REGISTER OF OFFICIAL DOCUMENTS

FOOD & NUTRITION POLICY

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Note that these addenda are for administrative purposes and are not part of the present by-law. They are subject to modifications without consultation.

Policy Statement

The Lester B. Pearson School Board adopts the Food & Nutrition Policy in an effort to disseminate the principles of healthy eating. Its aim is to provide its students and school communities with the nutrition guidelines, skills, support and environment needed to encourage the adoption of healthy eating habits.

A healthy school approach will help students attain their full academic potential. The promotion and teaching of healthy eating should be fostered at every grade level in all schools and centres. This policy responds to the need in the prevention of childhood nutrition related issues such as obesity, type II diabetes and poor dental health.

The Food & Nutrition Policy applies to all Lester B. Pearson School Board schools and centres, services and programs within school hours. All school staff and community have a shared responsibility to adopt this policy by modeling healthy eating and distributing nutritious foods to students during school activities.

The Lester B Pearson School Board's Food & Nutrition Policy is based on:

1. Canada's Food Guide to Healthy Eating
2. Health Canada's nutrition recommendations
3. Quebec Framework Policy on Healthy Eating and Active Living "Going the Healthy Route at School"

1. General Objectives

1.1. To ensure that foods offered in all cafeterias, satellite kitchens, Caf-mobile services and the school environment promote the adoption of healthy eating habits among students.

1.2. To define the responsibilities of all partners concerned in the application of this policy.

2. Specific Objectives

2.1. To define the qualitative and quantitative requirements of foods offered in the cafeterias, Caf-mobile services, snack bars, vending machines, catering, etc.

2.2. To promote the teaching of nutrition education in elementary and secondary schools by collaborating with the school staff on nutrition education projects that support the teaching program (QEP) and promote healthy eating habits.

2.3. To regulate, as much as possible, the preparation and distribution of all foods whether purchased, sold or donated to the schools and centres.

2.4. To ensure food is prepared according to food sanitation principles.

2.5. To offer nutritious food at reasonable prices.

2.6. To offer a variety of foods, encourage students to try new foods and to give priority to foods of good nutritional value.

2.7. Eliminate or limit foods of low nutritional value.

3. Application

Requirements of Food Preparation and Distribution:

3.1. To offer a variety of foods:

3.1.1. Menu and recipe revisions will promote variety, include introduction of new foods, seasonal products and multicultural recipes.

3.1.2. A four week menu cycle will be offered.

3.1.3. Food selections à la carte will be offered to enable students to supplement his/her lunch brought from home.

3.2. To give priority to foods of good nutritional value:

3.2.1. A balanced meal will be offered to the students containing foods from the four food groups of Canada's Food Guide. Meal Deals will include a main plate, a vegetable side dish, potato or starch substitute, dessert of the day and milk.

3.2.2. All main plates will be accompanied by at least one vegetable.

3.2.3. A variety of vegetables and fruit will be offered.

3.2.4. Priority will be given to whole grain products.

3.2.5. Priority will be given to water, milk, 100% pure fruit and/or vegetable juices.

3.2.6. Snacks and desserts that are fruit-based, milk-based, and made with whole grains will be offered.

3.2.7. Cooking methods that use less fat (steaming, baking, grilling, roasting, braising, poaching) will be favored.

3.3. To eliminate or limit foods of low nutritional value:

3.3.1. Eliminate all soft drinks (including diet) as well as sugar-sweetened beverages.

3.3.2. Eliminate fried foods and commercially pre-fried breaded foods.

3.3.3. Eliminate products with sugar or sugar substitute as the first ingredient.

3.3.4. Limit products containing saturated fats and eliminate products containing trans fats.

3.3.5. Limit the sale of oven fries.

3.4. The preparation, storage and distribution of all foods through cafeterias, satellite kitchens, Caf- mobile services, vending machines, catering, programs, etc. must comply with the Food Safety Guidelines as developed by the Ministère d'Agriculture, Pêcheries et Alimentation du Quebec (MAPAQ) and/or the Ville de Montreal sanitation regulations.

3.5. The criteria for food selection, quality, quantity and frequency is determined by the Food & Nutrition Policy specifications (addendum C).

3.6. Nut-controlled environment as pertains to cafeterias, satellite kitchens and Caf-mobile services

3.6.1. Some elementary schools may choose to provide, within their capabilities, an environment which is nut-controlled. This is a decision made by the individual school communities.

3.6.2. Red Dot Program – Although every effort is made to serve products without nuts, it is possible that some products sold in the high school and centre cafeteria may also contain traces of nuts or nut by-products. These are products that are pre-packaged or pre-prepared and purchased from outside companies. These products will be identified with a red dot. The red dot poster (addendum B) will be prominently displayed where these products are sold. The students are expected to read labels carefully and ask questions for their own health and safety.

3.6.3. Food being distributed in the schools for any occasion should be individually wrapped and clearly identified to avoid cross-contamination.

3.6.4. All other aspects of food allergies are covered by the Policy on Safe and Caring Schools 2.7.

3.7. The food produced and served at the Pearson School of Culinary Arts located at the Pearson Adult and Career Centre is governed by its curriculum requirements and excluded from this policy.

