

STUDENT NUTRITION PROGRAM NUTRITION GUIDELINES

2016

MINISTRY OF CHILDREN AND YOUTH SERVICES



ACKNOWLEDGEMENTS

The 2016 Student Nutrition Program Nutrition Guidelines were updated and revised through a partnership between the Nutrition Resource Centre and the Ontario Society of Nutrition Professionals in Public Health, contracted by the Ministry of Children and Youth Services. As part of the revision process, experts in food and nutrition and public health inspection served as subject matter experts. Members of the Ontario Student Nutrition Program Network, Dietitians of Canada and Eat Right Ontario provided valuable input during the development of these Guidelines. Thank you to the following Review Committee and Design Team members for sharing their time, experience and thoughtful insight into the development of these guidelines:

Review Committee

Candace Aquí, RD, MPH, Nutrition Resource Centre
Erin Colburn, RD, MHSc, Nutrition Resource Centre
Jody Dawson, RD, MSc, Simcoe Muskoka District Health Unit
Lisa Dietrich, RD, BASc, Six Nations Health Services
Kelly Ferguson, RD, MScFN, Oxford County Public Health
Karen Gough, RD, BSc, Nutrition Resource Centre
Tony Makrostergios MPH, CPHI(C), Canadian Institute of Public Health Inspectors (Ontario Branch)
Aisha Malik, RD, BSc, Haliburton, Kawartha, Pine Ridge District Health Unit
Luisa Magalhaes, RD, MHSc, Peterborough Public Health
Kendra Patrick, RD, BSc, North Bay Parry Sound District Health Unit
Michelle Saraiva, RD, MAN, Haldimand-Norfolk Health Unit
Donna Smith, RD, MPH, Nutrition Resource Centre
Jennifer Strome, RD, BASc, Brant County Health Unit
Donna Weldon RD, MEd, City of Hamilton Public Health Services

Design Team

Natalie Laframboise, Laframboise Classique Designs
Barbara Prud'homme, BScH, Nutrition Resource Centre

TABLE OF CONTENTS

Section 1: Purpose of the Nutrition Guidelines	4
Section 2: Guiding Principles	5
Making the Most of Your SNP	8
Section 3: Food and Beverage Choice Tables	9
Vegetables and Fruit	11
Grain Products	12
Milk and Alternatives	15
Meat and Alternatives	17
Other Foods	19
Section 4: Nutrition Tips	20
Nutrition Q & A	20
Serving Sizes	22
Canada's Food Guide Serving Sizes	22
Section 5: Safe Food Handling, Storage and Preparation	24
Personal Hygiene	24
Food Source	24
Food Handling and Storage	25
Food Preparation	25
Dishwashing	27
Section 6: Planning and Shopping Tips	29
Food Purchasing Guide	30
Section 7: Special Diet Considerations	32
Section 8: Guidelines for Accepting Food Donations	33
Section 9: Sample Menus	34
Mix and Match	35
Breakfast or Morning Meal	36
Snack	37
Lunch	38
Menu Planning Checklist	39
Section 10: Additional Resources	40
Section 11: References	41



SECTION 1: PURPOSE OF THE NUTRITION GUIDELINES

Ontario's Student Nutrition Program (SNP) helps schools and community locations provide nutritious breakfasts, morning meals, lunches and/or snacks to children and youth to support their learning and healthy development. These nutrition guidelines will help you:

- Create a food environment where all children and youth can take part in the SNP;
- Shop for and select the best available foods with the most nutritional value;
- Handle, store and prepare foods safely; and
- Create simple menus for nutritious breakfasts, morning meals, lunches, and snacks for children and youth.

These guidelines represent the healthiest food options. Schools and community locations that run SNPs are a natural place to promote healthy eating. Children and youth can use what they learn about healthy eating in the SNP to make healthier choices at other meal and snack times in their day.

The information and recommendations in these guidelines is based on the best available research and best practices in healthy eating for children and youth.



The SNP Nutrition Guidelines will help to model the most healthful breakfast, morning meal, lunch and snack foods for children and youth participating in your program.

SECTION 2: GUIDING PRINCIPLES

The nutrition information included in this resource is consistent with Canada's Food Guide, as well as elements of the Ontario School Food and Beverage Policy (P/PM150). These guidelines recognize the benefits of healthy eating for school aged children and youth, including the principles¹ that:

- Good nutrition is important for healthy growth and development in childhood and can reduce the risk of health problems in later years;
- Healthy children are better learners; and
- Schools can directly influence students' health.

When preparing breakfasts, morning meals, lunches or snacks for your SNP, use the following six program principles as a guide:





VEGETABLES & FRUIT

Offer vegetables and/or fruit with every meal and/or snack. Choose Ontario grown produce as much as possible.



MEALS

A meal contains one serving from three out of the four food groups of Canada's Food Guide, and must include at least one serving from the Vegetables and Fruit food group **and** one serving from the Milk and Alternatives food group.

Improve the nutritional value of a meal by offering choices from each of the four food groups.



SNACKS

A snack contains at least one serving from two out of the four food groups of Canada's Food Guide, **and** must include at least one serving from the Vegetables and Fruit food group.

Improve the nutritional value of a snack by offering choices from three of the four food groups.



WATER

Drinking water is always available and offered.



ENVIRONMENT

Be environmentally conscious. Use good food service practices by using reusable/recyclable dishes and utensils when possible. Minimize waste from food packaging and disposable items.



FOOD SAFETY

Practice safe food handling at all times.

MAKING THE MOST OF YOUR SNP

- Offer a variety of nutritious foods and beverages using the SNP **Food and Beverage Choice Tables** in **Section 3**. You are encouraged to test new recipes, try different flavours, textures, and colour combinations, and offer seasonal food items when possible.
- Avoid food and beverages that are high in added salt and/or sugar and low in nutrients.
- Do not serve foods with artificial trans fat in SNPs. Artificial trans fat is harmful to the health of children and youth. Use the nutrition label (i.e., Nutrition Facts Table and ingredient list) on food packages to help avoid foods with artificial trans fat. Visit Health Canada's website on [understanding food labels](#) for more information about nutrition labelling.
- Encourage healthy eating practices by giving children and youth enough time to eat (at least 20 minutes) when possible. Promote positive social skills by providing a pleasant eating environment.
- Encourage children, youth, parents and volunteers to help plan menus and choose foods. Offer appealing food choices that are inclusive and reflect the faiths and cultures of the children, youth and their families. Consider featuring foods that are reflective of the cultures in your community on different days each week.
- Encourage children and youth to help with food preparation, where possible. Use the safe food handling, storage and preparation information found in **Section 5** to make sure food is prepared safely.
- Respect that children and youths' appetites can change for a variety of reasons. Children are encouraged to listen to their hunger and fullness cues. If a child is full but has not finished his/her food, do not put pressure on the child to eat more. Likewise, do not withhold food from a child based on body size. Food should not be used as a reward for good behaviour or withheld for inappropriate behaviour.
- Children and youth are easily influenced by casual comments about weight, body size and calories. Show a positive attitude for healthy eating and nutrition. Eating well gives you energy and improves your health.
- Connect with your local public health unit for more information about nutrition and food safety.



