

# **School Food Sales and Policies Provincial Report**

**Ministry of Education  
&  
Ministry of Health  
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## **INTRODUCTION**

As part of its increasing commitment to health and education, the Province announced an action plan in November 2004 to help make BC students the healthiest and most physically active in Canada. The plan's varied components are primarily focused on schools, consistent with a global movement that recognizes two key facts:

- healthy children learn better, and
- schools can directly influence students' health.

Schools can influence health in many ways, including through instruction and the modeling of healthy eating by teachers and other school employees. More directly, schools can influence the kinds of foods available on site through vending machines, cafeterias, school stores and events such as fundraisers.

Many schools and districts have made great progress in providing healthy learning environments. This report supports their work by examining the status of food sales in BC schools; the extent to which 'more healthy' or 'less healthy' choices are offered; and the degree to which nutrition policies have been, or are being, implemented. University of B.C. researcher Alec Ostry carried out the research and data analysis for the report.

The findings establish a baseline to measure change over time as BC works to achieve its Great Goal of leading the way in North America in healthy living and physical fitness. They also support a series of recommendations to accelerate progress towards the objective of eliminating unhealthy foods and beverages from BC schools by 2009.

## **DATA COLLECTION**

The information in this report was collected in the spring of 2005, from school districts and from individual schools. Districts reported on whether they had, or were planning to implement, nutrition policies.

Schools reported on:

- the number of vending machine slots and the types of foods and beverages sold in their vending machines;
- the most common items sold in their stores and cafeterias;
- the number of food-based fundraising events they held in a one-month period and the items served at these events;
- whether or not they had a formal group to promote healthy eating; and
- what nutrition policies and guidelines were in place.

To analyze the data, schools were classified into three categories: elementary, middle, and secondary. Although schools reported individually, the results presented here are aggregated to paint a provincial picture.

## TERMINOLOGY

Two of the key terms used in this report may be unfamiliar to readers.

### Potential for Food Sales (PFS) Index

To gauge students' exposure to food and drink sales from vending machines, the researchers who compiled this report developed a tool called the Potential for Food Sales (PFS) Index.

The index was calculated by:

- counting the number of vending machine slots in a given school
- dividing that number by the number of students enrolled, and
- multiplying by 1,000 to make the fraction a manageable number.

The higher a school's PFS Index, the more exposure students have to food and beverage vending machines.

### 'More Healthy' versus 'Less Healthy' Food Choices

To help support the move to healthier learning environments, leading BC nutritionists have reviewed the food items sold in school vending machines and categorized them as 'more healthy' or 'less healthy' choices. The table below provides an overview of what these terms represent.

<b>'More Healthy' Choices</b>	<b>'Less Healthy' Choices</b>
Pretzels, popcorn, potato/corn/wheat or rice chips or crackers (baked)	Fried snacks, cheesies, potato/corn/wheat or rice chips or crackers (fried)
Uncoated granola/breakfast/ sports bars/energy bars, nut bars	Coated granola/ breakfast/ sports bars/energy bars, chocolate bars, candies, fruit roll ups, Slushy, Popsicles
Fresh fruit, 100 percent fruit or vegetable leathers, dried fruit, nuts/trail mix	Pastries, cookies, squares, donuts, fritters, long johns, cakes, rice krispie squares, pizza pretzels, ice cream or frozen yogurt, frosted malt
Water	Pop, ice tea, sports drinks
100 percent fruit or vegetable juice	Fruit punch/drink/cocktails
Milk (plain white milk), basic flavoured milk drinks (chocolate, strawberry etc.)	Coffee or tea, hot chocolate, candy bar flavoured milk drinks, milkshakes

## EXECUTIVE SUMMARY

### Response Rates and Policy Status

- 78.3 percent of districts and 71.2 percent of schools filed a report. Participation in the process was voluntary.
- 80.9 percent of reporting districts had a district-wide nutrition policy in place, under development, or planned.

### Permanent Food Sale Outlets in Schools

- 57.9 percent of reporting schools had at least one permanent food sales outlet on site.
- Beverage machines accounted for 42.3 percent of all permanent outlets. Snack machines, school stores, and cafeterias each accounted for approximately 20 percent.
- Beverage machines and school stores were most common in elementary schools; cafeterias and snack machines were most common in secondary and middle schools.
- The concentration of permanent food sales outlets was much greater in secondary schools; they were more likely to have three or more permanent food sales outlets.