3.8. Healthy food choices will be offered in administration, adult and vocational buildings and centres.

3.9. All food service contracts must comply with this policy and include the selling price list which is revised annually according to the specifications in the contract.

3.10. Subsidized foods will only be sold within regular school hours.

3.11. All school communities and governing boards are urged to follow this policy when approving fundraising activities and special events that are held during regular school hours. Food related fundraising activities are limited to three times per month.

Requirements for the Physical Environment:

3.12. The school/centre provides a lunch period in a designated area(s).

3.13. Designated eating areas will be sanitary, safe and encourage a pleasant and enjoyable eating experience.

Requirements of Educational Environment:

3.14. School Board dietitians will provide and support educational, nutrition-based projects, tools and programs that are aligned with the teaching program and increase the knowledge and skills of the students, educators and parents in all schools and centres. Nutrition education will include but is not limited to promoting and explaining nutritional concepts, understanding nutrition labels, planning healthy meals, setting healthy eating goals, etc.

3.15. All school staff and partners in the school community have a shared responsibility in promoting and providing healthy food choices and in modeling healthy eating.

3.16. Parents are encouraged to provide their children with a healthy breakfast before school and to send nutritious foods to school as snacks, lunches and for special events, in accordance to this policy, the Canada's Food Guide and the Quebec Framework Policy on Healthy Eating and Active Living.

3.17. The school is encouraged to avoid associating food with a reward system.

3.18. For in-school celebrations, holidays, end of year activities and other special occasions, every effort should be made to include nutritious foods, as specified in 3.16.

4. Shared Responsibilities of All Partners

4.1. Council of Commissioners

4.1.1. To participate in the development of the text of the Food and Nutrition Policy and to adopt it.

4.2. Lester B. Pearson School Board Executive committee

4.2.1. To approve the milk and food contracts for schools in disadvantaged areas.

4.2.2. To review and make recommendations to the Council of Commissioners for the School Board Food Service contract.

4.3. Foodservice & Nutrition Department

The Lester B. Pearson School Board will employ dietitians and food technicians to:

4.3.1. Participate in the development and review of the proposed text of this policy.

4.3.2. Implement and monitor the food & nutrition policy in the cafeterias, satellite kitchens and Caf-mobile services through multiple unannounced inspections throughout the school year. Reports from MAPAQ inspectors and external auditors are also reviewed

4.3.3. Determine the specifications for each product/food offered in the cafeterias and Caf-mobile services.

4.3.4. Support school staff in organizing nutrition educational activities and publish material and information for school staff, students and parents.

4.3.5. Collaborate with the foodservice provider for the offering of foods in the cafeterias, satellite kitchens and Caf-mobile services.

4.3.6. Be involved in the tender process for the foodservice provider.

4.3.7. Collaborate with the school administration in an effort to support cafeteria services.

4.3.8. Maintain all cafeteria equipment and help supervise renovations and opening of new cafeterias, satellite kitchens and Caf-mobile services.

4.3.9. Update the specifications as nutritional updates are published. It is the reserved right of these professionals to update the specifications without having to be adopted. Viewed and used as a separate addendum.

4.3.10. Manage funding for milk and food programs and collaborate with school administration to establish these programs as needed in all schools.

4.4. School administration

4.4.1. Ensures the supervision of students during the recess and lunch breaks in the cafeterias or designated areas.

4.4.2. Ensures the application of this policy in their school during regular school hours.

4.4.3. Maintains the sanitation and comfort of the eating areas.

4.4.4. Promotes healthy eating within the school community.

4.4.5. Communicates with the foodservice provider any changes to the school hours which may affect cafeteria service.

4.4.6 Collaborate with the Foodservice &Nutrition Department to establish milk and food programs as needed.

4.5. Foodservice provider

4.5.1. Respects the food and nutrition policy and the contract.

4.6. Department of financial services

4.6.1. To allocate the specific government grants destined for nutrition and milk subsidies.

4.6.2. To ensure the food service provider respects all financial commitments according to the contract.

4.7. Department of Equipment Services

4.7.1. To carry out the necessary maintenance to ensure the safety and sanitation of the physical plants including walls, ceilings, floors, hoods, ventilation, plumbing and grease traps in each school.

5. Policy Comes Into Effect

The Food & Nutrition Policy comes into effect as of July 1st 2018.

None of the addenda are an integral part of the present policy. They are added to the present policy for information or administrative purposes only and are subject to modifications without consultation after the adoption of the present policy.

Addendum A

GLOSSARY

CAF-MOBILE: A lunch program for the participating elementary schools. Meals are prepared by the contracted Food Service provider and delivered to the schools.

FOOD AND NUTRITION POLICY SPECIFICATIONS: A supplemental document created from the current nutrition research. Modifications by the Food and Nutrition Team may be made as nutritional updates are published and product availability may vary.

FOOD SERVICE CONTRACT: applies to an outside food service provider, as adopted by resolution of the Council of Commissioners. The Food and Nutrition Policy is a main component of the contract.

FOODSERVICE PROVIDER: The food service company awarded a contract by LBPSB.

HEALTHY: An item designated as being healthy must provide significant amounts of important nutrients such as vitamin A, vitamin C, calcium, iron, protein and fiber and is in accordance with Canada's Food Guide.

