

School Food Guidelines

For
Administrators
& Caterers

Go Healthy 
Newfoundland & Labrador
www.gohealthy.ca

HEALTHY STUDENTS HEALTHY SCHOOLS

School Food Guidelines

The School Food Guidelines booklet is designed for school administrators, caterers and other providers of school meals and snacks. It includes information on the foods that are the most healthy, nutritious and suitable for the students in your school.

These guidelines are to be used alongside your official school district nutrition policy. Your district's policy statement will determine how and when the full guidelines will be implemented.

The companion binder, Healthy Students Healthy Schools Resource Manual, contains information to help you develop and administer your school's policy.

For more information on the School Food Guidelines contact your Regional nutritionist through your school's public health nurse.

Material from the following publications was used in preparation of these guidelines.

Eat Smart! School Program: www.eatsmart.web.net • *Feeding the Future: School Nutrition Manual* www.calgaryhealthyregion.ca/schoolnutritionhandbook • *Call to Action: Creating a Healthy School Nutrition Environment:* www.osnpph.on.ca • *Healthy Schools, Healthy Children Nutrition Guidelines:* www.porcupinehu.on.ca/schools/school_health.html

Contents

2

TAKE THE GUESSWORK OUT OF GOOD NUTRITION

3

CANADA'S FOOD GUIDE TO HEALTHY EATING

- Basis of Canada's Food Guide (CFG)3
- Focus on the four Food Groups.....3
- Be smart about servings4

6

HOW TO TIPS FOR HEALTHY EATING

- How to encourage eating more fruits and vegetables.....6
- How to prepare lower fat foods.....6
- How to read nutrition labels8

9

INTRODUCING THE SERVE MOST/SERVE MODERATELY SYSTEM

- Why did we classify the foods in this way?9

10

HEALTHY FOOD CHOICES FOR OUR SCHOOLS CHART

- Rationale for Food Categories12
- Foods not included in the Serve Most/Moderately System.....13

14

HEALTHY IDEAS FOR ALL OCCASIONS

- Three cheers for healthy events!.....14
- Quick fixes for healthy vending snacks14
- Snack Ideas.....15
- Tasty Menu Math: Combination Dishes16

17

PREPARING FOOD SAFELY

- Food Safety Chart18

- PLUS the complete
Canada's Food Guide to Healthy Eating19/20

Take the Guesswork Out of Good Nutrition

Use the Serve Most/Serve Moderately System at Your School

You already know the importance of healthy eating. You know that good nutrition helps children and teenagers grow, stay healthy and be active. You know it helps prevent certain diseases, like type 2 diabetes, osteoporosis, heart disease, obesity, dental cavities and some cancers. Plus, healthy eating helps your students learn and do well in school!

But how do you make sure the students at your school are getting the healthiest foods possible every day?

Good news! We've taken the guesswork out of good nutrition with the Serve Most/Serve Moderately System, based on *Canada's Food Guide to Healthy Eating (CFG)*. The system is a complete, detailed set of food guidelines for every serving situation in your school, from cafeteria menus to vending machine snacks and more.

We've taken foods commonly served or sold in schools, and grouped them according to their nutritional value. We've listed dozens of food choices from all four food groups in a colourful centrefold chart.

At last, healthy ideas are always close at hand! It's never been easier for your entire school community to eat well and stay healthy... now and for life!

Use These Guidelines Everywhere, Every Day!

- ◆ For breakfast, lunch and snacks
- ◆ In the cafeteria, canteen and vending machines
- ◆ At staff and school council meetings
- ◆ At sports events and school celebrations
- ◆ In staff rooms and classrooms
- ◆ For fundraising activities
- ◆ For parent and community get-togethers



Food Allergies

Food guidelines in this booklet are general. Some restrictions on foods offered in a school will be necessary if there is a student with a life threatening food allergy attending the school. Check with the school principal for guidelines or policy regarding food allergies. Your public health nurse may also be able to offer advice and assistance on maintaining an allergy aware environment.

Canada's Food Guide to Healthy Eating (CFG)

Basis of CFG

Canada's Food Guide to Healthy Eating is based on five core guidelines. They are the key messages for healthy Canadians over two years of age:

- 1 Enjoy a VARIETY of foods.
- 2 Emphasize cereals, breads, other grain products, vegetables and fruit.
- 3 Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
- 4 Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- 5 Limit salt, alcohol and caffeine.

The Serve Most/Serve Moderately System is based on *Canada's Food Guide to Healthy Eating*. With its four food groups and endless healthy possibilities, *Canada's Food Guide* is still the country's best resource for helping you make great healthy food choices every day. At home and in school, you can use the familiar rainbow guide to create healthy menus for breakfast, lunch, dinner and snack times.

Remember: no one food provides all of the nutrients needed for good health. Bananas, for example, contain potassium, but little iron. Cooked, dried beans contain iron but no vitamin C. So mix it up before you serve it up! Use CFG to create great flavour and nutritious combinations to get your students and staff excited about healthy eating today!

You'll find a copy of *Canada's Food Guide (CFG) to Healthy Eating* in the back of this booklet.

Focus on the Four Food Groups

Grain Products

Whole grains provide dietary fibre that is important for keeping regular and for possibly helping to prevent certain types of cancer. Whole grain and enriched grain products provide energy, iron and some B vitamins. It is important to make lower fat choices from the Grain Products group more often.

Note: Check "How to Read Nutrition Labels" on page 8 to see a sample Nutrition Facts panel that shows the amount of fat and other nutrients in a serving.

Vegetables and Fruit

Key nutrients found in this food group are fibre, vitamin A, vitamin C, folate, iron and magnesium. We can enjoy fresh, frozen, canned or dried fruits and vegetables and 100% fruit and vegetable juices, for meals and snacks. *Canada's Food Guide to Healthy Eating* recommends that we choose dark green and orange vegetables more often.

Note: Check "How to Encourage Eating More Fruits and Vegetables" on page 6.

Milk Products

Children, youth and adults need the calcium and other nutrients provided by choices from this food group. Milk Products such as lower fat white or chocolate milk, lower fat yogurts and lower fat cheeses are easy recess and meal choices to offer at school. Milk and yogurt with a fat content of 2% or less MF (milk fat) and cheeses with 20% or less MF are considered lower fat milk products. The School Milk Program at your school provides an easy and economical way for students to get some of those milk servings.

Meat and Alternatives

Canada's Food Guide to Healthy Eating recommends that we choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often. Foods in the Meat and Alternatives food group provide protein, iron and other nutrients. The fat content of meats varies widely. Processed meats such as salami, bologna, pepperoni, wieners, etc. are higher fat, higher salt foods. Fish, poultry and lean cuts of beef, pork and lamb are better choices (cooked with little or no added fat). Serve meat alternatives such as dried peas, beans and lentils more often.