Recommendation: Secondary schools in particular (given their higher concentration of food sales outlets) should increase the proportion of ‘more healthy’ versus ‘less healthy’ choices available to students on site.

### Foods and Beverages Sold at Events

- 71.9 percent of reporting schools held at least one food-based fundraising event during a one-month period in the spring of 2005.
- Many schools regularly hosted food-based fundraisers. In a one-month period, 13.7 percent of elementary schools, 71.1 percent of middle schools, and 54.7 percent of secondary schools held three or more food-based fundraising events.
- The top five items sold at fundraisers over a one-month period were pastries/cookies, pizza, fruit punch/drinks, milk and hot dogs. All except milk represent ‘less healthy’ food choices.

Recommendation: Schools holding food-based fundraisers should assess the types of food they are selling and model healthier eating practices for students.

### Potential For Food Sales In School Vending Machines

#### Beverage Vending Machines

- The potential for sales from beverage vending machines increases as students move from elementary to secondary schools.
- The proportion of ‘more healthy’ choices available in beverage machines was highest in middle schools and lowest in secondary schools.

Recommendation: Since secondary students have the highest exposure to ‘less healthy’ beverage choices, secondary schools should make it a priority to stock ‘more healthy’ vending beverages.

### **Snack Vending Machines**

- The potential for sales from snack machine was highest in secondary schools.
- The proportion of ‘more healthy’ choices in snack machines was highest in middle schools and lowest in secondary schools.
- The potential for sales from snack machines in both middle and secondary schools was approximately 40 percent higher than the potential for sales from beverage machines.

Recommendation: Since students in middle and secondary schools have high exposure to snack machines, with relatively few ‘more healthy’ choices available, an increase in ‘more healthy’ vending snacks should be a priority in both middle and secondary schools.

### **Access to Beverage and Snack Machines**

- All school types (elementary, middle, secondary) reported some degree of unlimited access to both beverage and snack vending machines. Secondary students had more unlimited access to both beverage (40.7 percent) and snack machines (37.9 percent).

### **Price Variation and Portion Size**

- There was little evidence of variable pricing (making ‘more healthy’ choices less expensive than their ‘less healthy’ counterparts) or varied beverage portion size (for example, offering a large bottle of water for the same cost as a small bottle of pop). Both approaches have been found to influence students’ choices.

Recommendation: Schools should use variable pricing to help make ‘more healthy’ choices more attractive. Portion size should also be a factor when considering food choices for permanent food outlets.

## **School Stores, Cafeterias and Food-Based Fundraising**

### **School Stores**

- School stores act as a substitute for vending machines in many elementary schools.
- Coated granola bars, pastries/cookies and uncoated granola bars accounted for the bulk of items available in school stores.
- Few school stores offered ‘more healthy’ beverage choices such as water, milk and 100 percent fruit drinks.

## **Cafeterias**

- Cafeterias are mainly located in secondary schools.
- The most common food types available in cafeterias were pastries/cookies, followed by salad in middle and secondary schools, and fruit/fruit cups in elementary schools.
- Given that snack machines are also located in middle and secondary schools, the concentration of ‘less healthy’ food choices was very high in these schools.

## **Food-based fundraisers**

- Most fundraisers were held in elementary schools. Some elementary schools hold food-based fundraisers almost every day.
- The most common food items available at food-based fundraisers were pastries/cookies, pizza, and fruit punch/drink.
- The proportion of ‘more healthy’ choices was higher in elementary compared to secondary schools; this was mainly due to the sale of milk in elementary schools.

Recommendation: Elementary schools should support healthier choices by continuing to sell milk at fundraisers, and should consider adding other ‘more healthy’ choices.

## **Nutrition Policies in Schools**

- Potential for sales from both snack and beverage vending machines was lower – and the proportion of ‘more healthy’ choices in snack machines was higher – in schools that had a formal group with a central focus on nutrition.
- The proportion of ‘more healthy’ beverage choices was *not* notably different with the presence of a formal group focused on nutrition.
- Schools with a formal group focused on nutrition were more likely (74 percent versus 51.2 percent) to have implemented guidelines or policies in at least one of the seven nutrition categories listed in Table 15 (page 12).