QEP: The QEP is a tool that teachers use every day to carry out their tasks. It is also an essential guide for the school administration, staff and governing board. Quebec Education Plan The purpose of the QEP is to support schools in helping students succeed in their personal, educational and career plans. The QEP was designed to provide a common-core basic education, and hinges on the development of competencies by students, with the goal of using knowledge effectively in carrying out tasks and real-life activities. The QEP enables schools to help students deal with social change and participate actively in their learning.
http://www1.education.gouv.qc.ca/sections/programmeFormation/index_en.asp

SATELLITE KITCHEN: Usually located in an elementary school, a kitchen where foods semi-prepared and delivered in bulk form from one of the contracted production center cafeterias. Preparation is then finished on site and served cafeteria style to the students. Meals are pre-ordered by the parents.

SCHOOL COMMUNITY: refers to all levels of community within the school system. Including but not limited to: students, teachers, day care staff, administrators, parents, governing board, parent committees, volunteer groups, local businesses, and health professionals.

Addendum B

Red Dot Program

The red dot on the outer wrapping of
a food product indicates the food
MAY CONTAIN TRACES OF
NUTS or NUT BY-PRODUCTS.

The onus is on the student to be proactive by inquiring about the ingredients of all foods.

The red dot acts as a warning symbol to alert the student with allergies to a
POSSIBLE THREAT.

The absence of a red dot does not guarantee that the food is nut-free.

FOOD SERVICE AND NUTRITION EDUCATION – FOOD & NUTRITION POLICY

LESTER B. PEARSON SCHOOL BOARD

Addendum C

FOOD AND NUTRITION POLICY SPECIFICATIONS

FOOD	SPECIFICATION	PORTION SIZE
MAIN PLATE A- FREQUENCY: Main dish A and /or B: offer 2 choices daily	➢ meat, poultry, fish, eggs, legumes ➢ can include 85% lean meat, poultry, fish, egg, legumes ➢ Must be served with a serving of starch and vegetables (other than potatoes). There should be a choice between at least 2 vegetables (cooked and raw) ➢ Total protein – 18g minimum ➢ ≤ 18g fat (15% or 2.5g from saturated and trans fat) for the plate (calculation to include the meat or alternative, the starch and the vegetable) ➢ ≤ 860 mg sodium (in order to include tastier veggie side dish) ➢ ≥2g fiber	➢ see NOTES 1, 2, 3 & 4 ➢ per serving 2 ½ oz. cooked meat, poultry, fish ➢ or 2 eggs or 175ml legumes ➢ When possible, a second portion (one and half portion of the main course and a single portion of applicable side dishes) should be offered.
MAIN PLATE B – casserole FREQUENCY: Main dish A and /or B: offer 2 choices daily	➢ Casserole type dish made with potato, rice or pasta and protein food (meat, poultry, fish, eggs, cheese, etc.) ➢ Must be served with a serving of vegetables (other than potatoes) ➢ Total protein – 18g minimum ➢ ≤ 18g fat (15% or 2.5g from saturated and trans fat) for the plate (calculation to include the meat or alternative, the starch and the vegetable) ➢ ≤ 860 mg sodium (in order to include tastier veggie side dish) ➢ ≥2g fiber	➢ see NOTES 1, 2, 3 & 4 ➢ per serving 2 ½ oz. cooked meat, poultry, fish ➢ or 2 eggs or 175ml legumes or 150g tofu or 2 oz. cheese ➢ When possible, a second portion (one and half portion of the main course and a single portion of applicable side dishes) should be offered.

MAIN PLATE C – FREQUENCY: Must serve at least one option at the price indicated on the price list as a meal C	➢ Must be served with a serving of vegetables (other than potatoes) ➢ Total protein – 18g minimum ➢ ≤ 18g fat (15% or 2.5g from saturated and trans fat) for the plate (calculation to include the meat or alternative, the starch and the vegetable) ➢ ≤ 960 mg sodium (in order to include tastier veggie side dish) ➢ ≥2g fiber ➢ Includes 50-75g bread	➢ see NOTES 1, 2, 3 & 4 ➢ per serving2 ½ oz. cooked meat, poultry, fish ➢ or 2 eggs or 175ml legumes or 150g tofu or 2 oz. cheese
MAIN PLATE D – COLD PLATE	➢ Ingredients include: ➢ Meat, poultry, fish, eggs, legumes, cheese, etc. ➢ Potato or other starch (when applicable) ➢ Minimum 2 servings of vegetables ➢ For main plates containing eggs: the maximum about of saturated fat will be evaluated per item. ➢ Total protein – 18g minimum ➢ ≤ 18g fat (15% or 2.5g from saturated and trans fat) for the plate ➢ ≤ 860 mg sodium ➢ ≥2g fiber	➢ see NOTES 1, 2, 3 & 4 ➢ per serving 2 ½ oz. cooked meat, poultry, fish ➢ or 2 eggs or 175ml legumes or 150 g tofu or 2 oz. cheese
MAIN PLATE V – VEGETARIAN OPTION FREQUENCY: Minimum 2 times per week, may replace A or B	➢ Total protein – 18g minimum ➢ ≤ 18g fat (15% or 2.5g from saturated and trans fat) for the plate (calculation to include the meat or alternative, the starch and the vegetable) ➢ ≤ 860 mg sodium (in order to include tastier veggie side dish) ➢ ≥2g fiber ➢ Must be served with a serving of vegetables	➢ see NOTES 1, 2, 3 & 4 ➢ per serving 2 ½ oz. cooked meat substitute, poultry substitute, or fish ➢ or 2 eggs or 150 g tofu or 2 oz. cheese or 175ml legumes ➢ When possible, a second portion (one and half portion of the main course and a single portion of applicable side dishes) should be offered.
MEAL AS A SOUP "SOUPED UP!"	➢ Total protein = 18g minimum ➢ ≤ 18g fat (15% from saturated and trans fat) for the bowl (calculation to include the meat or alternative, the starch and the vegetable ➢ ≤ 960 mg sodium ➢ Must include a minimum of 1 cup of vegetables (2 serving)	➢ see NOTES 1, 2, 3 & 4 ➢ For safety, container must be approved by the school board