SECTION 3: FOOD AND BEVERAGE CHOICE TABLES

Food and beverage choices are divided into tables based on Canada's Food Guide food groups: **Vegetables and Fruit**, **Grain Products**, **Milk and Alternatives**, and **Meat and Alternatives**.

In each food group table, food choices are categorized as **"Serve"** or **"Do Not Serve"**.

There is also a table for **"Minor Ingredients"**. Minor ingredients are foods that do not fit into any of Canada's Food Guide food groups.

GOOD TO KNOW!

When preparing mixed dishes, main ingredients should come from the **"Serve"** category.



DEFINITIONS

SERVE

Foods in this category:

- Are the healthiest options. They have lower amounts of or no added sugar and salt. They are good sources of essential nutrients, such as fibre, calcium and iron.
- Can be served at all meals and snacks.
- Are generally found in one of the four food groups in Canada's Food Guide.

DO NOT SERVE

Foods in this category:

- Are less healthy options. They have higher amounts of sugar and/or salt. They contain unhealthy fats and/or minimal amounts of essential nutrients.
- Should not be offered in SNPs.

NOTE: The Food and Beverage Choice Tables are not complete lists. If you have a question about a food item not on the list, contact your SNP Lead Agency or local public health unit.

FOOD AND BEVERAGE CHOICE TABLES

Nutrition labelling is information found on the labels of prepackaged foods. It includes the Nutrition Facts table and ingredient list. Use the information found there to choose foods to “Serve”.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (55 g)/Par 1 tasse (55 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 220	
Fat / Lipides 9 g	14 %
Saturated / saturés 5 g	30 %
+ Trans / trans 0.4 g	
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 140 mg	6 %
Carbohydrate / Glucides 34 g	11 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 8 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Reference amount

"Low in sodium" means **less than or equal to 140 mg** of sodium per reference amount.

Hot and cold cereals, baked goods and granola bars should have **less than or equal to 8 g** of sugar per 30 g serving.

INGREDIENTS: WHOLE WHEAT FLOUR, VEGETABLE OIL, SUGAR, SALT, BAKING SODA, PEANUTS

The first ingredient on grain products must be whole grain or whole wheat.



VEGETABLES AND FRUITS

Serve Vegetables and Fruit at every breakfast/morning meal, lunch and snack.

FRESH, FROZEN, CANNED AND DRIED VEGETABLES AND FRUIT	SERVE	DO NOT SERVE
	<p>Examples:</p> <ul style="list-style-type: none"> • Fresh fruit and vegetables • Frozen fruit and vegetables with no added sugar, salt or sauce • Unsweetened fruit sauce or fruit blends • Canned fruit in water • Canned fruit in juice or light syrup, drained • Canned vegetables, low in sodium or no added salt or sauce • Canned vegetables, drained • Potatoes, boiled, baked or mashed • Canned tomatoes and tomato-based pasta/pizza sauces, low in sodium • 100% vegetable juice, low in sodium • Dried fruit • Salsa 	<p>Examples:</p> <ul style="list-style-type: none"> • Fruit flavoured drinks such as fruit beverages, punches, cocktails • Unpasteurized juice or cider • Fruit leathers • Canned fruit in heavy syrup • Sweetened applesauce or fruit purées • Packaged potato products (e.g., french fries, hash browns) • Battered or deep fried vegetables or fruit • Jelly desserts that contain fruit • Fruit snacks (e.g., gummies, fruit rolls) including those made with juice • Vegetable and fruit chips (e.g., potato, carrot, banana) • Canned vegetable soup, canned tomatoes and tomato-based pasta/pizza sauces that are not low in sodium • Cream based vegetable soups • Raw sprouts (e.g., alfalfa sprouts, bean sprouts, clover, radish and mung beans)



What about fruit juice?

Although 100% fruit juice has no sugar added, it is high in sugar. It should be served occasionally. Whole fruits and vegetables are a better choice; they give more nutrition and fibre, and keep children and youth satisfied longer. If you decide to serve 100% fruit juice, limit to a ½ cup (125 ml) per child or youth, per week.

GOOD TO KNOW!

Dried fruit is nutritious. It is also high in natural sugar and sticks to teeth, which can cause cavities. To protect teeth, serve dried fruit as part of a meal with water, crunchy fruits and vegetables, or cheddar cheese².

GRAIN PRODUCTS

BREAD PRODUCTS	SERVE	DO NOT SERVE
	<p><i>Whole grain or whole wheat is first on ingredient list.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Whole grain or whole wheat breads, buns, bagels, rolls, English muffins, pitas, tortilla, flatbreads, roti, naan, bannock • Whole grain or whole wheat pancakes or waffles • Whole grain or whole wheat pizza crust or dough 	<p><i>Whole grain or whole wheat is <u>not</u> first on ingredient list <u>and</u> has added sugar.</i></p> <p>Examples</p> <ul style="list-style-type: none"> • Enriched wheat flour or multigrain bread, bagel, buns, English muffins, pancakes, waffles and tortillas • Flavoured or sugar coated breads, naan and bagels (e.g., cinnamon, raisin, blueberry) • White pizza crust or dough including frozen/purchased pizza
<p>READY-TO-EAT COLD AND HOT CEREALS</p>	<p><i>Whole grain, whole wheat or bran is first on ingredient list <u>and</u> sugar ≤ 8 g per 30 g serving.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Oatmeal (e.g., quick cooking or large flake) • Instant oatmeal • Some cold/dry cereals 	<p><i>Whole grain, whole wheat or bran is <u>not</u> first on ingredient list <u>and</u> sugar > 8 g per 30 g serving.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Cereal with chocolate, candies, marshmallows or sugar-coated pieces • Pre-packaged sweetened oatmeal

GOOD TO KNOW!

On an ingredient list, whole grains could be written as: whole grain whole wheat, cracked wheat, wheat berries, whole grain rye, barley, wild or whole grain brown rice, bulgur, whole oats, rolled oats, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, corn, corn meal and whole triticale.