Recommendation: Schools that have not already done so should establish formal groups focused on nutrition.

# RESULTS IN DETAIL

## 1. Response Rates

### Response Rates by School District

- Participation in developing this provincial report was voluntary.
- Forty-seven of 60 school districts (78.3 percent) filed a report.
- Thirty-eight of the 47 reporting districts (80.9 percent) had a district-wide nutrition policy in place, under development, or planned. (See Appendix A for a district-by-district overview.)

### Response Rates for Schools

- A total of 1,169 schools reported, providing an overall response rate of 71.2 percent. (See Appendix B for a district-by-district overview of school response rates.)
- Of the 1,169 reporting schools:
  - 74.2 percent were elementary schools;
  - 7.4 percent were middle schools; and
  - 18.4 percent were secondary schools.

### Response Rate by School Category

- Elementary: 868 of 1,202 schools (72.2 percent) filed a report
- Middle: 86 of 109 schools (78.9 percent) filed a report
- Secondary: 215 of 332 schools (64.8 percent) filed a report

## 2. Food Sales in Schools

### Permanent Food Sale Outlets

Permanent food sales outlets refer to vending machines (beverage and snack), school stores, and cafeterias. Of the 1,169 schools reporting, 677 had at least one permanent food sales outlet; 492 – mainly elementary schools – did not have permanent food sales outlets. Table 1 below shows the distribution of responses across school types.

**Table 1** Presence/absence, number (N) and proportion (%) of permanent food sale outlets by school type.

Presence of permanent sales outlet	Elementary		Middle		Secondary		Total	
	N	%	N	%	N	%	N	%
Yes	391	45%	82	95.3%	204	94.9%	677	57.9%
No	477	55%	4	4.7%	11	5.1%	492	42.1%
Total	868	100%	86	100%	215	100%	1169	100%



As indicated in Table 1, permanent food outlets were present in virtually all middle and secondary schools and in just under half the elementary schools.

Of the schools with a permanent food sales outlet, approximately half reported having only one outlet while some reported as many as four. The concentration of outlets was much greater in secondary schools (Table 2).

**Table 2 Number (N) and proportion (%) of permanent food sales outlets by school type.**

# Of permanent food sales outlets	Elementary		Middle		Secondary		Total	
	N	%	N	%	N	%	N	%
One	311	79.5%	7	8.5%	12	5.9%	330	48.7%
Two	69	17.6%	22	26.8%	48	23.5%	139	20.5%
Three	9	2.3%	44	53.7%	102	50%	155	22.9%
Four	2	0.5%	9	11%	42	20.6%	53	7.8%

Beverage machines accounted for 42.3 percent of all reported outlets. Snack machines, school stores, and cafeterias each accounted for approximately one-fifth of permanent outlets (Table 3).

**Table 3 Total number (N) and proportion (%) of specific permanent food sales outlets by school type.**

Type of permanent food sales outlet	Elementary		Middle		Secondary		Total	
	N	%	N	%	N	%	N	%
Beverage machine	299	55.1%	76	14%	168	30.9%	543	42.3%
Snack machine	16	6.6%	60	24.8%	166	68.6%	242	18.8%
School store	108	46.4%	32	13.7%	93	39.9%	233	18.1%
Cafeteria	61	22.8%	51	19.1%	155	58.1%	267	20.7%
Total	484	37.7%	219	17%	582	45.3%	1285	100%

As noted in Table 3, most beverage machines and school stores are found in elementary schools while most cafeterias and snack machines are found in secondary schools.

### **Food and Beverages Sold at Events**

In addition to permanent food sales outlets, many schools hold food-based fundraisers. Schools reported both the number and type of food items sold at these events during a one-month period in the spring of 2005, providing a snapshot view. Reports showed that:

- 841 schools (71.9 percent) held at least one food-based fundraising event;
- 328 schools (28.1 percent) did not hold food-based fundraising events; and
- food-based fundraising occurred mostly in elementary schools.

Most of the fundraisers (62.2 percent) in elementary schools were single events, although 13.7 percent of reporting elementary schools hosted three or more fundraisers during the one-month period (Table 4). Food-based fundraisers happened less often in secondary and middle schools but, of those reporting food-based fundraisers, more than half held three or more during that one-month period.