Note: Check *"Tasty Menu Math"* on page 16 and *"How to Prepare Lower Fat Foods"* on page 6 for ideas.

"Other Foods"

"Other Foods" do not fit into any of the four food groups. They are either high in fat, sugar and/or salt and/or have little or no nutritional value. Examples of foods that are all or mostly fat are oil, butter, margarine, lard, shortening, mayonnaise and regular salad dressing. Some foods that are mostly sugar are candy, soft drinks, slushies and fruit drinks. Some foods high in fat and also salt are potato chips, corn chips and cheezies.

Some "Other Foods" can be used in small amounts to add flavour and enjoyment to meals and snacks. They include herbs, spices and condiments like ketchup, pickles and relish.

Most "Other Foods" should not be used often because they provide fewer of the nutrients needed for growth and development. These foods can fill children's stomachs so that they do not have room for the nutritious foods they need.

Water

Water is not counted as part of any of the four food groups, so Health Canada's 1997 "Using the Food Guide" places it in "Other Foods". But water itself is a nutrient, and thus is an important part of healthy eating. "Using the Food Guide" states: "Always satisfy your thirst.

Choose water often and be sure to drink more in hot weather or when you are very active."



Be Smart About Servings

Knowing how much to eat from each food group is key. The number of servings needed depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breastfeeding. *Canada's Food Guide to Healthy Eating* recommends the number of servings we should have every day from each food group.

But what does it mean by "a serving"? Unless you are told certain measurements like cups and tablespoons, or sizes like medium or large,

or amounts like 1 or 2, a serving could be any amount you choose. You may choose more food than you need or less than you need. At other times you may be given oversized servings of food. If you eat more than your body needs for the activities in your day, you store the extra energy (calories) as body fat. If you eat less, you do not have the energy or vitality to enjoy your daily activities. *Canada's Food Guide to Healthy Eating* includes information on the portion or amount of food in a serving.

How can we use information on serving size?

A school healthy eating policy may state that meals offered to students should contain "1 serving from the Meat and Alternatives food

group". If we know the size of 1 serving, for example 2 – 3 oz of lean meat or 1 cup of beans, it will help with planning the amounts of food that need to be prepared for the school meal. A parent can use the information to see what food groups and how many servings s/he is providing in her/his child's lunch consisting of a tuna sandwich, an orange and a milk.



SUGGESTIONS FOR HOW MUCH TO EAT AT SCHOOL FOOD GROUPS

GRAIN PRODUCTS Choose whole grain and enriched products more often	VEGETABLES AND FRUIT Choose dark green and orange vegetables and orange fruit more often	MILK PRODUCTS * Choose lower fat milk products more often	MEAT AND ALTERNATIVES Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often
Recommended number of servings per day from each food group in <i>Canada's Food Guide to Healthy Eating</i>			
5 - 12	5 - 10	2 - 4*	2 - 3
Below is a suggested number of servings, during school hours, from each food group, depending on age and activity level (healthy food choices can be from home, canteen and/or cafeteria)			
2 - 4	2 - 4	1 - 2	1

*In the Milk Products food group, children 4 – 9 years need 2 – 3 servings per day, youth 10 – 16 years need 3 – 4 servings per day and adults need 2 – 4 servings per day. Pregnant and breastfeeding women need 3 – 4 servings per day.

(See *Canada's Food Guide to Healthy Eating* for serving sizes)

"How To" Tips for Healthy Eating

Providing healthy choices in your school doesn't have to be a challenge. The Serve Most/Serve Moderately System is a great way to stay on track. Now here are some "How To" tips to help you, your students and your staff make healthier food choices every day.

HOW TO ENCOURAGE EATING MORE FRUITS AND VEGETABLES

- ◆ Offer 100% fruit juice or vegetable juice, for example – apple, orange, grapefruit, pineapple, tomato, V/8. One Vegetables and Fruit group serving of juice is 1/2 cup. Some single serve containers may give more than 1 serving.
- ◆ Include a vegetable and/or fruit as part of any daily special meal offer.
- ◆ Offer a fresh fruit or raw vegetable or canned fruit cup in the school canteen and cafeteria.
- ◆ Offer 100% fruit juices and fruit cups in the vending machine.
- ◆ Set up a salad bar - start with once per month or once per week.
- ◆ Try new vegetables like baked sweet potato, vegetable stir fry (Chinese cabbage or bok choy, bean sprouts, peppers, etc.), spinach salad with low fat dressings and toppings, etc.



- ◆ Offer homemade vegetable soups that provide 1-2 servings from the Vegetables and Fruit food group.

HOW TO PREPARE LOWER FAT FOODS

These tips can be used by your school food committee, your school caterer or at home when planning meals:

- ◆ Cook with little or no added fat, where possible – use a non-stick fry pan or grill or lightly spray with cooking oil.
- ◆ Meat, fish and poultry can be poached, steamed, stewed, baked, roasted, broiled, barbequed or grilled without added fat.
- ◆ Keep meat, fish and poultry portions between 2 – 3 ounces, which is equal to 1 serving of the Meat and Alternatives food group.

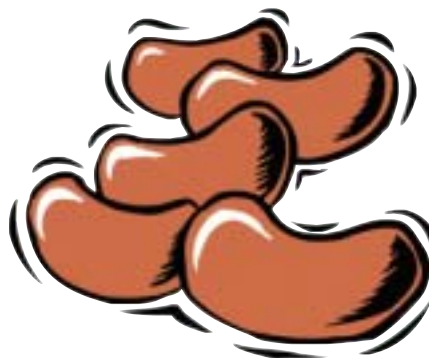


- ◆ Use leaner cuts of meat and drain any fat that comes off when cooking.
- ◆ Trim off all visible fat on meat and skin on poultry.
- ◆ Use low fat/low calorie sauces for flavouring or prepare a low fat gravy.
- ◆ Use low fat salad dressings.
- ◆ Use smaller amounts of lower fat salad dressing in sandwiches and sandwich fillings like egg, tuna, chicken salad, etc.
- ◆ If refrigeration space and cooling pans are available, make soups and stews a day ahead, chill, and before reheating, remove any fat that has hardened on top.
- ◆ Serve meat alternatives such as baked beans or homemade pea soup (only small amounts ham or salt beef), bean burritos, vegetable/lentil/barley soup more often.
- ◆ Serve vegetables without creamy sauces or added butter or margarine.
- ◆ Mash potato with lower fat milk and only a small amount of non-hydrogenated margarine.
- ◆ Offer baked potatoes in place of French fries and include special toppings like salsa, lower



fat sour cream or sprinkling of lower fat cheese and/or vegetarian “bacon” bits.