GRAIN PRODUCTS

BAKED GOODS	SERVE	DO NOT SERVE
	<p><i>Whole grain, whole wheat or bran is first on ingredient list <u>and</u> sugar ≤ 8 g per 30 g serving.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> Granola or cereal-type bars without chocolate, candy or marshmallows or dipped in chocolate or yogurt Muffins, scones, biscuits, and cookies 	<p><i>Whole grain, whole wheat or bran is <u>not</u> first on ingredient list <u>and</u> sugar > 8 g per 30 g serving.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> Chocolate or yogurt dipped granola or cereal-type bars or those containing marshmallows, candy or chocolate pieces Toaster pastries, pastries, croissants Muffins, scones, biscuits, and cookies with chocolate, caramel or candy Cakes, cupcakes, donuts, pies and squares
GRAIN-BASED SNACKS	<p><i>Whole grain or whole wheat is first on ingredient list.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> Whole grain crackers, breadsticks Popcorn (air popped, unsalted, no butter) Brown rice cakes Tortilla chips, low in sodium or unsalted 	<p><i>Whole grain or whole wheat is <u>not</u> first on ingredient list <u>and</u> has added sugar and/or salt.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> Non-air popped popcorn (e.g., microwaveable popcorn) and/or popcorn with added flavours Pretzels Tortilla chips not low in sodium Pita chips Chip-like snack foods (including seasoned mini-rice cakes, nachos)

GOOD TO KNOW!

Use the Nutrition Facts table on food packaging to determine whether the grain product has 8 grams of sugar or less per 30 g serving.

GOOD TO KNOW!

Foods that have less than or equal to 140 mg of sodium per reference amount are considered low in sodium. Check the Nutrition Facts table to find out how much sodium is in the food.

GRAIN PRODUCTS

PASTA, RICE AND OTHER GRAINS	SERVE	DO NOT SERVE
	<p><i>Whole grain or whole wheat is first on ingredient list.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Whole grains (e.g., quinoa, oats, bulgur, buckwheat, whole wheat couscous) • Brown rice, wild rice • Whole wheat or whole grain pasta • Polenta 	<p><i>Whole grain or whole wheat is <u>not</u> first on ingredient list <u>and</u> has added sugar and/or salt.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • White rice (converted, parboiled), rice noodles and enriched white pasta • Instant or flavoured, pre-packaged grains, rice and pasta (e.g., garlic, herb, chicken, vegetable, macaroni and cheese) • Instant noodle soup



MILK AND ALTERNATIVES

Serve Milk and Alternatives at every breakfast/morning meal and lunch.

MILK AND MILK ALTERNATIVE BEVERAGES	SERVE	DO NOT SERVE
	<p>Examples:</p> <ul style="list-style-type: none"> • Plain skim, 1%, 2% or 3.25% cow's milk • Skim milk or partly skimmed milk powder • Canned, evaporated milk, used in cooking and baking • Buttermilk, used in cooking and baking • Unsweetened, fortified soy beverage 	<p>Examples:</p> <ul style="list-style-type: none"> • Unfortified soy beverage • Hot chocolate • Milkshakes • Plant-based beverages (e.g., coconut, rice, almond, potato milk/beverages)[^] • Table cream , coffee cream, whipping cream, non-dairy whipped cream toppings • Unpasteurized milk (e.g., raw milk)

[^]These plant based beverages are not recommended for children as they are lower in protein and generally not fortified with vitamin D. These beverages can be served to accommodate children with allergies.

What about flavoured milk/soy beverage?

Although flavoured milk (i.e., chocolate milk) and flavoured soy beverage may contain important nutrients like calcium and protein, they also are high in added sugar. If you decide to serve either of these beverages, limit to 1 cup (250 ml) per child or youth, per week.

GOOD TO KNOW!

If you choose soy beverage, make sure that they are “fortified” or “enriched.” That means vitamins and minerals have been added. If it's not fortified, it is not as nutritious.

MILK AND ALTERNATIVES

YOGURT	SERVE	DO NOT SERVE
	<p>Examples:</p> <ul style="list-style-type: none"> • Plain or flavoured yogurt, soy yogurt and kefir • Flavoured yogurt tubes • Drinkable yogurt 	<p>Examples:</p> <ul style="list-style-type: none"> • Yogurts with candy/chocolate toppings • Frozen yogurt • Yogurts made from unpasteurized milk
CHEESE		
	<p>Examples:</p> <ul style="list-style-type: none"> • Hard and soft, non-processed cheese made from pasteurized milk (e.g., cheddar, mozzarella, parmesan, monterey jack, havarti, gouda, swiss, feta, ricotta, cottage cheese) • Cheese strings, cheese curds 	<p>Examples:</p> <ul style="list-style-type: none"> • Processed cheese slices • Cheese made from unpasteurized milk • Soft cheeses made from unpasteurized milk (e.g., brie, camembert, and blue-veined cheese like roquefort and gorgonzola)

GOOD TO KNOW!

Use the Nutrition Facts table to compare yogurt products and choose the ones with lower amounts of sugar.



MEAT AND ALTERNATIVES

EGGS	SERVE	DO NOT SERVE
	Examples: <ul style="list-style-type: none"> • 'Graded' eggs • Plain liquid egg product • Pre-boiled eggs 	Examples: <ul style="list-style-type: none"> • Seasoned or flavoured liquid egg product • Unpasteurized eggs • Raw or lightly cooked eggs and egg dishes that contain undercooked eggs such mousse, dressings, and sauces made on-site
NUTS,^B LEGUME BUTTERS AND SEEDS	Examples: <ul style="list-style-type: none"> • Nut,^B legume, and seed butters, including peanut, almond, walnut, sesame, sunflower, pea and soy butters • Whole nuts^B and seeds (plain, unsalted) 	Examples: <ul style="list-style-type: none"> • Nut,^B legume or seed butters that have added flavours (e.g., chocolate, chocolate hazelnut, honey, berry) • Salted or coated nuts^B or seeds
OTHER MEAT ALTERNATIVES SUCH AS TOFU, BEANS AND LENTILS	Examples: <ul style="list-style-type: none"> • Hummus or other bean dips • Dried beans, lentils, peas • Canned beans, lentils, chickpeas, drained and rinsed or low in sodium • Tofu, tempeh, textured vegetable protein • Veggie burgers and meatballs^C 	Examples: <ul style="list-style-type: none"> • Canned baked beans, in tomato sauce, with pork, molasses or maple syrup • Store-bought breaded and fried meat alternatives • Simulated meat strips, imitation bacon bits • Meatless hot dogs, sausages, bacon • Frozen and prepared tacos/burritos

^BFollow your school's anaphylaxis policy.

^CThese foods can be used to meet special dietary considerations.

MEAT AND ALTERNATIVES

FISH ³	SERVE	DO NOT SERVE
	<p>Examples:</p> <ul style="list-style-type: none"> • Fresh, frozen, or canned fish low in mercury^D (e.g., cod, sole, haddock, salmon, tilapia, trout, canned light tuna, whitefish) with no breading, sauces, salt or seasonings unless added on-site 	<p>Examples:</p> <ul style="list-style-type: none"> • Store-bought breaded or battered fried fish • Fresh, frozen or canned fish high in mercury^D (e.g., canned albacore tuna) • Cold smoked fish • Raw seafood or shellfish
MEAT	<p>Examples:</p> <p>Plain,^E fresh, frozen or pre-cooked:</p> <ul style="list-style-type: none"> • Chicken, turkey, lamb, lean beef, pork • Ground meat and poultry (e.g., beef, turkey, chicken, pork, lamb) • Meatballs • Hamburger patties • Rotisserie-style chicken • Traditional meats and wild game 	<p>Examples:</p> <ul style="list-style-type: none"> • Store-bought breaded or battered fried chicken or other meat • Prepared/cured meats (e.g., wieners/hot dogs), sausages, pepperette meat sticks • Prepared/cured meats with added sauces • Deli meats (e.g., bologna, salami, macaroni and cheese loaf, summer sausage, deli roast beef, turkey and chicken) • Ham • Ribs • Bacon, turkey and chicken bacon, bacon bits, imitation bacon bits • Frozen and prepared meat pies • Raw or undercooked meat or poultry

^DHealth Canada advises that young children have specific limits on canned albacore (white) tuna due to the high mercury content of canned albacore (white) tuna³. There is no limit on canned light tuna for young children, as canned light tuna is low in mercury.