**Table 4 Number (N) and proportion (%) of schools with fundraisers in a one-month period by school type.**

# Of fundraisers One-Month Period Spring 2005	Elementary		Middle		Secondary		Total	
	N	%	N	%	N	%	N	%
One	346	62.2%	7	15.6%	20	23.8%	373	54.5%
Two	134	24.1%	6	13.3%	18	21.4%	158	23.1%
Three	51	9.2%	6	13.3%	9	10.7%	66	9.6%
Four or More	25	4.5%	26	57.8%	37	44%	88	12.8%

Overall, a total of 2,290 food-based fundraisers were reported during a one-month period. Of these, 1,724 (75.3 percent) occurred in elementary schools (Table 5).

**Table 5 Total number (N) and proportion (%) of fundraisers held in reporting schools during February 2005, by school type.**

Elementary		Middle		Secondary		Total
N	%	N	%	N	%	N
1724	75.3%	209	9.1%	357	15.6%	2,290

### 3. Food Sales in School Vending Machines

To understand students' exposure to vended snacks and beverages – and the degree to which healthy choices were offered – the authors of this report developed two approaches:

1. They established a Potential for Food Sales (PFS) Index (see page 2 for an explanation of the formula used to calculate this index). The higher a school's PFS Index, the more exposure students have to food and beverage vending machines.
2. Leading BC nutritionists reviewed the items sold in school vending machines and categorized them as 'more healthy' or 'less healthy' choices. For examples, see the table on page 2.

#### Findings – Potential for Sales and Proportion of 'More Healthy' Choices

The potential for sales to students from beverage vending machines was approximately 80 percent greater in secondary schools and 50 percent greater in middle schools compared to elementary schools.

The proportion of 'more healthy' choices available in beverage machines was low (ranging from 26 to 34 percent) across all three school types (Table 6).

**Table 6 Average Potential for Food Sales (PFS) Index and the proportion (%) of beverage vending machine slots with 'more healthy' choices, by school type.**

Beverage Vending Machine	Elementary	Middle	Secondary
PFS Index	40	61.8	71.6
Proportion of slots with 'more healthy' choices	33%	34%	26%

Since only 16 elementary schools reported having snack machines, the PFS Index for elementary schools was unreliable and is therefore not provided in this report.

The potential for sales from snack machines (Table 7) in middle and secondary schools was much higher than for beverage vending machines (Table 6) and the proportion of snack machine vending slots offering ‘more healthy’ choices was slightly lower (ranging from 19 to 31 percent).

**Table 7 Average Potential for Food Sales (PFS) Index and the proportion (%) of snack vending machine slots with ‘more healthy’ choices, by school type**

<b>Snack Vending Machine</b>	<b>Elementary</b>	<b>Middle</b>	<b>Secondary</b>
PFS Index	Not Available	89.1	96.8
Proportion of slots with ‘more healthy’ choices	30%	31%	19%

### **Vending Machine Access**

Approximately 40 percent of secondary schools reported that students have unlimited access to both beverage and snack machines. This means students can access machines at any time of the day.

Between 10 and 15 percent of elementary and middle schools provided unlimited access to beverage machines. Of the 16 elementary schools reporting the presence of snack machines, almost one third allowed unlimited access (Table 8).

**Table 8 Proportion (%) of schools reporting unlimited access to beverage/snack vending machines by school type**

<b>Unlimited Access</b>	<b>Elementary</b>	<b>Middle</b>	<b>Secondary</b>	<b>BC Total</b>
Beverage machines	10.7%	13.3%	40.7%	20.2%
Snack machines	31.3%	12.1%	37.9%	30.8%

When beverage and snack machines are accessible throughout the school day and evening, students may be more exposed to ‘less healthy’ food choices.

### **Price Variation and Portion Size**

There was little evidence that BC schools employed variable pricing (making ‘more healthy’ foods less expensive) or varying portion sizes (offering larger portions of ‘more healthy’ choices for the same price as smaller portions of ‘less healthy’ items) to encourage students to make healthier choices.

## **4. School Stores, Cafeterias and Food-Based Fundraising**

### **School Stores**

The number of school stores reported was similar in elementary and secondary schools (108 and 93). However, since elementary schools had virtually no snack machines, school stores acted as a substitute. Schools reported on the number and types of food items sold in school stores. Table A (Appendix C) shows the top five categories by school type.

