



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 Sell Most Category.
3. The policy will apply to:
 - all events that involve students at school, regardless of the time of day or night
 - students only
 - all food and beverages that are sold or given to students, school lunches and special events
 - extra-curricular activities
 - fund raising activities
4. 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.
 - distributed through the Student Nutrition Programs as these follow the [nutritional guidelines](#) developed by the Ministry of Children, Community and Social Services.

5. The principal will inform students, educators and education workers, cafeteria staff, volunteers and school councils about the Ministry of Education School Food and Beverage Policy, Resource Guide and website and the Board's nutrition and beverage policy and regulations.
6. At the start of each school year, the principal in consultation with the school council will determine the ten events that will be exempted from the food and beverage policy.
7. 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).
8. 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](#).
9. 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.
10. The Board will work with local Public Health Units to establish processes for determining off-site food service supplier compliance and communication to schools regarding approved off-site food service suppliers.

Implementation Date: April 12, 2011

Revised: October 9, 2012, May 13, 2014, January 16, 2018,
April 12, 2022

Reference: LKDSB [Policy](#), [Administrative Procedures](#) Food and Beverages
[Ministry of Education School Food and Beverage Policy](#)
[Healthy Food for Healthy Schools Act 2008](#)
[Ontario Regulation 200/08 Trans Fat Standards](#)
[Ministry of Education School Food and Beverage Policy Resource Guide, 2010](#)

LKDSB [Policy](#), [Regulations](#) and [Administrative Procedures](#)
Fundraising and Canvassing