



# News Release

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## **BOARD APPROVED NEW POLICY AND REGULATIONS ON SCHOOL FOOD AND BEVERAGES**

At the April 12, 2011 Board Meeting, Trustees approved a new policy and regulations on *School Food and Beverages*. Effective September 1, 2011, the Ministry of Education has mandated that school boards across the province adopt student nutrition policies as per *Ministry of Education School Food and Beverage Policy Resource Guide, 2010*. The new rules will affect all foods that are either sold to students at school, or provided to students by the school.

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*. Staff are working with the secondary school cafeteria companies to ensure they will be in compliance by September 2011.

Generally, 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.

Effective September 1, 2011, all food service suppliers will be required to complete a *Food Service Supplier Letter of Compliance*, which indicates foods being prepared for schools meet the new provincial guidelines and school board policy. The local dietitians will sign off on the *Letter of Compliance* confirming that they have approved the supplier's food product list.

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