Overall, coated granola bars, pastries/cookies and uncoated granola bars accounted for the bulk of items available in school stores. The proportions of ‘more healthy’ top five items by school type were:

- Elementary schools: 54.5 percent
- Middle schools: 13.6 percent
- Secondary schools: 14.0 percent

Water, milk and 100 percent fruit drinks were not among the top five items sold in school stores, indicating a lack of ‘more healthy’ beverage choices. There was also little difference between the types of food available in school stores and snack machines.

### **Cafeterias**

Cafeterias are mainly found in secondary schools. Table B (Appendix C) shows the top five categories of foods sold in cafeterias by school type.

The most common food type reported in cafeterias was pastries/cookies, followed by salad in middle and secondary schools and fruit/fruit cups in elementary schools. The proportion of ‘more healthy’ items in the top five by school type were:

- Elementary schools: 36.3 percent
- Middle schools: 35.7 percent
- Secondary schools: 35.3 percent

Given that cafeterias are found in almost all middle and secondary schools, which also have the most snack machines, the concentration of ‘less healthy’ food choices was very high for secondary and middle school students.

### **Fundraisers**

The number of fundraisers by school type in a one-month period averaged 2.0, 3.1 and 1.7 respectively in elementary, middle and secondary schools. Although the averages are quite low (from 1 to 3 events per month), the ranges in elementary schools vary greatly since some elementary schools hold food-based fundraisers almost every day.

The potential for food sales for fundraising events was similar across school types. Table C (Appendix C) shows the top five categories of foods at fundraisers by school type.

The most common items were pastries/cookies, pizza and fruit punch/drink. The proportions of ‘more healthy’ items in the top five by school type were:

- Elementary schools: 42.3 percent
- Middle schools: 32.8 percent
- Secondary schools: 24.7 percent

The proportion of ‘more healthy’ choices was higher in elementary schools because milk was among the top five items available.

## 5. Nutrition Policies in Schools

The following section examines the relationship between the existence of school nutrition policies and formal, nutrition-focused groups in schools – and the availability of ‘more healthy’ and ‘less healthy’ foods for sale in schools. The data collected for this report suggest that there is a clear correlation, as discussed below.

### Impact of Formal Groups with a Central Focus on Nutrition

At the time of reporting, 256 schools (25.2 percent) had a formal group with a central focus on nutrition in place (Table 12). As shown in the table, middle schools were most likely to have these groups. Percentages are based on the number of schools reporting.

**Table 12** Number (N) and proportion (%) of schools with a formal nutrition group in place by school type

Elementary		Middle		Secondary		Total	
N	%	N	%	N	%	N	%
184	24.7%	26	32.1%	46	24.1%	256	25.2%

The potential for sales from beverage machines was much lower in schools with formal nutrition groups (PFS Index of 57.3 versus 71.1 in schools without formal groups). The potential for sales from snack machines was approximately 10 percent lower, and the proportion of ‘more healthy’ snack choices was higher in schools with formal groups. However, the proportion of ‘more healthy’ choices in beverage machines was *not* notably different (32.0 percent with a formal group versus 30.0 percent without; Table 13).

**Table 13** PFS Index for beverage and snack machine slots and proportion of ‘more healthy’ choices by presence/absence of a formal group centred on school nutrition in the school

Nutrition Group Present	Beverage Machine PFS Index	Beverage Machine % ‘more healthy’ choices	Snack Machine PFS Index	Snack Machine % ‘more healthy’ choices
No	71.1	30%	102.8	20%
Yes	57.3	32%	91.8	29%

While there was virtually no difference in the proportion of ‘more healthy’ beverage choices by school type or by the presence/absence of a formal group concerned with nutrition, Table 14 shows that the proportion of ‘more healthy’ snack machine choices was greater in middle and secondary schools with a nutrition focused group in place.

**Table 14 Proportion (%) of snack vending slots offering ‘more healthy’ choices, by presence/absence of a formal group centred on school nutrition and by school type**

<b>Nutrition Group Present</b>	<b>Elementary</b>	<b>Middle</b>	<b>Secondary</b>
No	32%	27%	17%
Yes	(Not Available)	38%	25%

### **Types of Nutrition Policies Found in BC Schools**

Schools were asked to report on nutrition policies or guidelines currently in place, planned, or neither.

