat: ≤ 3 g (5% Daily Value) <input type="checkbox"/> Saturated fat: ≤ 2 g (10% Daily Value) <input type="checkbox"/> Sodium: ≤ 960 mg (40% Daily Value) <input type="checkbox"/> Fibre: ≥ 2 g (8% Daily Value) <input type="checkbox"/> At least one of Vitamin A, Vitamin C, Calcium OR Iron: $\geq 5\%$ <input type="checkbox"/> Sugar should not be the 1st or 2nd ingredient* 	<ul style="list-style-type: none"> Canned soups/stews/chili with ≤ 960 mg sodium Chunky soups/bean soups with ≤ 3 g fat and ≤ 960 mg sodium Pasta and pasta salad with veggies and ≤ 3g fat Pizza, calzones, soft tacos, quesadillas, fajitas with ≤ 3 g fat Sloppy Joes Smoothies Snacks kits (eg. tuna/crackers) Stir-fry Subs, wraps, pitas Trail mix with nuts and fruit  <p><i>Read food labels to find other healthy food choices</i></p>


*Sugars can be from many forms: corn syrup, dextrin, honey, maltodextrin, molasses, sugar, syrup and ingredients with words ending in "ose".

Satisfy your thirst with water!


Breakfast:

 1 serving from each of 3 or more food groups in *Canada's Food Guide*

Lunch & Supper:

 1 serving from each of the 4 food groups in *Canada's Food Guide*

Snack:

 1 serving from each of 2 or more food groups in *Canada's Food Guide*