- ◆ Use “home prepared” oven baked, seasoned potato strips or wedges.
- ◆ Serve salad dressings on the side. Use low fat/fat-free salad dressings.
- ◆ If coleslaw is mixed before serving, use smaller amounts of low fat dressing.
- ◆ If a recipe calls for shortening or lard, replace with non-hydrogenated margarine or oil. (This tip doesn’t lower the amount of fat in the recipe, but it makes it a better kind of fat.)



Tasty Tip

Washed fruits and vegetables are easier for children to eat if they are cut into portions. Try orange wedges, melon wedges, a small bunch or container of grapes, 1/2 banana, carrot coins or sticks, turnip sticks, celery sticks, zucchini rings or sticks, broccoli or cauliflower pieces (with low fat dip, if desired).

HOW TO READ NUTRITION LABELS

Did you know Canada has a new system for providing nutrition information on food labels? By 2006 most prepackaged foods will have **Nutrition Facts** panels so that nutrition information on the food is easier to find and easier to read. Consumers can compare similar foods and make wise food choices.

The Nutrition Facts are based on a specific amount of food – the “serving” or “serving size”. The serving size is shown by the word “per”

followed by the amount in the serving, for example, “125 mL” or “1/2 cup” or “90 grams” or “3 crackers” or “1 (single) package”, etc. It is important to remember the serving size when you read the information on the label and compare the food to another food. The information on the label is only for that amount or serving of food.

Use the information on the Nutrition Facts label to compare the fibre and sugar content of breakfast cereals. Remember to check the serving size first! The label is also handy for checking on the nutrient value of snack foods.

The Serving Size

The % Daily Value tells you at a glance if there is a lot or a little of a nutrient in that serving size of the food.

The Nutrition Facts label lists Calories (energy) & 13 core nutrients. Some labels may list more.

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

The number after the nutrient is the actual amount of the nutrient in that serving size of the food. Even if the amount of nutrient is zero, it is listed.

Introducing the Serve Most / Serve Moderately System

Canada's *Food Guide to Healthy Eating* can help you make the best food choices for your school. Sometimes it is easy to decide if a food is nutritious, but sometimes it is not as easy. Even some nutritious foods have higher amounts of fat, sugar and/or salt. It is helpful to have guidelines so you can make better choices. That's where the Serve Most/Serve Moderately system comes in.

Each food belongs to one of the four food groups. It is then further classified into one of two categories:

Serve Most **Serve Moderately**

The main centerfold in this booklet lists foods commonly served at school.

Why did we classify foods in this way?

This page gives general information on why foods have been put in the different categories of "Serve Most" and "Serve Moderately." The chart on page 12 gives more detailed explanations about some specific foods.

SERVE MOST / SERVE MODERATELY

All foods served or sold in school must come from the "Serve Most/Serve Moderately" categories, with the majority of items (greater than 50%) from the "Serve Most" category for each food group on a daily basis.

SERVE MOST

These foods are:

- ◆ generally low in added fat and/or sugar and/or salt
- ◆ sources of nutrients (e.g. vitamins, minerals, protein and fibre)
- ◆ found within one of the four food groups of CFG
- ◆ whole grains, vegetables and fruit, lower fat milk products and lean meats and alternatives

SERVE MODERATELY

These foods are:

- ◆ sometimes lower in fibre and/or higher in fat, sugar, salt and/or calories, generally as a result of processing. Some of these foods are difficult to classify because of the differences in brands and/or their method of preparation and the portion size offered (e.g. commercial cake-style muffin vs. whole grain muffin with reduced fat and sugar)
- ◆ sources of nutrients (e.g. vitamins, minerals and protein but generally lower in fibre)
- ◆ found within one of the four food groups of CFG

Healthy Food Choice

Grain Products

Samples of 1 serving are 1 slice of bread, 1/2 cup/125 mL cooked spaghetti or 1/2 bagel

Serve Most

- ◆ **Whole grain:**
 - Bread
 - Roll/bun
 - English muffin
 - Bagel
 - Pita bread
 - Tortilla
 - Crackers (3 g fat or less/20 g serving)
 - Macaroni/pasta shapes/noodles/spaghetti, whole grain - cooked
- ◆ **Cereal ***, cold/ready-to-eat
- ◆ **Cereal ***, hot/cooked
- ◆ **Rice**, whole grain/brown
 - boiled or steamed

* 6 g sugar or less and at least 2 g fibre/standard serving (check label)

Serve Moderately

- ◆ **Enriched, white:**
 - Bread
 - Roll/bun
 - English muffin
 - Bagel
 - Pita bread
 - Tortilla
 - Crackers (5 g fat or less/20 g serving)
 - Macaroni/pasta shapes/noodles/spaghetti - cooked
- ◆ **Cereal****, cold/ready-to-eat and not sugar coated
- ◆ **Cereal****, hot/cooked
- ◆ **Rice**, converted/parboiled or enriched - boiled or steamed
- ◆ **Fried rice**
- ◆ **Taco shell**, baked, not fried
- ◆ **Barley**
- ◆ **Brewis** (no fat)
- ◆ **Bread stuffing**
- ◆ **Bread sticks/Melba toast**
- ◆ **Tea biscuit**, small
- ◆ **Pancakes/waffles**
- ◆ **Touton**, small
- ◆ **Muffin**, high fibre, low fat, small to medium
- ◆ **Graham crackers**
- ◆ **Rice cakes**
- ◆ **Popcorn**, plain or light
- ◆ **Pretzels**
- ◆ **Cereal/granola bars**, not dipped (5 g fat or less per bar)

** 6 g sugar or less/standard serving (check label)

Vegetables & Fruit

Samples of 1 serving are 1 medium apple or potato, 1/2 cup/125 mL 100% juice or 1/2 cup/125 mL vegetable

Serve Most

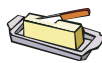
- ◆ **Potato**, baked, boiled, or mashed with little or no added fat
- ◆ **Sweet potato**, baked
- ◆ **Vegetables**, fresh or frozen
- ◆ **Vegetables**, canned
- ◆ **Vegetables**, stir fried with little or no added fat
- ◆ **Vegetable soup**, homemade, (🥫 if made with canned soup or dry soup mix/base)
- ◆ **Fruit**, fresh or frozen, unsweetened
- ◆ **Fruit**, canned in juice
- ◆ **Applesauce/fruit blends**, unsweetened
- ◆ **Juice**, 100% fruit or vegetable juices, unsweetened
- ◆ **Frozen fruit juice bar** (100% fruit juice, unsweetened)
- ◆ **Salad** (tossed, coleslaw, any fruit or vegetable), low fat dressing
- ◆ **Dried fruit** 🥫
- ◆ **Fruit leather or fruit/vegetable bar** (100% dried fruit and/or vegetable, no sugar added) 🥫

Serve Moderately

- ◆ **Salsa** 🥫 (brands vary; check the label; if not over 480 mg sodium per 1/2 cup, would be classified in the Serve Most category)
- ◆ **Vegetable Soup**, canned 🥫
- ◆ **French fries** 🍟 100 g or 3 oz.
- ◆ **Hash browns** 🍟 85 g or 2 1/2 oz. or 1/2 cup or 2 patties
- ◆ **Vegetables in cream sauces**
- ◆ **Fruit**, canned in light syrup
- ◆ **Juices**, 100% fruit juices, sweetened



These foods are higher in salt/sodium and are found mainly in the Serve Moderately category. If a food in Serve Most is marked with this symbol, because it has been prepared in a certain way, then that product would be moved to Serve Moderately.