MEAL DEAL FREQUENCY: Offer daily	Must include: ➢ Main meal A or B or C or V. Entrée must meet above standards including the serving of vegetables ➢ A serving of potato or other starch when applicable ➢ Dessert of the day (may include dessert options occasionally). ➢ Must be served with milk	➢ When possible, a second portion (one and half portion of the main course and a single portion of applicable side dishes) should be offered.
CAF-MOBILE (in participating schools) FREQUENCY: Two choices must be available daily (hot and/or cold)	➢ Specifications of Meal Deal, which may include cold entrées. A rotation of beverages to be considered. ➢ Dessert rotation: 5 days/week= 2 fruit+1milk+2 baked goods or 1 fruit+2 milk+2 baked goods 2days/week (8 days/cycle) = 2 fruit + 2 milk + 4 baked goods ➢ Served with a portion of vegetable: selection could be 75% raw 25% cooked vegetables ➢ Snack bar in satellite kitchens – variety to be approved annually	➢ When possible, a second portion (one and half portion of the main course and a single portion of applicable side dishes) should be offered.
VEGETABLE, RAW FREQUENCY: offer daily		➢ 125ml portion ➢ Or 1 medium ➢ Or 250ml (1 cup) portion for leafy vegetables
VEGETABLE, COOKED FREQUENCY: offer daily	➢ Fresh or frozen ➢ ≤3g fat (15% from saturated and trans fat) ➢ ≤240 mg sodium	➢ 125 ml portion
PREPARED SIDE SALADS (VEGETABLE BASED) FREQUENCY: offer a variety each day	➢ ≤5 fat (2g or less from saturated and trans fat) ➢ ≤480 mg sodium	➢ 125 ml portion
PREPARED SIDE SALADS (STARCH OR LEGUME BASED) FREQUENCY: offer a variety each day	➢ ≤5 fat (2g or less from saturated and trans fat) ➢ ≤480 mg sodium	➢ 125 ml portion

HIGH PROTEIN SIDE SALADS	➢ ≥ 6 g protein ➢ ≤ 10 g fat (2g or less from saturated and trans fat) ➢ ≤ 550 mg sodium	
STARCH: POTATO OR SUBSTITUTE FREQUENCY: served on a rotation with meal plates when applicable	➢ ≤ 480 mg sodium ➢ Pasta, rice, couscous, barley, quinoa, etc. ➢ Cannot be purchased on its own ➢ An extra starch portion can be purchased with a main plate for an extra charge	➢ 125 ml (80g) portion
JULIENNE POTATOES (BAKED "FRIES") FREQUENCY: to be served 1/week	➢ To be served with an entrée / main plate only ➢ ≤ 480 mg sodium	➢ 125 ml (80g) portion
FRUIT, FRESH FREQUENCY; a minimum of 2 choices offered daily at recess and lunch (fresh or canned)	➢ Whole or in pieces ➢ Variety offered	➢ 125 ml portion ➢ 1 medium ➢ Or min 80g
CANNED FRUIT	➢ Canned in its own juice, in water or "lite" syrup if above not available ➢ No artificial sweeteners	➢ 125 ml (80g) portion
DRIED FRUIT, FRUIT PASTE OR SAUCE	➢ 100% pure (no sugar added)	➢ Dried fruit or paste: 62 ml ➢ Sauce: 100-125 ml
JUICE FREQUENCY: 200 ml portion must be available at all times	➢ 100% pure (no sugar added) ➢ Pre-packaged, individual portions	➢ 200ml and 355 ml portion on counter only ➢ 500ml portion for vending machine only ➢ See Note 5
MILK	➢ Pre-packaged, individual portion ➢ Skim, 1%MF or 2% MF	➢ Milk 200 ml or 500 ml ➢ Chocolate milk: 200 ml only ➢ See Note 5