^E“Plain” means that the food item contains no added breading, seasoning, or sauces. Seasonings, flavourings and sauces from the Minor Ingredients table can be added on-site.

OTHER FOODS

DO NOT SERVE LOW-NUTRIENT FOODS AND BEVERAGES^F

Examples:

- Caffeinated drinks
- Diet and regular pop, sweetened iced tea
- Energy drinks or sports drinks
- Flavoured or vitamin water
- 'Protein' or meal replacement drinks and bars
- Candy (including yogurt covered, gummy-type, licorice, fruit flavoured)
- Chocolate, chocolate bars (including energy and protein-type bars)
- Marshmallows
- Jellied type desserts
- Frozen treats (e.g., ice cream, freezie-type, popsicles, slushies, frozen juice snacks, frozen yogurt)
- Hard margarines
- Lard or shortening
- Palm oil
- Foods with artificial trans fat
- Tea and coffee

^FThese foods and beverages do not fit into the above categories, and contain few or no essential nutrients, and/or contain high amounts of added salt, sugar or unhealthy fats.

^GSpreadable cheeses (e.g., cream cheese, or other types of spreadable cheese product) do not qualify as a serving of Milk and Alternatives.

MINOR INGREDIENTS

Minor ingredients do not count towards food group choices. The following items can be used in small amounts and served on the side when necessary, or used in the preparation of mixed dishes.

Examples:

- **Condiments** (e.g., ketchup, relish, mustard, spreadable cheese^G)
- **Gravies, sauces**
- **Dips** (e.g., salad dressings, sour cream, baba ganoush, spinach dip)
- **Oils, dressings, mayonnaise** (e.g., canola, olive, safflower, soybean, sunflower, non-hydrogenated margarine, traditional fats that are liquid at room temperature, butter)
- **Toppings and extras** (e.g., coconut, olives, pickles, parmesan cheese)
- **Honey, jam, jelly, marmalade, fruit butter, or syrup**

SECTION 4: NUTRITION TIPS

Nutrition Q & A

How can I reduce the amount of sugar served in my SNP?

While children and youth can enjoy sweetened foods and beverages in small amounts, Canada's Food Guide recommends limiting foods and drinks that are high in sugar.⁴ High intakes of sugar are associated with a number of negative health effects.⁵ The SNP Nutrition Guidelines encourage eating less sugar by having a sugar limit of 8 g or less per 30 g serving for ready-to-eat cold and hot cereals and baked goods. To add sweetness to foods and beverages, try these suggestions:

- Use pureed fruit (e.g., applesauce) as a sweetener for baked goods instead of sugar;
- Add pureed, whole or frozen fruit to plain yogurt and/or cereal;
- Add spices like cinnamon to plain oatmeal;
- Make homemade smoothies with milk, yogurt and fruit; or
- Add lemon, lime or orange slices to water.

Is multigrain a whole grain?

Multigrain is not the same as whole grain or whole wheat. Whole grain means the product has all three parts of the kernel (e.g., the germ, the bran, and the endosperm). Multigrain means the product has multiple kinds of grains, but these grains may be refined. Whole grain foods are a healthier choice because they contain more nutrients and fibre.

Choosing whole grains is easier if you check the ingredient list. Some grains are usually eaten in their whole form so this is how you will see them written on the ingredient list (e.g., barley, buckwheat, corn, cracked wheat, oats, quinoa, rye, spelt, wild rice, wheat berries).

Other foods containing whole grains may have the words "whole" or "whole grain" followed by the name of the grain (e.g., whole rye, whole grain polenta, whole corn flour, stone ground whole wheat, whole grain whole wheat).

Is sodium the same as salt?

Sodium is found in salt. All types of salt are high in sodium. Kosher salt, sea salt, fleur de sel, gourmet salt and smoked salt all have the same amount of sodium as table salt. They are not healthier choices. Foods low in sodium or with no added salt should be served when possible. Most Canadian children consume too much sodium, which increases their risk for negative health effects.⁶

Why are deli meats in the "Do Not Serve" Category?

Processed meat like cold cuts, ham, bacon, sausages and hot dogs contain nitrates and nitrites. These are added to meat to prevent them from spoiling and to improve colour and flavour. Nitrates and nitrites are not cancer causing alone, but can be changed in our bodies to form compounds associated with an increased risk of cancer.⁷ These types of meats are also typically high in salt.



NUTRITION TIPS

Does your recipe meet the SNP Nutrition Guidelines?

You may have a recipe that you would like to use, but don't know if it meets the SNP Nutrition Guidelines. You can use the recipe's ingredient list and Nutrition Facts table (if provided) to see if a recipe can be served.

Recipes may not have all the nutrient information found in a Nutrition Facts table and they may not list the ingredients by weight. In these situations, use the list of ingredients to decide if it should be served to children and youth in your program.

For most recipes, it is encouraged that all of the main ingredients be on the "Serve" lists from the SNP Food and Beverage Choice Tables (e.g., pizzas, smoothies).

For baked goods, choose recipes that are made with whole wheat flour, whole grains, or bran and contain less sugar. Look for recipes that include at least two of the following **and** use the portion size suggested below:

- Contain more than half of the flour as whole wheat/whole grain;
- Contain bran, oats or ground flax;
- Contain grated vegetable (e.g., carrot, zucchini), or unsweetened fruit (e.g., mashed banana, unsweetened applesauce, drained canned pineapple); or
- Contain less than or equal to 8 g of sugar per 30 g serving (if Nutrition Facts table and weight is available).

Here are some serving size examples:

FOOD ITEM	SERVING SIZE
Cookie	Not more than 6 cm (about 2.5 inches) in diameter
Loaf Slice	Not more than 2 cm (about ¾ inch) thick
Muffin	The size of a tennis ball or smaller

Still not sure if your recipe meets the SNP nutrition guidelines? Check with your SNP Lead Agency or local public health unit.



SERVING SIZES

Canada's Food Guide gives examples of one serving of different foods in each food group. However, portion sizes should be adjusted to reflect the age and developmental stage of children and youth. Younger children may need less food than older children. All children and youth should be encouraged to pay attention to their natural hunger and fullness cues.