These foods are higher in fat, so it is recommended that schools offer no more than 1 choice per food group per week of these foods.



These foods are sweet and tend to stick to teeth, increasing the risk of tooth decay unless teeth are brushed soon after the food is eaten. When these foods are eaten with meals, rather than snacks, the risk of tooth decay is lower.

**CAUTION
FOOD
ALLERGIES**

Check with your school for guidelines and policies

Recipes for Our Schools

Milk Products

Samples of 1 serving are 1 cup/250 mL milk (any kind), 3/4 cup/175 mL yogurt or 2 cheese slices

Serve Most

- ◆ **Milk**, white, 2% or less MF
- ◆ **Yogurt**, 2% or less MF, 14g sugar or less
- ◆ **Cheese**, hard, lower fat (20% or less MF) such as cheddar, mozzarella, swiss, parmesan
- ◆ **Cheese strings**, 20% or less MF
- ◆ **Soup**, made with milk, 2% or less MF, (🥫 if made with canned soup or dry soup mix/base)
- ◆ **Smoothies**, commercial or homemade (2% or less MF white milk or unsweetened yogurt blended with unsweetened fruit)

Serve Moderately

- ◆ **Milk, white**, 3.5% MF whole, homogenized
- ◆ **Milk, flavoured**, 2% or less MF, 35g sugar or less
- ◆ **Hot chocolate, made with milk**, 2% or less MF
- ◆ **Hot chocolate, made with water from instant mix** (has less calcium than hot chocolate to which you add your own milk)
- ◆ **Yogurt**, 2% or less MF, 14g sugar or greater
- ◆ **Yogurt & yogurt drinks** sweetened, 2% or less MF
- ◆ **Yogurt tubes**
- ◆ **Cheese, regular** (higher fat, more than 20% MF)
- ◆ **Cheese slices**, processed
- ◆ **Cheese spread**
- ◆ **Cheese, cottage**, 2% or less MF
- ◆ **Smoothies**, commercial or homemade, sweetened
- ◆ **Soy beverages**, calcium fortified
- ◆ **Milk puddings** (low fat types are preferred)
- ◆ **Custard**
- ◆ **Ice milk or soft serve**
- ◆ **Frozen yogurt**
- ◆ **Ice cream**, low fat or fat free (without added candy, cookie pieces, etc.)
- ◆ **Ice cream**, plain (without added candy, cookie pieces, etc.) 🍦

Meat & Alternatives

Samples of 1 serving are 2 to 3 oz (50 to 100 g) cooked meat or fish, 1 or 2 eggs or 1 cup/250 mL cooked dried beans or lentils

Serve Most

- ◆ **Dried peas, beans, lentils** cooked or canned, (🥫 if canned)
- ◆ **Baked beans**, (🥫 if canned)
- ◆ **Pea soup**, (🥫 if made with ham or salt meat)
- ◆ **Beef, pork, lamb, chicken or turkey** (skinless), lean - baked, grilled, roasted, stir fried
- ◆ **Beef**, ground, lean
- ◆ **Hamburger pattie** (lean meat)
- ◆ **Chicken leg or breast** (skinless), baked or grilled (not battered or fried)
- ◆ **Pre-sliced meat** - chicken, turkey, beef
- ◆ **Fish**, fresh or frozen, baked or grilled (not battered or fried)
- ◆ **Tuna or salmon**, canned in water
- ◆ **Eggs**, poached, hard cooked, or scrambled with little or no added fat
- ◆ **Peanut butter**
- ◆ **Nuts and seeds** (🥫 if salted)
- ◆ **Vegetarian meat substitute**
- ◆ **Tofu**

Serve Moderately

- ◆ **Ham** 🥩
- ◆ **Corned beef/pastrami** 🥩
- ◆ **Pre-sliced meat** - lean ham 🥩, back bacon 🥩
- ◆ **Meats**, canned, flaked (sodium-reduced types are preferred) 🥩
- ◆ **Wieners** 🥪
- ◆ **Pepperoni stick/hot rods** 🥪
- ◆ **Sausages** 🥪
- ◆ **Processed meats** like bologna, salami, pepperoni, etc. (fat-reduced types are preferred) 🥪
- ◆ **Bacon** 🥓
- ◆ **Chicken wings** 🍗
- ◆ **Eggs, fried or devilled** 🍳
- ◆ **Meat, fish, poultry, fried** 🍳

Other Foods

Other Foods do not belong in any of the four food groups, and some are higher in fat, sugar, salt and/or calories. When eaten in moderation, foods in the "Suitable for Use in Small Amounts" category can add interest to meals without adding too much extra fat and/or sugar and/or salt.

SUITABLE ANYTIME

- ◆ Water
- ◆ Herbs & spices

SUITABLE FOR USE IN SMALL AMOUNTS

- ◆ Honey, jam, jelly - 1 tbsp/15 mL
- ◆ Syrups - 2 tbsp/30 mL
- ◆ Whipped cream - 1-2 tbsp/15-30 mL
- ◆ Non-dairy whipped toppings - 1-2 tbsp/15-30 mL
- ◆ Butter - 1 tsp/5 mL
- ◆ Ketchup, mustard 1-2 tbsp/15-30 mL
- ◆ Relish, pickles - 1-2 tbsp/15-30 mL
- ◆ Margarine (non-hydrogenated) - 1 tsp/5 mL
- ◆ Sour cream (low fat) - 2 tbsp/30 mL
- ◆ Mayonnaise-type dressing (low fat) 1-2 tsp/5-10 mL
- ◆ Cream cheese (low fat) - 2 tbsp/30 mL
- ◆ Salad dressing (low fat) - 2 tbsp/30 mL
- ◆ Gravy, lower fat, homemade, canned or powdered - 2 tbsp/30 mL

Rationale for Food Categories

Here is more general information on why foods have been put in the different categories of “Serve Most” and “Serve Moderately”. This chart also gives more detailed explanations about some specific foods.