FORTIFIED SOY BEVERAGE	➢ ≤10 g sugar per 250 ml ➢ ≤1.5g saturated fat per 250 ml	➢ 250 ml ➢ See Note 5
YOGOURT FREQUENCY: a minimum of 1 kind available daily	➢ 2% MF or less ➢ 55 mg or 5% DV calcium or more ➢ Variety of flavours	➢ Plain or with fruit: 100-125g (125 ml) minimum ➢ Drink (liquid type): 200 ml minimum
WHOLE GRAIN BREADS	➢ If a whole grain option is available this must be offered	➢ Sliced 50-75g ➢ Crusty type roll: individual, commercial type or cooked 50-75g ➢ Pita bread or tortilla: 6-9" diameter ➢ Bagel: individual, commercial type ➢ cooked, 80-115g
SOUP	➢ ≤2g fat (15% or 0.5 g or less from saturated and trans fat) ➢ ≤500 mg sodium if clear soup ➢ ≤650 mg sodium if cream based ➢ Defatted meat or vegetable broth, including pasta and/or vegetables, legumes, rice ➢ Cream soup or potage	➢ 6 oz. (170 ml)
SANDWICH FREQUENCY: a variety to be served daily	➢ Total protein minimum of 18g per serving ➢ ≤18 g fat ➢ ≤960 mg sodium ➢ For sandwiches containing eggs: the maximum amount of saturated fat will be evaluated per item	➢ 2 pieces of sliced whole wheat bread ➢ 2 oz. of cooked meat, poultry, fish or 2 eggs or 175ml legumes or 150 g tofu or 2 oz. cheese
SANDWICH DELUXE FREQUENCY: can be served on a rotation	➢ Total protein minimum of 18 g per serving ➢ ≤18 g fat ➢ ≤960 mg sodium	➢ Specialty bread: including 7-10" diameter tortilla, crusty type roll, pita bread, bagel of other whole grain bread ➢ 2 oz. of cooked meat, poultry, fish or 2 eggs or 175 ml legumes or 150 g tofu or 2 oz. cheese
FRUIT JELLY FREQUENCY: can be offered daily at any time	➢ Gelatin type dessert, made with pure juice (min. 60 ml ¼ cup with vitamin c added so that it offers 18 mg vitamin C per serving) ➢ Method: to maintain vitamin integrity, boil water and stir with powder, cool slightly. Add cold juice	➢ 125 ml (4 oz.) portion

MILK PUDDING FREQUENCY: should be offered daily at any time	➢ Ready to eat or commercial ➢ Must be made with milk (min. of ¼ cup 2%MF, 1%MF or skim milk per serving so that it offers at least 55 mg or 5% DV calcium)	➢ 125 ml portion
MILK DESSERT (COOKED TAPIOCA, RICE PUDDING)	➢ Must be made with milk (min. of ¼ cup 2%MF, 1%MF or skim milk per serving so that it offers at least 55 mg or 5% DV calcium)	➢ 125 ml portion
CHEESE	➢ Cheddar type or equivalent (pre-wrapped) ➢ 20% or less MF ➢ 55 mg or 5% DV calcium or more ➢ ≤480 mg sodium	➢ Firm cheese: 28-50g ➢ Cream cheese: 18 g
HARD BOILED EGG	➢ Medium size or larger	➢ 20-30g
ICE CREAM ICED MILK FROZEN YOGOURT	➢ Individual portion (pre-packaged) ex. Cone, sandwich or sundae ➢ Selection to be approved annually by the school board ➢ Source of calcium (55mg or 5% DV calcium or more) ➢ Sugar should not be the first ingredient	➢ Commercial 100ml
SORBET	➢ No artificial sugar ➢ Sugar should not be the first ingredient	➢ Commercial 100 ml
TEA, COFFEE	➢ Only offered to adults and students of the adult and vocational sectors	
DESSERT FREQUENCY: 2 different options daily and one remaining item from the previous day	➢ Sold at lunch time ONLY	➢ Cake: 6x8x3 cm or 5x6x5 cm piece ➢ Cookie: 30-50g ➢ Muffin 55g to 100g ➢ Brownie: 6x4x3 cm ➢ Crispy rice square: 6x8x5 cm ➢ Granola bar: 30-50g non-coated (identify with a red dot when applicable) ➢ Danish, brioche, croissant: 10x7x6 cm ➢ Etc.

SNACKS: BAKED GOODS FREQUENCY: may be sold at any time	➢ ≤ 7g total fat with less than 2 g saturated fat and 0g trans fat ➢ ≥ fiber 2 g ➢ ≤ 10 g sugar ➢ Identify with a red dot when applicable ➢ Muffin: bran, fruit, whole wheat, oatmeal ➢ Granola bar: oatmeal, raisin, etc.	➢ Cookie: 30g portion ➢ Muffin: 55g portion ➢ Granola bar: 30-50g
SNACKS: SALTY	➢ Includes pretzels, popcorn, crackers, snack mix, mini rice cakes, etc. ➢ ≤ 30% fat (≤15% from saturated and trans fat) per serving ➢ ≤480 mg sodium ➢ Plain, no sugar coated ➢ Whole grain crackers ➢ Identify with a red dot when applicable ➢ Sale of chips (fried or baked) is prohibited in elementary schools.	➢ ≤50g portion
CEREAL	➢ Oatmeal, cream of wheat, bran, shredded wheat type, etc. ➢ Whole grain, individual portion ➢ ≤8g sugar ➢ ≥ 2 g fiber	➢ 125 ml (30-50g)
BUTTER, MARGARINE, OIL	➢ Non-hydrogenated margarine (bulk for production) and for individual portion ➢ Use vegetable cooking oils that can withstand high heat (e.g. canola, corn, soybean, sunflower) ➢ Use mono and/or polyunsaturated oils (e.g. olive oil, canola, etc….) for dressing, marinades, etc….	➢ Individual portions: 5-7g
HONEY AND JAM	➢ Pre-portioned commercial type	➢ 15 ml portion
WATER	➢ Source, non-carbonated, minimum salts	➢ See Note 5
SMALL ENTRÉE/BREAKFAST FOOD ITEMS AND SNACKS FREQUENCY: To be served at breakfast and recess only	➢ ≤ 13g fat ➢ ≥6 g protein ➢ ≤ 650 mg sodium	