CANADA'S FOOD GUIDE SERVING SIZES⁸

Using your hand can be a helpful way to estimate Canada's Food Guide serving sizes. Use the images that follow to help you.

Vegetables and Fruits

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Whole fruit

1 fruit = 1 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



Leafy vegetables

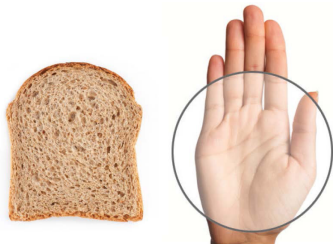
1 cup (250 mL) = 1 fist



Grain Products

Bread

1 slice = Size of hand



Cold Cereal

30g = 1 fist



Rice

1/2 cup (125 mL) = 1/2 fist



SERVING SIZES

Milk and Alternatives

Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



Yogurt

3/4 cup (175 mL) = 1 fist



Cheese

1½ oz (50g) = 2 thumbs



GOOD TO KNOW!

For suggested amounts for meal planning, see **Section 6: Planning and Shopping Tips.**

Meat and Alternatives

Meat and Poultry

2½ oz (75g) = Palm of hand



Nuts and seeds

1/4 cup (60 mL) = Cupped hand



Legumes

3/4 cup (175 mL) = 1 fist



SECTION 5: SAFE FOOD HANDLING, STORAGE AND PREPARATION

Safe food handling, storage and preparation methods are key to reducing the risk of food borne illness.

- Refer to the [Ontario Food Premises Regulation 562 \(O.Reg 562/90\)](#) of the Health Promotion and Protection Act to find out more about preparing, storing and serving food using public health practices.
- At least one SNP volunteer per site who is involved in the preparation or handling of food is encouraged to be certified in [safe food handler training](#). For more information about food handler training for local SNPs in your area, check with your local [public health unit](#) and/or your [SNP Lead Agency](#).

Personal Hygiene

- Always wash your hands before handling or preparing foods and after using the toilet, sneezing, coughing, or blowing your nose.
- Avoid touching your hair, face or other parts of the body with your hands and then handling food. If you do, wash your hands.
- Encourage all children and youth to wash their hands with liquid soap and water before eating.
- Wear gloves if you have a cut or burn on your hands. Do not handle food directly while wearing a bandage.
- Wash your hands regularly even if wearing gloves.
- Avoid using hand sanitizers as they do not replace good handwashing practices.

Food Source

- Prepare food for your SNP in an appropriate facility. Foods prepared at home are not permitted in your SNP under the Ontario Food Premises Regulation.
- Offer and serve food and food products from inspected sources including grocery stores, wholesalers and distributors, food service (e.g., caterers), farmer's markets and community food hubs. Contact your Lead Agency to determine whether food sources meet program requirements.
- Only use cans that are free from rust and dents and are not leaking or swollen.
- Do not offer vegetables and fruits that are partly spoiled (spots or soft mushy parts) or stale bread and baked goods.

GOOD TO KNOW!

These hazardous foods should be avoided due to a higher risk of causing a food-borne illness⁹:

- Cold deli salads made with egg or dairy
- Home canned food items
- Home cooked or baked food items
- Foods which are not in their original container
- Food packages which have seals broken

SAFE FOOD HANDLING, STORAGE AND PREPARATION

Food Handling and Storage

- Date all food when it is received. Make sure that older foods are used up first to maintain nutrition and freshness.
- Seal packages after they are opened and refrigerate uneaten food to avoid spoilage.
- **Keep hot foods hot and cold foods cold.** Hot foods should have an internal temperature of 60°C/140°F. Refrigerate fresh foods (e.g., meat, fish, poultry, milk and milk alternatives, eggs and egg products) right after they are bought or received. Cold foods must be kept at 4°C/40°F or less.
- Place a thermometer in each refrigerator. Check temperatures daily to ensure that foods are kept at a proper temperature of 4°C/40°F or less.
- Keep raw food away from cooked or ready to eat foods.
- Keep toxic and poisonous substances separate from food and out of reach of children and youth.
- Keep re-usable grocery bags clean and wash them regularly (if used).

Food Preparation

All program sites need a sink in the preparation area for handwashing only, with hot and cold running water, soap and paper towels in dispensers. Please contact your local public health unit if your program site does not have a sink in the preparation area to ensure you are handling food safely.

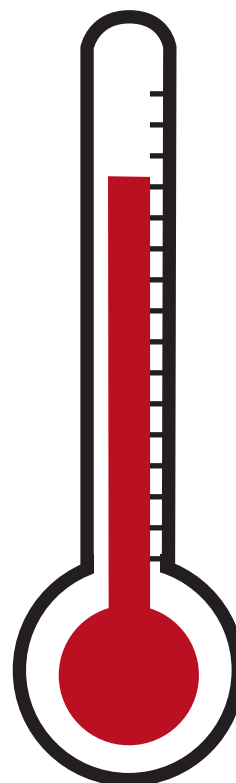


Always wash your hands before handling food.

SAFE FOOD HANDLING, STORAGE AND PREPARATION

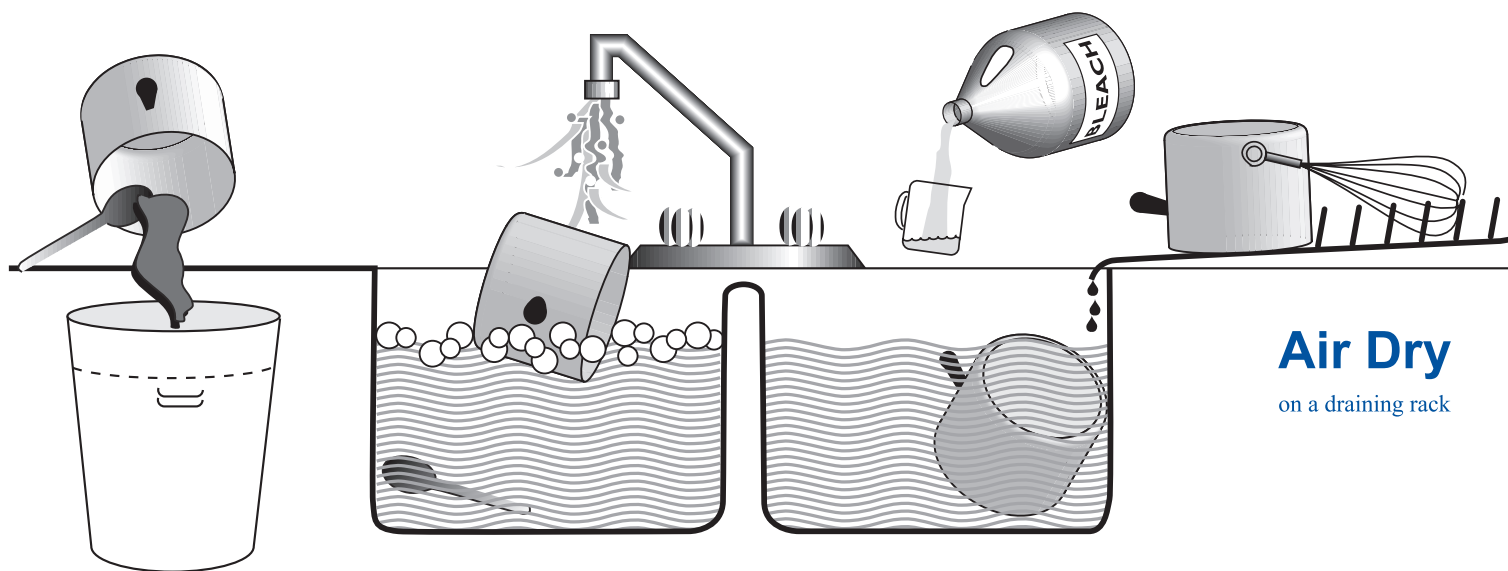
Food Preparation (continued)