GRAIN PRODUCTS

- ◆ **grain products** in the “Serve Most” list are whole grain and provide a source of fibre (at least 2 g/standard serving) and are low fat (3 g or less/standard serving).
- ◆ **cereals, cold/ready-to-eat (RTE), or hot/cooked**, in the “Serve Most” list should contain at least 2 g fibre, and no more than 6 g sugar/standard serving (30 g serving for cold cereals)
- ◆ **cereals, cold/ready-to-eat (RTE), or hot/cooked**, in the “Serve Moderately” list contain less than 2 g fibre/standard serving, but should contain no more than 6 g sugar/standard serving (30 g serving for cold cereals).


VEGETABLES AND FRUIT

- ◆ **dried fruits**, e.g. raisins, stick to the teeth and are best eaten as part of a meal, rather than at snack time.
- ◆ **French fries and hash browns** are high in total fat, so it is recommended that schools offer no more than 1 choice of these foods, once per week. French fries that come frozen, ready for oven heating, have already been deep fat fried and should be baked/heated in the oven instead of a deep fat fryer.
- ◆ **100% juice** is indicated on the label by the words “juice”, “concentrated juice” (e.g. “frozen concentrated orange juice”) or “juice from concentrate” (e.g. “apple juice from concentrate”).
- ◆ **“fruit” drinks, ades, cocktails, beverages and punches** are not included because they contain additional sugars, water and flavourings which are not present in 100% fruit juice.
- ◆ **juice** serving size should be limited to 250 mL, which is equal to 2 servings from the Vegetables and Fruit group, or 125 mL which is equal to 1 serving.

MILK PRODUCTS

- ◆ **“MF”** means “milk fat”.
- ◆ **milk products** in the “Serve Most” list are sources of calcium and are lower in fat per serving.
- ◆ **milk products** in the “Serve Moderately” list are higher in fat and/or sugar but are still sources of calcium (e.g. chocolate milk, part of the school milk program, has the same nutrients as white milk, but contains added sugar and flavouring, and thus is in the “Serve Moderately” list).
- ◆ **cream cheese** does not provide as much calcium as other types of cheese, and is a higher fat cheese, and is therefore not included in this food group.
- ◆ **cottage cheese** is not a significant source of calcium, but does provide other important milk nutrients and is lower in fat; it is included in the “Serve Moderately” list.
- ◆ the serving size for **milk** is 1 cup (250 mL).
- ◆ the serving size for **cheese** is 1½ oz/50 g/50 mL, or 2 regular cheese slices.
- ◆ the serving size for **yogurt** is ¾ cup (175 g/175 mL).

MEAT AND ALTERNATIVES

- ◆ **meat product items in the “Serve Most” list** are good sources of protein and other nutrients and are lower in fat.
- ◆ **meat product items in the “Serve Moderately” list** are foods that are generally higher in fat and/or salt, but do provide some of the nutrients found in the Meat and Alternatives food group.
- ◆ **nuts and seeds** are high in fat, but also provide important nutrients; limit serving size to 1/4 cup/2 oz./50 mL.
- ◆ if the **sodium** content of a food is greater than 480 mg per standard serving, it is indicated by 
- ◆ recommended daily Upper Limit intake of **sodium** for children aged 4 to 8 years is 1900 mg and for children aged 9 to 13 years is 2200 mg (teens & adults is 2300 mg/day).

Foods That are **Not Included** in the **Serve Most / Serve** **Moderately System**

These foods are generally low in nutrients and may be high in fat, sugar, salt, caffeine and/or calories. They tend to be highly processed foods that often are deep fat fried, or are high in hydrogenated/trans fats.

These foods do not contribute to a healthy school nutrition environment.

- ◆ **Banana chips** (dried)
- ◆ **Battered & fried or breaded & fried meats, fish and poultry** e.g. fish nuggets or sticks, chicken nuggets, pogo sticks
- ◆ **Battered & fried or breaded & fried vegetable products** e.g. onion rings
- ◆ **Cakes/cupcakes**
- ◆ **Candy, chocolate bars, gum**
- ◆ **Cereals** (more than 6 g sugar/standard serving)
- ◆ **Cheese puffs and other cheese flavoured crisps**
- ◆ **Cookies**
- ◆ **Crackers** (more than 5 g fat/20 g serving)
- ◆ **Croissants**
- ◆ **Eggnogs**
- ◆ **Egg rolls**
- ◆ **Energy bars or meal replacement bars**
- ◆ **Energy drinks**
- ◆ **“Fruit” drinks, ades, cocktails, beverages and punches**
- ◆ **Fruit gels/jelly dessert**
- ◆ **Granola bars**, dipped
- ◆ **Ice cream treats**, with added candy, cookie pieces, etc.
- ◆ **Instant dry soup mixes and single serve soup mixes**
- ◆ **Instant noodles**
- ◆ **Marshmallows**
- ◆ **Milkshakes**
- ◆ **Pastries, donuts, pies**
- ◆ **Popcorn**, sweetened or buttered
- ◆ **Popsicles**
- ◆ **Potato chips/corn chips/wheat chips**, more than 3g fat per 60g serving
- ◆ **Potted meat**
- ◆ **Scrunchions**
- ◆ **Sesame snaps**
- ◆ **Sherbet**
- ◆ **Soft drinks/diet soft drinks** (pop)
- ◆ **Sports drinks**
- ◆ **Tea, coffee, iced tea**

Healthy Ideas for All Occasions

THREE CHEERS FOR HEALTHY EVENTS!

If it's time to show some school spirit, it's also time to show your healthy spirit! When your school gets together to celebrate or connect with the community, be sure to always serve healthy snacks and beverages. Need some ideas? Just take a look at the easy, nutritious choices on this list, and add them to the agenda at your next sports event, parent-teacher meeting, student or school council meeting. They're also great for concerts, special lunch days or special snack days.