JAMAICAN PATTIES FREQUENCY: 2 x/week Tuesday & Thursday only To be served at breakfast and recess only	➢ ≤ 13g fat ➢ ≥6 g protein ➢ ≤ 650 mg sodium	
BREAKFAST POTATO FREQUENCY: a maximum of twice a week. The days to be established in collaboration with the catering company	➢ ≤ 480 mg sodium	➢ 125 ml (80g) portion
VENDING MACHINE ON TIMER FREQUENCY: after school hours only	➢ Sports drinks	➢ Up to a maximum of 500ml
VENDING MACHINE ANY TIME	➢ 75% content of the machine should be: ➢ 100% pure fruit and/or vegetable juice ➢ Water pure or unsweetened flavored (no artificial sweetener) ➢ milk – dairy or milk substitute ➢ Remaining 25% content of machine may be: Beverages containing added sugar ex: ice tea, lemonade, flavoured water.	➢ Up to a maximum of 500ml

PROHIBITED ITEMS YOUTH SECTOR	➢ Candy ➢ Commercial cookies with icing, chocolate coated, "sandwich" type ➢ Commercial snack cakes ➢ Fruit drinks ➢ Chips (fried) ➢ Sale of all chips (fried or baked) is prohibited in elementary schools ➢ Donuts ➢ Slush ➢ Sports drinks (during school hours) ➢ Poutine ➢ Pogos ➢ Sugar coated cereal ➢ Sugar or chocolate coated items such as: peanuts, nuts, popcorn, granola bars ➢ No beverage with high caffeine ➢ Deep fried foods ➢ Soft drinks ➢ Any food item that does not meet the above criteria	
RESTRICTED ITEMS YOUTH SECTOR FREQUENCY: maximum twice a month	➢ Chocolate ≤70% cocoa (the first ingredient should not be sugar) ➢ Popsicles ➢ Sports drinks, vending only after school hours ➢ Commercial hot chocolate made with milk	

Note 1:

- Calculation for protein:
  - 52 g/day (table 1) divided by 3 meals ≈ 18g
- Protein 18g = 16g for entrée + 2g average for the vegetable

Note 2:

- Any vegetable used for the calculation of protein on a "plate" will be considered to provide 2g of protein, no matter its original protein content

Table 1

Dietary Reference Intakes

Reference Values for Macronutrients

	Carbohydrate (Digestible)			Total Protein [29]				Total Fat		Linoleic Acid (n-6)		α-linolenic Acid (n-3)		Total Fibre [31]		Total Water [33]	
Unit	g/day			g/kg/day		g/day [30]		g/day		g/day		g/day		g/day		Litres/day	
	EAR	RDA/AI	UL [28]	EAR	RDA/AI	RDA/AI	UL [28]	AI	UL [28]	AI	UL [28]	AI	UL [28]	AI [32]	UL [28]	AI	UL [28]
Infants																	
0-6 mo	*ND*	60*	ND	*ND*	1.52*	9.1*	ND	31*	ND	4.4*	ND	0.5*	ND	ND	ND	0.7*	ND
7-12 mo	*ND*	95*	ND	*1.0*	**1.2**	**11.0**	ND	30*	ND	4.6*	ND	0.5*	ND	ND	ND	0.8*	ND
Children																	
1-3 y	*100*	**130**	ND	*0.87*	**1.05**	**13**	ND	ND	ND	7*	ND	0.7*	ND	19*	ND	1.3*	ND
4-8 y	*100*	**130**	ND	*0.76*	**0.95**	**19**	ND	ND	ND	10*	ND	0.9*	ND	25*	ND	1.7*	ND
Males																	
9-13 y	*100*	**130**	ND	*0.76*	**0.95**	**34**	ND	ND	ND	12*	ND	1.2*	ND	31*	ND	2.4*	ND
14-18 y	*100*	**130**	ND	*0.73*	**0.85**	**52**	ND	ND	ND	16*	ND	1.6*	ND	38*	ND	3.3*	ND
19-30 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	17*	ND	1.6*	ND	38*	ND	3.7*	ND
31-50 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	17*	ND	1.6*	ND	38*	ND	3.7*	ND
51-70 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	14*	ND	1.6*	ND	30*	ND	3.7*	ND
>70 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	14*	ND	1.6*	ND	30*	ND	3.7*	ND