Of the 1,169 responding schools, 654 (56 percent) reported having implemented policies or guidelines in at least one of the seven categories outlined in Table 15. A further 110 schools (9 percent) were in the process of developing guidelines/policies in at least one of these categories.

**Table 15 Proportion (%) of BC schools with nutrition policies/guidelines**

<b>Categories of School Food Policies/Guidelines</b>	<b>In place</b>	<b>Under Development</b>	<b>Neither</b>
A. Types of food sold in school vending machines, cafeterias or school stores.	20.3%	14.6%	65.1%
B. Types of food sold at school special events and field trips.	10.6%	16.8%	72.6%
C. Fundraising by selling food outside the school.	7.2%	8.5%	84.2%
D. Competitive pricing to promote healthy food choices.	17.3%	12.6%	70.1%
E. Discouraging the use of food as a reward.	12.7%	15.0%	72.3%
F. Limiting access to less nutritious foods during school hours.	28.7%	13.8%	55.5%
G. Providing adequate time and pleasant spaces to eat.	45.6%	8.5%	43.8%

Although it appears that most schools are not planning to add nutrition policies, some may follow a district-wide policy that does address all or some of these categories.

For four of these seven policies and guidelines there is little difference in their stage of implementation and development by school type. However, for policies regarding the sale of food in the schools, competitive pricing of foods, and limits on nutritionally inadequate food sales, elementary schools perform less well than middle and secondary schools (table 16). For example, approximately 10 percent of elementary schools have policies or guidelines in place on competitive pricing to promote healthy food choices compared to about 40 percent of middle and a third of the reporting secondary schools.

<b>Table 16</b>	<b>Number and proportion (%) of schools with selected nutrition policies in place, by school type</b>					
<b>School food policies or guidelines</b>	<b>Elementary</b>		<b>Middle</b>		<b>Secondary</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
Types of food sold in schools	158	18.5	31	37.3	45	21.5
Competitive pricing to promote healthy food choices	96	11.2	34	40.5	69	33
Limiting access to less nutritious foods during school hours	236	27.5	44	52.4	58	27.6

Again, this does not take into account that elementary schools may be operating under district-wide policies that may address some of these categories.

### **Relationship between Policies and Presence of Formal Groups Focused on Nutrition**

The data collected for this report suggest that having a formal group focused on nutrition does influence a school’s nutrition policy development.

Of the 256 schools that reported having a nutrition-focused group in place, 74.0 percent had implemented at least one of the seven nutrition categories outlined in Table 15; compared to 51.2 percent of the 752 schools that reported having no nutrition-focused group in place.

### **Conclusion**

As noted in the introduction, the primary purpose of this report was to establish a baseline from which future progress can be measured, as schools and districts continue work to provide healthier learning environments. The findings also point to a number of actions that should be taken to help meet the Province’s commitment to eliminate unhealthy foods and beverages from BC schools by 2009 – and support the Great Goal of leading the way in North America in healthy living and physical fitness.

### **Recommendations:**

- Secondary schools in particular (given their higher concentration of food sales outlets) should increase the proportion of ‘more healthy’ versus ‘less healthy’ choices available to students on site.
- Schools holding food-based fundraisers should assess the types of food they’re selling and model healthier eating practices for students.
- Since secondary students have the highest exposure to ‘less healthy’ beverage choices, secondary schools should make it a priority to stock ‘more healthy’ vending beverages.
- Since students in middle and secondary schools have high exposure to snack machines, with relatively few ‘more healthy’ choices available, an increase in

‘more healthy’ vending snacks should be a priority in both middle and secondary schools.

- Schools should use variable pricing to help make ‘more healthy’ choices more attractive. Portion size should also be a factor when considering food choices for permanent food outlets.
- Elementary schools should support healthier choices by continuing to sell milk at fundraisers, and should consider adding other ‘more healthy’ choices.
- Schools that have not already done so should establish formal groups focused on nutrition.