- ◆ **Vegetable trays** with low fat dip
- ◆ **Fruit trays**, with or without low fat dip
- ◆ **Low fat regular or mini muffins**
- ◆ **Pretzels** 
- ◆ **Popcorn**, light
- ◆ **Bread sticks**
- ◆ **Whole grain bagels**, plain or toasted
- ◆ **Whole grain breads**, plain or toasted – try new types like rye, pumpernickel
- ◆ **Sandwiches made with different whole grain breads**
- ◆ **Pita pockets**
- ◆ **Wraps**
- ◆ **Pizza wedges or mini pizzas** try vegetable or Hawaiian (rather than salami/pepperoni), and use lower fat cheese
- ◆ **Seeds** – sunflower or pumpkin
- ◆ **Nuts** ( if salted)
- ◆ **Cheese cubes or strings** (20% or less MF)
- ◆ **Yogurt** (2% or less MF)
- ◆ **Yogurt tubes** (2% or less MF)
- ◆ **Yogurt drinks** (2% or less MF)
- ◆ **Fruit or vegetable juices**, 100%
- ◆ **Fruit leather or fruit/vegetable bars**, 100% dried fruit and/or vegetable, no sugar added 
- ◆ **Water**
- ◆ **Milk**, white or flavoured, 2% or less MF





**CAUTION
FOOD
ALLERGIES**
Check with your school
for guidelines and policies

- ◆ **Hot chocolate**, made with 2% or less MF milk
- ◆ **Smoothies** (2% or less MF milk or yogurt blended with fruit chunks)
- ◆ **Salad bar** (offer a variety of vegetables and salads, dips)
- ◆ **Potato**, white or sweet, baked, with lower fat topping (e.g. salsa, light sour cream)
- ◆ **Meatballs**, lean meat, in low fat sauce

QUICK FIXES FOR HEALTHY VENDING SNACKS

Think you can't get a nutritious snack from a vending machine? Think again! It's easy to junk the junk food and fill them up with some of these healthy choices. Talk to your vendor about the options available to your school.

Check "Snack Ideas" on page 15 for more foods that can be adapted for use in vending machines.

- ◆ **Bottled water**
- ◆ **Vegetable and fruit (100%) juices**
- ◆ **Individual fruit cups** (unsweetened)
- ◆ **Cheese snack packs with pretzels or bread sticks** 
- ◆ **Individual packages of melba toast, low fat crackers and bread sticks**
- ◆ **Cereal bars** (lower fat)
- ◆ **Granola bars** (lower fat)
- ◆ **Nuts and/or seeds** ( if salted)
- ◆ **Pretzels** 
- ◆ **Fruit leather or fruit/vegetable bars**, 100% fruit and/or vegetable, no sugar added 



These foods are higher in salt/sodium



These foods are sweet and tend to stick to teeth, increasing the risk of tooth decay unless teeth are brushed soon after the food is eaten. When these foods are eaten with meals, rather than snacks, the risk of tooth decay is lower.

Snack Ideas

Snacks

Use the Serve Most/Serve Moderately System for Healthy Snack Choices, Too!

Snack foods are an important part of the food a child eats in a day and should be as nourishing as the foods offered for school breakfast and lunch. It is important to note that many of the extra calories in traditional snack foods come from added fat. Children and youth should be given the opportunity to make healthier lower fat snack choices.

Snack foods should come from the "Serve Most Snacks" or "Serve Moderately Snacks" lists. The majority should come from "Serve Most Snacks".

The following ideas are suitable for snacks in canteens and some are suitable for vending machines. These snacks can also be offered at special occasion events. The serving size is not listed, but it is better to provide the smaller portioned products.

Note: Check the label* on the food package to determine the amount of fat and sodium per serving.

(*See "How to Read Nutrition Labels" on page 8).



Snacks with this symbol are higher in sodium/salt.

**CAUTION
FOOD
ALLERGIES**

Check with your school for guidelines and policies

SERVE MOST

These foods have nutritional value and can be served as snacks anytime. To be included in the "Serve Most Snacks" list, a grain product should contain 3 grams or less of fat per standard serving size.

GRAIN PRODUCTS

- ◆ **Cereal, cold/ready-to-eat** 6 g sugar or less and at least 2 g fibre/standard serving (check label)
- ◆ **Cereal, hot/cooked** 6 g sugar or less and at least 2 g fibre/standard serving (check label)
- ◆ **Crackers**, whole grain, low fat
- ◆ **Popcorn** (air popped/light microwavable)
- ◆ **English muffin or 1/2 bagel** whole grain, plain or toasted

VEGETABLES AND FRUIT

- ◆ **Juice, 100% fruit or vegetable juices**, unsweetened
- ◆ **Frozen 100% juice bars**, unsweetened
- ◆ **Fruit, fresh** – whole or cut in cubes/slices, with or without low fat dip
- ◆ **Fruit, canned in juice**
- ◆ **Applesauce/fruit blends**, unsweetened
- ◆ **Vegetables**, cut in circles, strips, flowerettes, etc.
- ◆ **Vegetables and lower fat dip**

MILK PRODUCTS

- ◆ **Milk, white**, 2% or less MF
- ◆ **Yogurt, unsweetened**, 2% or less MF
- ◆ **Cheese, hard**, 20% or less MF, packages or cubes
- ◆ **Cheese strings**, 20% or less MF
- ◆ **Smoothies**, commercial or homemade (2% or less MF white milk or unsweetened yogurt blended with unsweetened fruit)

MEAT AND ALTERNATIVES

- ◆ **Nuts, plain or spiced** (Serve Moderately if salted)
- ◆ **Seeds** like sunflower or pumpkin
- ◆ **Soy nuts**
- ◆ **Peanut butter**
- ◆ **Tuna/salmon snack kits**

SERVE MODERATELY

These foods have nutritional value but are higher in fat and/or sugar and/or salt. Use as snacks less often. To be included in the "Serve Moderately Snacks" list, a grain product should contain no more than 5 grams of fat per standard serving size.

GRAIN PRODUCTS

- ◆ **Cereal, cold/ready-to-eat** 6 g sugar or less/standard serving (check label)
- ◆ **Cereal, hot/cooked** 6 g sugar or less/standard serving (check label)
- ◆ **Cereal bar/Granola bar** (lower fat and non-dipped)
- ◆ **Tea biscuit** or scone, small
- ◆ **Touton**
- ◆ **Muffin**, lower fat, including low fat mix
- ◆ **Waffle**, frozen
- ◆ **Bread sticks**
- ◆ **Cereal/pretzel mix**
- ◆ **Rice cakes, rice crackers**
- ◆ **Pretzels**, hard or soft
- ◆ **Cheese snack packs** with pretzels or bread sticks
- ◆ **English muffin or 1/2 bagel** enriched white, plain or toasted

VEGETABLES AND FRUIT

- ◆ **Juice, 100% fruit or vegetable**, sweetened
- ◆ **Fruit, canned in light syrup**

MILK PRODUCTS

- ◆ **Milk, white**, 3.5% MF
- ◆ **Milk, flavoured**, 2% or less MF
- ◆ **Hot chocolate made with 2% or less MF milk**
- ◆ **Hot chocolate, made with water** from instant mix (has less calcium than hot chocolate to which you add your own milk)
- ◆ **Yogurt, more than 2% MF**
- ◆ **Yogurt and yogurt drinks, sweetened, 2% or less MF**
- ◆ **Yogurt tubes**
- ◆ **Cheese, regular** (higher fat, more than 20% MF)
- ◆ **Cheese slices**, processed
- ◆ **Cheese spread**
- ◆ **Ice milk or soft serve**
- ◆ **Frozen yogurt**
- ◆ **Ice cream, plain** low fat, fat free
- ◆ **Milk puddings**, ready-to-serve, low fat

MEAT AND ALTERNATIVES

- ◆ **Beef/pork jerky**

TASTY MENU MATH

ADD UP SOME GREAT COMBINATION DISHES

When foods from 2 or more food groups are combined, a “combination food” is made. Simple... and nutritious! Combination foods may contain part of a serving (as based on CFG) from a food group or may contain more than 1 serving from a food group.