Females																	
9-13 y	*100*	**130**	ND	*0.76*	**0.95**	**34**	ND	ND	ND	10*	ND	1.0*	ND	26*	ND	2.1*	ND
14-18 y	*100*	**130**	ND	*0.71*	**0.85**	**46**	ND	ND	ND	11*	ND	1.1*	ND	26*	ND	2.3*	ND
19-30 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	12*	ND	1.1*	ND	25*	ND	2.7*	ND
31-50 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	12*	ND	1.1*	ND	25*	ND	2.7*	ND
51-70 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	11*	ND	1.1*	ND	21*	ND	2.7*	ND
>70 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	11*	ND	1.1*	ND	21*	ND	2.7*	ND
Pregnancy																	
< 18 y	*135*	**175**	ND	*0.88* [f]	**1.1** [f]	**71** [f]	ND	ND	ND	13*	ND	1.4*	ND	28*	ND	3.0*	ND
19-30 y	*135*	**175**	ND	*0.88* [f]	**1.1** [f]	**71** [f]	ND	ND	ND	13*	ND	1.4*	ND	28*	ND	3.0*	ND
31-50 y	*135*	**175**	ND	*0.88* [f]	**1.1** [f]	**71** [f]	ND	ND	ND	13*	ND	1.4*	ND	28*	ND	3.0*	ND
Lactation																	
< 18 y	*160*	**210**	ND	*1.05*	**1.3**	**71**	ND	ND	ND	13*	ND	1.3*	ND	29*	ND	3.8*	ND
19-30 y	*160*	**210**	ND	*1.05*	**1.3**	**71**	ND	ND	ND	13*	ND	1.3*	ND	29*	ND	3.8*	ND
31-50 y	*160*	**210**	ND	*1.05*	**1.3**	**71**	ND	ND	ND	13*	ND	1.3*	ND	29*	ND	3.8*	ND

This table presents *Estimated Average Requirements (EARs) in italics*, **Recommended Dietary Allowances (RDAs) in bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*).

Tolerable Upper Intake Levels (ULs) are in shaded columns.

[28] Although a UL was not set for any of the macronutrients, the absence of definitive data does not signify that people can tolerate chronic intakes of these substances at high levels.

[29] Available evidence does not support recommending a separate protein requirement for vegetarians who consume complimentary mixtures of plant proteins, as these can provide the same quality of protein as that from animal proteins.

[30] Recommendations for total protein are determined as the amount needed per kg body weight multiplied by the reference weight.

[31] Total fibre is defined as the sum of dietary fibre and functional fibre. See definitions for further details.

[32] The AI for total fibre is based on 14 g/1000 kcal multiplied by the median usual daily energy intake from the Continuing Survey of Food Intakes by Individuals (CSFII 1994-1996, 1998).

[33] Total water includes drinking water, water in beverages, and water that is part of food.

[f] The EAR and RDA for pregnancy are only for the second half of pregnancy. For the first half of pregnancy, protein requirements are the same as those of the nonpregnant woman.

Note: These are reference values for normal, apparently healthy individuals eating a typical mixed North American diet. An individual may have physiological, health, or lifestyle characteristics that may require tailoring of specific nutrient values.

https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables/reference-values-macronutrients-dietary-reference-intakes-tables-2005.html

Note 3:

- Main Plate A, B, C or V total fat should not exceed 18g/plate with a once a week exception for one plate only with a maximum of 25g/plate.
- Calculation for fat:
  - 25% of calories for fat (table 2)
  - Use an average of 2000kcal calories (from tables 3 & 4)
  - (2000 kcal x 25%) ÷ 3 meals ÷ 9 kcal/g ≈ 18g

Table 2

Males & Females [34]	Total Carbohydrate Percent of Energy	Total Protein Percent of Energy	Total Fat Percent of Energy	n-6 polyunsaturated fatty acids (linoleic acid) Percent of Energy	n-3 polyunsaturated fatty acids (α-linolenic acid) Percent of Energy [35]
1-3 years	45 - 65 %	5 - 20 %	30 - 40 %	5 - 10 %	0.6 - 1.2 %
4-18 years	45 - 65 %	10 - 30 %	25 - 35 %	5 - 10 %	0.6 - 1.2 %
19 years and over	45 - 65 %	10 - 35 %	20 - 35 %	5 - 10 %	0.6 - 1.2 %

34 Includes pregnant and lactating women.

35 Up to 10% of the AMDR can be consumed as eicosapentaenoic acid (EPA) and/or docosahexaenoic acid (DHA).

https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables/reference-values-macronutrients-dietary-reference-intakes-tables-2005.html

Table 3

Estimated Energy Requirements

Males (Calories per day)

Age	Sedentary [1] Level	Low Active [2] Level	Active [3] Level
2-3 y	1100	1350	1500
4-5 y	1250	1450	1650
6-7 y	1400	1600	1800
8-9 y	1500	1750	2000
10-11 y	1700	2000	2300
12-13 y	1900	2250	2600
14-16 y	2300	2700	3100
17-18 y	2450	2900	3300
19-30 y	2500	2700	3000
31-50 y	2350	2600	2900
51-70 y	2150	2350	2650
71 y +	2000	2200	2500

1 Sedentary: Your typical daily routine requires little physical movement (e.g., sitting for long periods, using a computer, relying primarily on motorized transportation) and you accumulate little physical activity in your leisure time.

2 Low Active: Your typical daily routine involves some physical activity (e.g., walking to bus, mowing the lawn, shovelling snow) and you accumulate some additional physical activity in your leisure time.

