



REGULATIONS

Subject: School Food and Beverages

1. Administration, staff, parents/guardians, volunteers and guests will promote and support healthier food choices for students.
2. The nutrition standards apply to all food and beverages sold in all venues (e.g., cafeterias, vending machines, tuck shops), through all programs (e.g., catered lunch programs), and at all events (e.g., bake sales, sports events) as per *Ministry of Education School Food and Beverage Policy Resource Guide, 2010*.
3. The policy will apply:
 - to all events that involve students at school, regardless of the time of day or night
 - to students only
 - to all food and beverages that are sold or given to students, including Student Nutrition Programs, school lunches and special events
 - To extra-curricular activities.
4. It is strongly recommended that fund raising activities follow the nutrition standards.
5. The standards do not apply to food and beverages that are:
 - offered in schools to students at no cost by a classmate;
 - brought from home or purchased off school premises and are not for resale in schools;
 - available for purchase during field trips off school premises;
 - sold in schools for non-school purposes (e.g., sold by an outside organization that is using the gymnasium after school hours for a non-school-related event);
 - sold in staff rooms.
6. The principal will orient students, teachers, cafeteria staff, volunteers and school councils to the Ministry of Education School Food and Beverage Policy, Resource Guide and website and the Board's nutrition and beverage policy and regulations.
7. All persons involved in the sale or provision of food and beverage to students will be engaged in surveying the current state of affairs and the development of a plan to move to compliance with the Nutrition and Beverage policy.
8. The principal in consultation with the school council will determine the ten events that will be exempted from the food and beverage policy.

9. Staff and volunteers will be made aware that energy drinks and energy bars will not be given or sold to student-athletes.
10. The School Assessment Survey in the Ministry of Education Resource Guide shall be used to determine whether any and all foods available to students, either for sale or free of charge, are appropriate. In secondary schools, this also applies to vending machines (*Ministry of Education School Food and Beverage Policy Resource Guide, 2010* page 43).
11. 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 fiber and calcium. For more details refer to pages 4 and 71 to 82 of the *Ministry of Education School Food and Beverage Policy Resource Guide, 2010*.
12. 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 fiber and calcium and are not fortified. For more details refer to pages 4 and 71 to 82 of the *Ministry of Education School Food and Beverage Policy Resource Guide, 2010*.
13. Principals will provide a Letter of Compliance (attached) to Off-Site Food Service Supplier.
14. Off-Site Food Service Supplier must contact the local Public Health Unit and provide to them a copy of the product list which includes nutrition facts and serving sizes for approval. Foods offered for approval will be from the Sell Most category.
15. The Public Health Unit will return the signed Letter of Compliance to the school prior to the start of each school year.

Implementation Date: April 12, 1011

Reference: Ministry of Education School Food and Beverage Policy
Healthy Food for Health Schools Act 2008
Ontario Regulation 200/08 *Trans Fat Standards*



**OFF-SITE FOOD SERVICE SUPPLIER
 LETTER OF COMPLIANCE**

Name of Off-Site Food Service Supplier: _____

Address: _____

Contact Name: _____

Contact Email: _____ Contact Phone #: _____

Name of School: _____

We/I, the above named Off-Site Food Service Supplier, have read and understand the requirements of the Ministry of Education's School Food and Beverage Policy.

We/I have assessed the products that we are selling in your school against the requirements of the School Food and Beverage Policy and confirm that:

- All food and all beverage choices offered for sale in schools are from the *Sell Most* category.
- The attached product list, which includes nutrition facts and serving size must be reviewed and approved by a Registered Dietitian of the local Public Health Unit.
- Food services must be approved and inspected by a Public Health Inspector, in accordance with the Food Premises Regulations 562-90.
- It is understood that the Lambton Kent District School Board and its schools are under no obligation to utilize the services of Off-Site Food Service Suppliers who meet Letter of Compliance regulations.

 Signature of Off-Site Food Service Supplier

 Date

Off-Site Food Service Suppliers are to fax completed Letter of Compliance to attention of the Registered Dietitian with the Public Health Unit in your area:

Chatham-Kent Public Health Unit
 Municipality of Chatham-Kent
 Att: 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 Dept.
 Att: Simone Edginton, RD, BASc
 Phone: 519-344-2062 ext. 2033
 Fax: 519-344-2025
 Email: simone.edginton@county-lambton.on.ca

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I have reviewed the attached product list, which includes nutrition facts and serving size and confirm that it meets the requirements of the *Sell Most category*.

 Signature of Registered Dietitian with the
 Public Health Unit

 Date