- Clean all work surfaces after each use.
- Wash food surfaces with hot, soapy water, then rinse.
- Sanitize food work surfaces by spraying a safe sanitizing solution. Contact your local public health unit or school board for sanitation practices.
- Wash kitchen towels, sponges, and cloths often. Bacteria can live and grow on these items.
- Wash cutting boards and knives in hot soapy water. Rinse and sanitize utensils after cutting up raw meat, poultry, and fish and before using the utensils to prepare other food.
- Keep raw meat, poultry and fish and their juices away from other foods.
- Thaw food in the refrigerator, microwave oven, or under cold running water. Do not thaw food on the kitchen counter.
- Prepare all foods as close to serving time as possible.
- Cook meat, fish, poultry and eggs, until they reach a safe internal temperature and are completely cooked ([Safe Cooking Temperatures Chart](#)). Store cold foods below 4°C/40°F and hot foods above 60°C/140°F if you are not serving them right away.
- Chill cooked food quickly so it spends the least amount of time possible in the "temperature danger zone". Proper storage keeps leftovers at their freshest, longer. Refrigerate or freeze all leftovers within two hours after cooking to minimize the chance of bacteria growing.



The Temperature Danger Zone is between 4° to 60°C (40° to 140°F). This is where most bacteria grow the fastest. **Do not leave food at room temperature for more than 2 hours.**

DISHWASHING - 2 SINK METHOD



Scrape

food from utensils
and pots

Wash

in clean, hot, soapy water

Rinse

under warm running water

Sanitize

- use clean warm water, at least 24° C (75° F) with household bleach to make a mixture of **100 ppm** chlorine – 2.5 ml (1/2 tsp) of chlorine bleach to 1 litre (4 cups) of warm water.

or

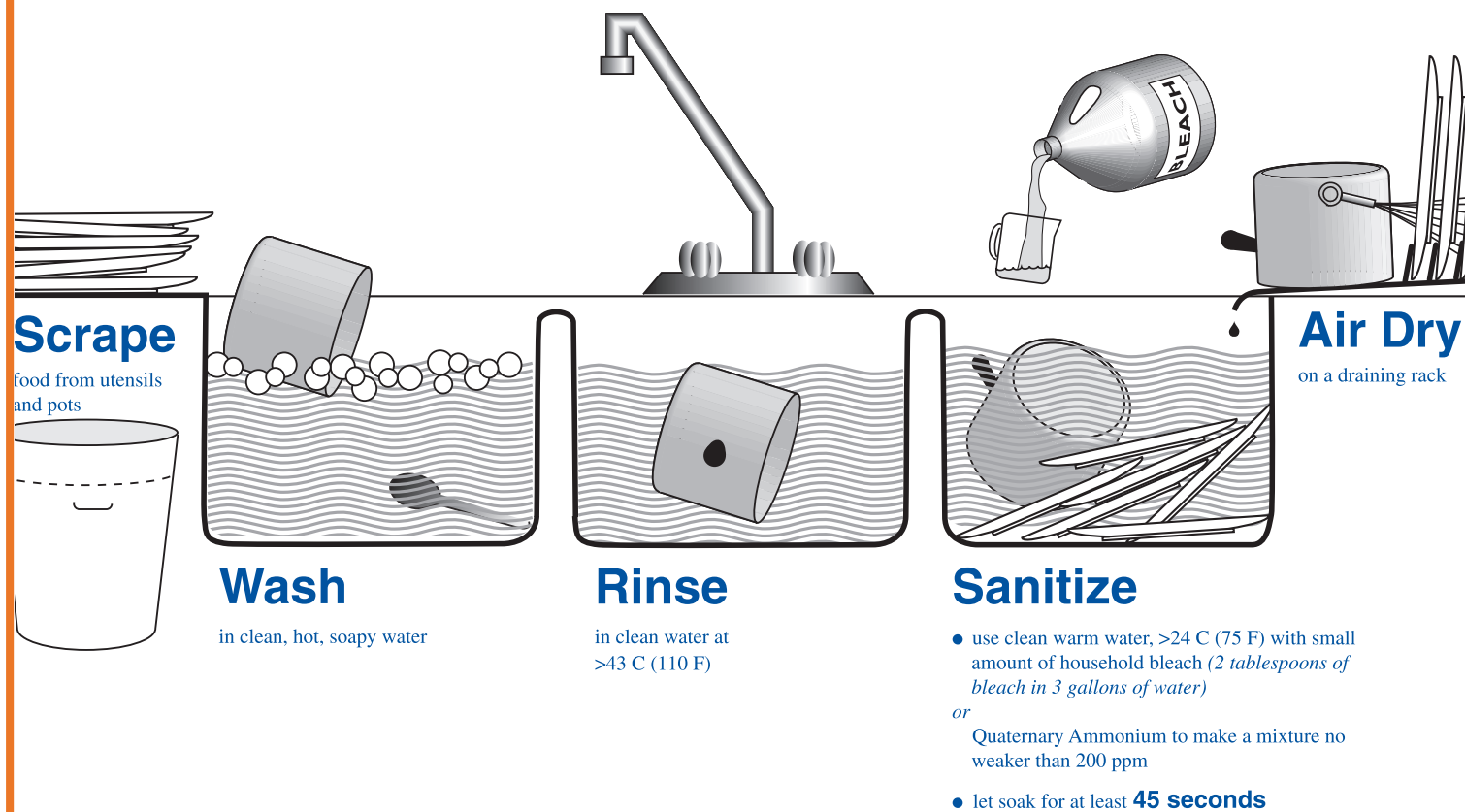
- Quaternary Ammonium to make a mixture of **200 ppm** (refer to manufacturer's instructions for mixing).
- let soak for at least 45 seconds

Air Dry
on a draining rack

Dishwashing

Dishwashing can be done by hand with the right sink facilities or with a dishwasher. Follow the instructions in the diagrams to wash dishes by hand.