Schools and districts should consider these recommendations alongside the Province’s new Guidelines for Food and Beverage Sales in BC Schools. For more on the guidelines and promoting health through the school setting, go to: [www.bced.gov.bc.ca/health](http://www.bced.gov.bc.ca/health)



**APPENDIX A**

**SCHOOL DISTRICTS**

School District	School District Responded		District Wide Nutrition Policy In Place		District Wide Nutrition Policy Planned /or Upgrade is Planned	
	YES	NO	YES	NO	YES	NO
5 Southeast Kootenay						
6 Rocky Mountain						
8 Kootenay Lake						
10 Arrow Lakes						
19 Revelstoke						
20 Kootenay-Columbia						
22 Vernon						
23 Central Okanagan						
27 Cariboo-Chilcotin						
28 Quesnel						
33 Chilliwack						
34 Abbotsford						
35 Langley						
36 Surrey						
37 Delta						
38 Richmond						
39 Vancouver						
40 New Westminster						
41 Burnaby						
42 Maple Ridge-Pitt Meadows						
43 Coquitlam						
44 North Vancouver						
45 West Vancouver						
46 Sunshine Coast						
47 Powell River						
48 Howe Sound						
49 Central Coast						
50 HaidaGwaii/QueenCharlotte						
51 Boundary						
52 Prince Rupert						

School District	SD Responded		District Wide Nutrition Policy In Place		District Wide Nutrition Policy Planned /or Upgrade is Planned	
	YES	NO	YES	NO	YES	NO
53 Okanagan Similkameen						
54 Bulkley Valley						
57 Prince George						
58 Nicola-Similkameen						
59 Peace River South						
60 Peace River North						
61 Greater Victoria						
62 Sooke						
63 Saanich						
64 Gulf Islands						
67 Okanagan Skaha						
68 Nanaimo-Ladysmith						
69 Qualicum						
70 Alberni						
71 Comox Valley						
72 Campbell River						
73 Kamloops/Thompson						
74 Gold Trail						
75 Mission						
78 Fraser-Cascade						
79 Cowichan Valley						
81 Fort Nelson						
82 Coast Mountain						
83 North Okanagan-Shuswap						
84 Vancouver Island West						
85 Vancouver Island North						
87 Stikine						
91 Nechako Lakes						
92 Nisga'a						
93 Francophone Education Authority						

## APPENDIX B

### SCHOOL-LEVEL REPORT

School District	% Schools Responded	% Schools Implemented At Least 1 of 7 Policies/Guidelines	% Of Schools With Formal Group Focused On School Nutrition
5 Southeast Kootenay	77.3	47.1	35.3
6 Rocky Mountain	70.0	57.1	35.7
8 Kootenay Lake	NR	NR	NR
10 Arrow Lakes	NR	NR	NR
19 Revelstoke	100	100.0	60.0
20 Kootenay-Columbia	68.8	81.1	18.2
22 Vernon	73.9	64.7	5.9
23 Central Okanagan	88.6	82.1	92.3
27 Cariboo-Chilcotin	66.7	65.0	45.0
28 Quesnel	78.9	26.7	33.3
33 Chilliwack	71.0	59.1	36.4
34 Abbotsford	88.0	61.4	18.2
35 Langley	95.7	59.1	18.2
36 Surrey	34.6	47.7	11.4
37 Delta	91.4	50.0	6.3
38 Richmond	86.5	44.4	15.6
39 Vancouver	92.8	59.2	9.7
40 New Westminster	52.9	55.6	22.2
41 Burnaby	94.0	2.1	6.4
42 Maple Ridge-Pitt Meadows	33.3	30.0	0
43 Coquitlam	96.0	54.2	9.7
44 North Vancouver	97.4	55.3	10.5
45 West Vancouver	64.6	72.7	27.2
46 Sunshine Coast	64.3	66.7	22.2
47 Powell River	88.9	50.0	37.5
48 Howe Sound	75.0	58.3	21.8
49 Central Coast	20.0	N/A	N/A
50 HaidaGwaii/QueenCharlotte	50.0	100.0	50.0
51 Boundary	75.0	44.4	22.2
52 Prince	100.0	38.5	15.4
53 Okanagan Similkameen	90.0	66.7	33.3
54 Bulkley Valley	88.9	75.0	12.5
57 Prince George	88.5	60.1	30.4
58 Nicola-Similkameen	76.9	50.0	10.0
59 Peace River South	64.0	62.5	12.5
60 Peace River North	90.5	47.4	10.5
61 Greater Victoria	98.1	70.6	27.5
62 Sooke	77.8	66.7	4.8
63 Saanich	66.7	50.0	50.0