3 Active: Your typical daily tasks involve some physical activity and you accumulate at least 2 ½ hours of moderate- to vigorous-intensity aerobic physical activity each week. Moderate- to vigorous- physical activity will make you breathe harder and your heart beat faster.

https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/food-guide-basics/estimated-energy-requirements.html

Table 4

Females (Calories per day)

Age	Sedentary [1] Level	Low Active [2] Level	Active [3] Level
2-3 y	1100	1250	1400
4-5 y	1200	1350	1500
6-7 y	1300	1500	1700
8-9 y	1400	1600	1850
10-11 y	1500	1800	2050
12-13 y	1700	2000	2250
14-16 y	1750	2100	2350
17-18 y	1750	2100	2400
19-30 y	1900	2100	2350
31-50 y	1800	2000	2250
51-70 y	1650	1850	2100
71 y +	1550	1750	2000

1 Sedentary: Your typical daily routine requires little physical movement (e.g., sitting for long periods, using a computer, relying primarily on motorized transportation) and you accumulate little physical activity in your leisure time.

2 Low Active: Your typical daily routine involves some physical activity (e.g., walking to bus, mowing the lawn, shovelling snow) and you accumulate some additional physical activity in your leisure time.

3 Active: Your typical daily tasks involve some physical activity and you accumulate at least 2 ½ hours of moderate- to vigorous-intensity aerobic physical activity each week. Moderate- to vigorous- physical activity will make you breathe harder and your heart beat faster.

https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/food-guide-basics/estimated-energy-requirements.html

Note 4:

- Calculation for sodium:
  - 2300mg (table 5) ÷ 3 meals ≈ 760mg
  - 760 mg + 100mg* = 860mg for main plates A, B, D, V
  - 760 mg + 200mg = 960mg for main plate C

* Due to market availability, labour, cost, type of food

Table 5

Recommended intake for sodium

Healthy...	should aim for the Adequate Intake (AI) of	without going over the Upper Limit (UL) of
Infants 0-6 months	120 mg/day	No data
Infants 7-12 months	370 mg/day	No data
Children 1-3 years	1000 mg/day	1500 mg/day
Children 4-8 years	1200 mg/day	1900 mg/day
Teens 9-13 years	1500 mg/day	2200 mg/day
Adults 14-50 years	1500 mg/day	2300 mg/day
Older adults 51-70 years	1300 mg/day	
Older adults over 70 years	1200 mg/day	
Pregnancy	1500 mg/day	

https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/sodium.html

Note 5:

- 75% of the content offered on the counter/display fridges must be unsweetened 100% pure juices, water, milk and substitutes.
- 25% of the content offered on the counter/display fridges can be flavored water, ice-tea, lemonade

Addendum D

Comparison between the Quebec Framework Policy on Healthy Eating and Active Living and LBPSB Food & Nutrition Policy

		LBPSB Policy	changes
1. Offer a variety of foods and give priority to foods of good nutritional value:	1. Offer meals that include foods from each of the four food groups of Canada's Food Guide: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.	✓	
	2. Prepare a main course accompanied by a least one vegetable.	✓	
	3. Provide a variety of fruits and vegetables.	✓	
	4. Provide a variety of 100% pure (unsweetened) fruit juices and vegetable juices in addition to milk and water.	✓	
	5. Give priority to whole grain products.	✓	not always available commercially
	6. Offer desserts made with fruit, milk products and whole grain products; avoid desserts that have a high fat of sugar content	✓	Milk & fruit desserts are offered at all time; other desserts with high fat or sugar content are available at lunch time only.
	7. Reduce the fat content of meats.	✓	
	8. Favour low-fat or nonfat cooking methods, such as steaming, baking, braising, poaching, grilling or roasting.	✓	
	9. Avoid products containing saturated or hydrogenated fats (trans fats).	✓	Amounts are restricted.
2. Eliminate foods of low nutritional value from all school food supplies:	10. Eliminate sugar-sweetened and artificially sweetened (diet) soft drinks as well as sugar-sweetened beverages.		Soft drinks are prohibited. Sports drinks, ice tea and some fruit drinks are in vending machines. Some fruit drinks and iced tea are available on the counter. We are proposing changes in this review.
	11. Eliminate products in which sugar or a sugar substitute is the first ingredient listed	✓	
	12. Eliminate French fries		French fries are limited to 1 x per week Breakfast potatoes are limited to 2 x per week.
	13. Eliminate frying and deep-frying, and avoid commercial or pre-fried breaded foods.	✓	
	14. Sell or offer foods and beverages that meet dietary guidelines at fundraising events, special events, on school trips, outings, etc		Schools are urged
3. Provide appropriate areas and favourable conditions for meals:	15. Make sure that eating areas are safe at all times.	✓	
	16. Make lunchtime an enjoyable part of the school day by ensuring that eating areas are pleasant and inviting	✓	

Addendum E

MAPAQ - http://www.mapaq.gouv.qc.ca/fr/Pages/Accueil.aspx

Eating Well with Canada's Food Guide- https://www.canada.ca/en/health-canada/services/canada-food-guides.html

Food Safety Guidelines – Fight Bac - http://www.fightbac.org/

Dietitians of Canada – http://www.dietitians.ca/

Health Canada – Nutrition Tables - https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables.html

Quebec Framework Policy on Healthy Eating and Active Living- http://www.education.gouv.qc.ca/fileadmin/site_web/documents/dpse/adaptation_serv_compl/Goingtothehealthyrouteatschool_policyframework_AN.pdf