DISHWASHING - 3 SINK METHOD



Check with your local public health unit for dishwashing requirements and for more information on the [Ontario Food Premises Regulation 562 \(O.Reg 562/90\)](#) requirements.

SECTION 6: PLANNING AND SHOPPING TIPS

- Plan menus in advance. Use the menu planning checklist found in **Section 9: Sample Menus** so that the foods you choose for your meals or snacks follow the SNP Nutrition Guidelines. Offer a variety of foods from different food groups every week.
- Make a list of the things you need to buy by taking an inventory of what you already have on hand.
- Check online and store flyers for sales, coupons and specials that will help reduce food costs. Use price matching if allowed at your grocery store.
- Choose Ontario grown vegetables and fruits, and other Ontario-made products. Look for the Foodland Ontario symbol when shopping.
- Choose fresh vegetables and fruit in season. If these become too expensive out of season, consider using frozen and canned. Frozen and canned vegetables and fruit are also nutritious choices.
- Choose local foods when possible. Shop at local markets and stores that feature local produce, or create partnerships with local farmers. Contact your Lead Agency before creating partnerships with local farmers to determine whether the farmer's practices meet program requirements.
- If using fresh produce from school food gardens, follow safe food handling practices.
- Read food labels to compare products and choose the healthier option. When looking at nutrients using the Percent Daily Value (%DV) on the Nutrition Facts Table, 5% or less of a nutrient is a little and 15% or more is a lot.
- Opt for store brands when possible. They are usually cheaper and are just as nutritious as name brand products.



PLANNING AND SHOPPING TIPS

FOOD PURCHASING GUIDE

Once you have planned your menu, it's time to shop for your food supplies. Use the table below to help you plan the amount of food that you need to buy based on the number of children and youth that your program serves. Foods often used in SNPs are listed, along with examples of one serving size from each food group in Canada's Food Guide. Approximate amounts to buy for 50 and 100 children and youth are also provided.^H

Use the total weight in grams or kilograms, or volume in millilitres or litres provided on the food label to calculate the number of servings in a product, and what amount you will need to buy. For example, if you are preparing scrambled eggs for 75 children and youth, and the serving size per child is 2 eggs, you would need 150 eggs. There are 12 eggs per carton, so you will need to purchase 13 cartons of eggs (150 eggs / 12 eggs in carton =12.5).

VEGETABLES AND FRUIT	SERVING SIZE	50 CHILDREN	100 CHILDREN
Apples, raw, ready to serve, cored, unpeeled	60 g (125 ml)	3 kg	6 kg
Blueberries, fresh, whole	78 g (125 ml)	3.9 kg	7.8 kg
Cantaloupe, fresh, ready to serve, peeled, diced	78 g (125 ml)	3.9 kg	7.8 kg
Carrots, raw, Baby, ready-to-use	72 g (125 ml)	3.5 kg	7 kg
Celery, raw, ready to use sticks, ½ inch x 4 inch	66 g (125ml)	3.3 kg	6.6 kg
Cucumbers, raw, peeled, sliced or diced	90 g (125ml)	4.5 kg	9 kg
Grapes, whole, raw, seedless, with stem	90 g (125ml)	4.5 kg	9 kg
Lettuce, romaine, ready to serve raw pieces	60 g (250ml)	3 kg	6 kg
Peppers, Bell, raw, strips	64 g (125ml)	3.2 kg	6.4 kg
Pineapple chunks, canned in juice or light syrup (No. 2, 20 oz can)	95 g (125 ml)	18 kg (14 cans)	36 kg (28 cans)
Strawberries, fresh, whole	90 g (125ml)	4.5 kg	9 kg

PLANNING AND SHOPPING TIPS

GRAIN PRODUCTS	SERVING SIZE	50 CHILDREN	100 CHILDREN
Bagel, whole wheat	45 g (approx. 1/2 bagel)	2.3 kg	4.6 kg
Bread, whole grain, sliced	35 g (1 slice)	1.8 kg	3.6 kg
Pita, whole grain or whole wheat	35 g (approx. 1/2 pita)	1.8 kg	3.6 kg
Soda crackers, whole wheat	30 g (approx. 4 crackers)	1.5 kg	3 kg

MILK AND ALTERNATIVES	SERVING SIZE	50 CHILDREN	100 CHILDREN
Cheese	50 g (1 1/2 oz.)	2.5 kg	5 kg
Milk	250 mL (1 cup)	12.5 L	25 L
Yogurt	175 g (3/4 cup)	8.8 kg	17.6 kg

MEAT AND ALTERNATIVES	SERVING SIZE	50 CHILDREN	100 CHILDREN
Eggs (large), fresh, whole	2 eggs	100 eggs	200 eggs
Hummus	182 g (175 mL)	9.1 kg (8.75 L)	18.2 kg (17.5 L)
Tofu, firm, raw	150 g (175 mL)	7.5 kg	15 kg
Tuna (canned, unsalted), 170 g can	75 g (125 mL)	3.8 kg (approx. 22 cans)	7.6 kg (approx. 45 cans)

^H The amounts in the table were calculated using data from the [Canadian Nutrient File](#) and the [USDA Online Food Buying Guide for Child Nutrition Programs](#).

SECTION 7: SPECIAL DIET CONSIDERATIONS

Vegetarian diet: There are different types of vegetarianism. Some vegetarians eat dairy products and eggs, some eat only dairy products, some eat only eggs, and some eat fish. People following a vegan diet do not eat any foods derived from animals including eggs, dairy products, gelatin, and honey. Vegetarians can eat a healthy diet by choosing fortified soy beverage as part of the Milk and Alternatives food group, and a variety of meat alternatives (e.g., beans, lentils, eggs, tofu, nuts, etc.) from the Meat and Alternatives food group.

Faith based diet: Given the variety of faith and cultural groups within Ontario, it is important that food and beverages provided to children and youth is in keeping with their faith, while still meeting the SNP Nutrition Guidelines.

Culturally appropriate diet: SNPs should make an effort to offer culturally appropriate foods that also meet the SNP Nutrition Guidelines.

Medically directed diet: Particular attention is required when providing food to children and youth with medical issues. Parents and caregivers are the best source of information for their child's specific needs.

Food allergies and intolerances: [Food Allergy Canada](http://FoodAllergyCanada.ca) has more information about the differences between food allergy and food intolerance. In order to help keep children and youth with food allergies safe and feeling well, use these best practices:

- Supervise young children when eating;
- Have a “no sharing rule” while eating, especially in elementary schools;
- Encourage all children and youth to wash their hands before and after eating;
- Ensure eating surfaces are cleaned before and after the program; and

- Offer alternative options for children and youth with food allergies (e.g., children and youth with milk allergies can be offered a fortified soy beverage instead of milk and children and youth with Celiac disease can have whole grain rice crackers instead of whole wheat crackers).