(N/A) Sample size is too small

(NR) No Response

School District	% Schools Responded	% Schools Implemented At Least 1 of 7 Policies/Guidelines	% Of Schools With Formal Group Focused On School Nutrition
64 Gulf Islands	NR	NR	NR
67 Okanagan Skaha	76.2	43.8	31.3
68 Nanaimo-Ladysmith	84.8	51.3	15.4
69 Qualicum	70.6	66.7	41.7
70 Alberni	85.7	58.3	0.0
71 Comox Valley	82.8	58.3	8.3
72 Campbell River	73.9	52.9	11.8
73 Kamloops/Thompson	1.9	NR	NR
74 Gold Trail	73.3	54.5	18.2
75 Mission	91.3	61.9	33.3
78 Fraser-Cascade	84.6	54.6	9.1
79 Cowichan Valley	87.1	59.3	43.8
81 Fort Nelson	100.0	40.0	0.0
82 Coast Mountain	91.3	71.4	33.3
83 North Okanagan-Shuswap	57.6	47.4	26.3
84 Vancouver Island West	NR	NR	NR
85 Vancouver Island North	18.8	0.0	100.0
87 Stikine	NR	NR	NR
91 Nechako Lakes	82.6	63.2	63.2
92 Nisga'a	75.0	100.0	0
93 Francophone Authority	NR	NR	NR

(N/A) Sample size is too small

(NR) No Response

## APPENDIX C

**Table (A) Top five food items available in school stores**

<b>Elementary Schools</b>	
1. Pastries; cookies	
2. Pretzels; popcorn	
3. Fruit or vegetable leathers; trail mix	
4. Coated granola/ breakfast/ sports bars	
5. Uncoated granola/sports bars	
Proportion accounted for by the top five items	<b>46.7%</b>
Proportion of 'more healthy' items in the top five	<b>54.5%</b>
<b>Middle Schools</b>	
1. Pastries; cookies	
2. Coated granola/ breakfast/ sports bars	
3. Hot dogs	
4. Fruit punch/Drink	
5. Uncoated granola/sports bars	
Proportion accounted for by the top five items	<b>29.2%</b>
Proportion of 'more healthy' items in the top five	<b>13.6%</b>
<b>Secondary Schools</b>	
1. Coated granola/ breakfast/ sports bars	
2. Pop; ice tea;	
3. Pastries; cookies	
4. Cheesies; potato chips	
5. Uncoated granola/sports bars	
Proportion accounted for by the top five items	<b>44.6%</b>
Proportion of 'more healthy' items in the top five	<b>14%</b>

**Table (B) Top five food items available in cafeterias**

<b>Elementary Schools</b>	
1. Pastries; cookies	
2. Fruit, fruit cup	
3. Pizza	
4. Milk	
5. Fruit punch/Drink	
Proportion accounted for by the top five items	<b>32.1%</b>
Proportion of 'more healthy' items in the top five	<b>36.3%</b>
<b>Middle Schools</b>	
1. Pastries; cookies	
2. Salad	
3. Pizza	
4. Hamburgers	
5. Lasagna	
Proportion accounted for by the top five items	<b>34.3%</b>
Proportion of 'more healthy' items in the top five	<b>35.7%</b>
<b>Secondary Schools</b>	
1. Pastries; cookies	
2. Salad	
3. Pop; ice tea;	
4. Sandwich	
5. Pizza	
Proportion accounted for by the top five items	<b>37.2%</b>
Proportion of 'more healthy' items in the top five	<b>35.3%</b>

**Table (C) Top five food items available at food-based fundraisers**

<b>Elementary Schools</b>	
1. Pastries; cookies	
2. Fruit punch/Drink	
3. Milk	
4. Pizza	
5. Hot dogs	
Proportion accounted for by the top five items	<b>57.6%</b>
Proportion of 'more healthy' items in the top five	<b>42.3%</b>
<b>Middle Schools</b>	
1. Pizza	
2. Pastries; cookies	
3. Hot dogs	
4. Fruit punch/Drink	
5. Hamburger	
Proportion accounted for by the top five items	<b>66.2%</b>
Proportion of 'more healthy' items in the top five	<b>32.8%</b>
<b>Secondary Schools</b>	
1. Pizza	
2. Pastries; cookies	
3. Hot dogs	
4. Hamburger	
5. Pop	
Proportion accounted for by the top five items	<b>64.7%</b>
Proportion of 'more healthy' items in the top five	<b>24.7%</b>