For example, a serving of spaghetti with meat sauce and parmesan cheese could be 1 cup of cooked spaghetti (2 Grain Products), 1/2 cup meat and tomato sauce (1/2 Meat and Alternative and 1 Vegetables and Fruit) and 2 tablespoons grated parmesan cheese (1/2 Milk Products).

A soft tortilla wrap could be one 7” tortilla (1 Grain Products), 2 oz. cooked seasoned chicken strips (1 Meat and Alternatives) and 1/2 cup vegetables like lettuce, tomato, green pepper and onion (1 Vegetables and Fruit).

Don't forget to round it up!

If a combination food does not include all the food groups or if one food group is low, add a serving of the missing food group; for example, a carton of milk with the wrap would provide a meal with all 4 food groups. Be sure that most of your meal choices come from the Serve Most category rather than the Serve Moderately category.

The list of combination dishes and meals is limited only by your imagination.

How Sweet it is!

Everybody looks forward to dessert, but it can be one of the least nutritious parts of the meal. It doesn't have to be. Desserts can include a variety of choices like fruit and milk based desserts, such as the following tasty treats:

- ◆ Fresh Fruit
- ◆ Fresh Fruit Salad
- ◆ Fresh Fruit Chunks with Yogurt Dip
- ◆ Fruit Cups
- ◆ Applesauce or Fruit Blends
- ◆ Flavoured Yogurt
- ◆ Milk Pudding
- ◆ Baked Custard
- ◆ Parfait of Yogurt (2% or less MF) and Fruit (with granola topping)
- ◆ Rice/Tapioca Pudding (made with lower fat milk)
- ◆ Ice Milk/Soft Serve
- ◆ Frozen Yogurt
- ◆ Ice Cream (not more than once per week)

The following are some suggestions for lunches and special events:

- ◆ Meal salads (e.g. mandarin orange chicken, chef, spinach, taco)
- ◆ Burritos (bean, meat)
- ◆ Cabbage rolls
- ◆ Sandwich bar (a variety of breads, wraps, bagels, and fillings such as vegetables, lean meats, and salad fillings made with low fat salad dressing)
- ◆ Macaroni and cheese
- ◆ Quesadillas
- ◆ Salad bar (variety of lettuce, vegetables, other toppings and low fat salad dressings)
- ◆ Submarine sandwiches (lower fat meat and cheese with vegetables)
- ◆ Chili and bun
- ◆ Casseroles (e.g. chicken rice, made with broth or lower fat cream sauce)
- ◆ Curried meat/chicken/fish and rice
- ◆ Falafel
- ◆ Grilled cheese sandwich
- ◆ Hamburgers/grilled chicken breast burgers
- ◆ Kebab skewers/pork souvlaki
- ◆ Pasta with meat sauce
- ◆ Pizza (e.g. lower fat meat, vegetarian, lower fat cheese, Hawaiian)
- ◆ Rice bowls (e.g. teriyaki chicken)
- ◆ Sloppy Joes
- ◆ Soft tortilla wraps
- ◆ Soup station, with crackers or buns
- ◆ Stew
- ◆ Tacos (low fat baked shell, lower fat toppings)
- ◆ Taco salad (low fat baked taco shell, green salad, taco meat)
- ◆ Vegetable stir fry with rice

Preparing Food Safely

It is important to practise safe food handling when preparing and serving foods at school (or at any time). Failure to properly prepare, store or serve foods could lead to very serious illnesses from ingesting disease-causing bacteria like *Salmonella*, *Campylobacter*, or *E.coli*. Cafeterias and canteens, where food is sold, must be licensed as complying with the Food Premises Regulations, as enforced by inspectors from the Department of Government Services.



The following points should be considered when planning to offer school meals:

- ◆ Kitchen facilities must be used for the purposes of food preparation only.
- ◆ It is recommended that at least 1 employee and/or volunteer, who has taken a food safety course, should be on site when meals are prepared and served.
- ◆ Keep the number of food handlers and servers at the lowest manageable number, and prohibit unauthorized people from entering the kitchen area.
- ◆ Sufficient refrigeration space must be available to keep perishable foods (e.g. milk, eggs, meats, fish, poultry) at 4°C (40°F) or lower.
- ◆ Sufficient equipment must be available to keep hot foods at 60°C (140°F) or higher.
- ◆ Thermometers must be supplied for checking cooling, and cooking temperatures.
- ◆ A separate sink with supplies (liquid soap and paper towels) must be provided for hand washing only. Hands should be washed frequently!

- ◆ At a minimum, a double-compartment sink for washing and disinfecting (typically with a dilute bleach solution) utensils and dishes is needed.

Points to remember when food is consumed or prepared outside of the cafeteria:

In the classroom: Desks and counters should be cleaned before being used to serve food. Students should wash their hands with soap and water before preparing and eating food.

Foods from outside suppliers: Take-out foods must arrive hot if they are served hot and cold if they are served cold. They should be served within 1/2 hour after arriving at the school.

Outdoor events: If food is prepared at BBQ's or picnics, use coolers containing ice or ice packs to keep cold foods cold, and serve hot foods promptly. Food must also be protected from insects and dirt.

FOOD SAFETY CHART

Remember!

Safe food is food that is served clean and fast, hot or cold. The following food safety tips will help you to avoid causing food-borne illness:

CLEAN

hands, surfaces (including microwave ovens) and utensils frequently.

COOK

all meats, poultry, fish and eggs to the proper internal temperature, as listed in the table to the right. (Use a thermometer to check the temperature.)

CHILL

all perishables and leftovers promptly to reduce the growth of bacteria. Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature.

SEPARATE

raw meats, and raw fruits and vegetables by using separate cutting boards; raw food and prepared foods by using separate cutting boards.

Store raw meats below ready-to-eat foods, on lower refrigerator shelves, to prevent dripping.

FOOD TEMPERATURE GUIDE

(Taken from the Food Retail and Food Services Code, 2001)

ACTIVITY

TEMPERATURE NEEDED

REFRIGERATION	4°C (40°F) or less
FREEZING	minus 18°C (0°F) or less
COOKING:	
Food mixtures containing Poultry, Eggs, Meat, Fish, or other potentially hazardous foods.....	Internal Temperature of 74°C (165°F) for 10 minutes
Pork, Lamb, Veal, Beef (whole cuts)	Internal Temperature of 70°C (158°F)
Poultry	Internal Temperature of 85°C (185°F) for 15 seconds
Stuffing in Poultry	74°C (165°F)
Ground Meat	70°C (158°F)
Eggs	63°C (145°F) for 15 seconds
Fish	70°C (158°F)
REHEATING	74°C (165°F)
HOT HOLDING	60°C (140°F)
COOLING	60°C-20°C (140°-68°F) within 2 hours 20°C-4°C (68°F-40°F) within 4 hours



Health
Canada

Santé
Canada

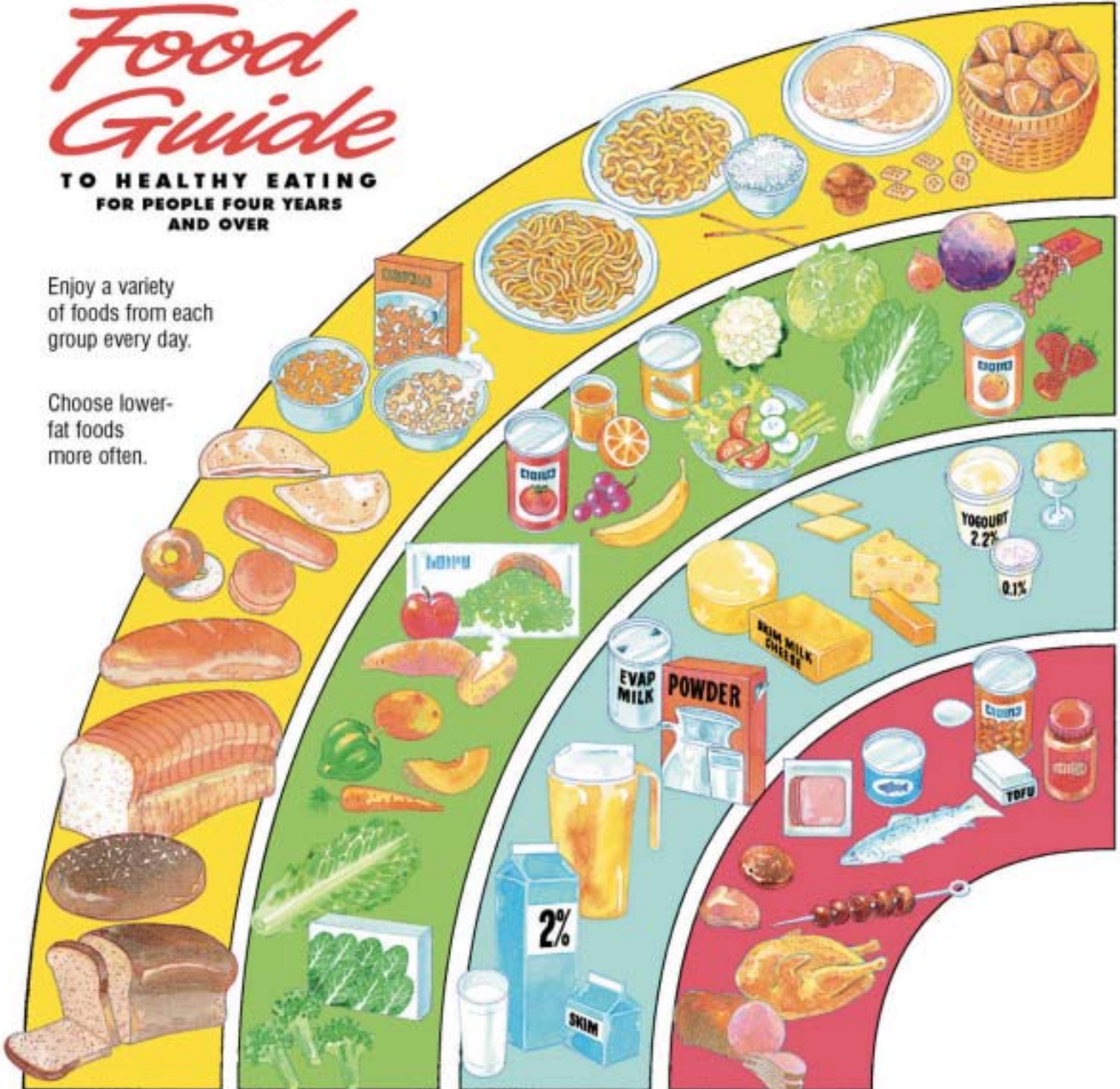
CANADA'S

Food Guide

TO HEALTHY EATING
FOR PEOPLE FOUR YEARS
AND OVER

Enjoy a variety
of foods from each
group every day.

Choose lower-
fat foods
more often.



Grain Products

Choose whole grain
and enriched
products more often.

Vegetables and Fruit

Choose dark green and
orange vegetables and
orange fruit more often.

Milk Products








Choose lower-fat milk
products more often.








Meat and Alternatives







Choose leaner meats,
poultry and fish, as well
as dried peas, beans
and lentils more often.

Canada










Grain Products 5 – 12 SERVINGS PER DAY	1 Serving  1 Slice  Cold Cereal 30 g  Hot Cereal 175 mL  3/4 cup	2 Servings  1 Bagel, Pita or Bun  Pasta or Rice 250 mL  1 cup
--	---	---

Vegetables and Fruit 5 – 10 SERVINGS PER DAY	1 Serving  1 Medium Size Vegetable or Fruit  Fresh, Frozen or Canned Vegetables or Fruit 125 mL  1/2 cup  Salad 250 mL  1 cup  Juice 125 mL  1/2 cup
--	--

Milk Products SERVINGS PER DAY Children 4–8 years: 2–3 Youth 10–16 years: 3–4 Adults: 2–4 Pregnant and Breast-feeding Women 3–4	1 Serving  MILK 250 mL  1 cup  Cheese 3"x1"x1" 50 g  2 Slices 50 g  YOGURT 175 g  3/4 cup
--	--

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

Meat and Alternatives 2 – 3 SERVINGS PER DAY	1 Serving  Meat, Poultry or Fish 50–100 g  Fish 1/3–2/3 Can 50–100 g  1–2 Eggs  Beans 125–250 mL  TOFU 100 g  1/3 cup  Peanut Butter 30 mL, 2 tbsp
--	---

Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.



Consult *Canada's Physical Activity Guide to Healthy Active Living* to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALIT**



GOVERNMENT OF
NEWFOUNDLAND
AND LABRADOR