SNPs in schools need to follow their School Board's anaphylaxis policy. Anaphylaxis plans of children and youth with allergies should be shared with SNP program providers. For more information about food allergies in schools, consult your local School Board policies, and refer to the [Anaphylaxis in Schools & Other Settings 3rd Edition](#) (Canadian Society or Allergy and Clinical Immunology – CSACI) or visit [Food Allergy Canada](#).

Should any other special dietary requirements arise, contact a registered dietitian from the local public health unit or Eat Right Ontario at www.eatrightontario.ca or toll free at 1-877-510-5102.

GOOD TO KNOW!

Children, youth and their families/caregivers are the best sources of information about their specific dietary needs.

SECTION 8: GUIDELINES FOR ACCEPTING FOOD DONATIONS

SNP providers are to ensure that donated foods:

- Are from safe sources including grocery stores, wholesalers and distributors, food service (e.g., caterers), farmer's markets and community food hubs;
- Follow safe storage and handling guidelines;
- Do not have conditions, such as marketing, advertising of products, or distribution of materials (e.g., toys, posters); and
- Meet the SNP Nutrition Guidelines selection criteria, as much as possible.



SECTION 9: SAMPLE MENUS

These sample menus follow the SNP Nutrition Guidelines. You may choose to use the sample menus as shown or you may use them to create your own menus to meet your local needs. Meals and snacks should be nutritious, well-balanced and varied. The sample menus provide some food ideas from the foods to **“Serve”** lists and include:

- A Mix-and-Match Menu;
- Breakfast or Morning Meal Menu¹;
- Snack Menu; and
- Lunch Menu.

The Mix-and-Match Menu gives you food options for SNPs run in sites that have limited food preparation space or equipment (e.g., no stove, toaster, and/or microwave). The menu can be changed depending on the equipment that you have (e.g., if a toaster oven is available, toasted bagels or melts may be offered). The Mix-and-Match Menu can be used for breakfast, morning meals, snacks, lunches and grab-and-go or bin programs.

Your local public health unit can help you develop the menu for your program. They can also provide more information, education and resources.

¹Breakfast refers to a meal that is eaten earlier in the morning, before the school day starts; whereas a morning meal may occur after the bell, when the school day has already begun.

SEASONAL FOODS

Seasonal refers to vegetables and fruits that are available at certain times of the year (e.g., asparagus and strawberries in the spring, beans and peaches in the summer, corn and grapes in the fall). Some Ontario grown vegetables and fruits (e.g., tomatoes and cucumbers) are available from greenhouses throughout most of the year and many vegetables and fruits are available (e.g., apples, carrots, potatoes, turnip and squash) from storage all winter.

FOOD GUIDE SERVINGS

Use the Canada Food Guide serving sizes in **Section 4: Nutrition Tips** when planning your menus.



MIX AND MATCH SAMPLE MENU

* GOOD FOR GRAB AND GO

(e.g., individual wrapped/single serving containers, easy prep)

VEGETABLES	GRAINS	MILK & ALTERNATIVES	MEAT & ALTERNATIVES
<ul style="list-style-type: none"> Cucumber slices/mini cucumbers* Baby carrots* Celery or zucchini or carrot sticks Cherry tomatoes* Salsa Sweet pepper strips (red, yellow, green, orange) Cauliflower/broccoli trees Radish Romaine lettuce, spinach Sugar snap peas, snow peas* Bok choy 	<ul style="list-style-type: none"> Whole grain or 100% whole wheat breads, buns, bagels, rolls, English muffins, pitas, tortillas, bannock, naan, roti, chapatti* Whole grain or 100% whole wheat crackers, melba toast, breadsticks* Whole grain or 100% whole wheat waffles or pancakes Whole grain or bran cereal Whole grain granola or cereal-type bar* Plain popcorn* Brown rice cakes* Tortilla chips, low sodium or unsalted Whole grain muffins, scones, biscuits, cookies* 	<ul style="list-style-type: none"> Plain cow's milk, skim, 1%, 2%* Plain yogurt, soy yogurt or kefir* Flavoured yogurts and yogurt tubes* Hard and soft non-processed cheese: cheddar, mozzarella, monterey jack, havarti, gouda, swiss, feta, ricotta, cottage cheese Cheese strings, cheese curds* 	<ul style="list-style-type: none"> Pre-boiled egg* Nut,^J legume and seed butters including peanut, walnut, almond, sesame, sunflower, soy and pea Seed medley* Bean dip such as hummus, lentil, black bean, or edamame* Beans and lentils Falafel balls Canned tuna/salmon, chicken Tofu, tempeh, textured vegetable protein
FRUITS			
<ul style="list-style-type: none"> Apple* Applesauce/fruit blend* Banana* Berries (strawberries, raspberries, blackberries)* Cantaloupe or Honeydew Grapes* Pineapple* Pears* Peaches* Nectarines* Oranges/tangerines* Avocado/guacamole Fruit salad/fruit cocktail* 			

^JFollow your school's anaphylaxis policy.

GRAB AND GO/BIN PROGRAM SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Cocktail Cereal Milk	Banana Milk Boiled egg	Applesauce Crackers Cheese String	Peach Yogurt cup Seed medley	Baby carrots and cherry tomatoes Granola bar Milk Hummus

BREAKFAST OR MORNING MEAL SAMPLE MENU

DAY	WEEK 1	WEEK 2	WEEK 3
1	Cold Cereal <ul style="list-style-type: none"> Whole grain cereal and milk Fruit <ul style="list-style-type: none"> Banana 	Fruit Smoothie <ul style="list-style-type: none"> Mango, strawberries, milk and yogurt Bran Muffin	Mini Pizza <ul style="list-style-type: none"> Tomato sauce, whole wheat English muffin, mozzarella cheese Fruit <ul style="list-style-type: none"> Honeydew
2	Breakfast Burrito <ul style="list-style-type: none"> Yellow pepper strips, whole wheat naan, monterey jack cheese Fruit <ul style="list-style-type: none"> Orange slices 	Grilled Cheese Sandwich <ul style="list-style-type: none"> Whole grain bread, marble cheese Vegetable <ul style="list-style-type: none"> Cucumber slices 	Whole Wheat Waffles Fruit <ul style="list-style-type: none"> Apple slices Milk
3	Whole Wheat Pancakes Fruit <ul style="list-style-type: none"> Applesauce Milk	Banana Wrap <ul style="list-style-type: none"> Banana, whole wheat tortilla, pea or roasted soybean butter Milk	Fruit Kabobs <ul style="list-style-type: none"> Fruit chunks (grapes, cantaloupe and strawberries) Whole Grain Bannock Milk
4	Hot Cereal <ul style="list-style-type: none"> Oatmeal, milk Fruit <ul style="list-style-type: none"> Grapes 	Muffin Quiches <ul style="list-style-type: none"> Broccoli Eggs Swiss cheese, milk 	Breakfast Pita <ul style="list-style-type: none"> Whole grain pita Yogurt Fruit <ul style="list-style-type: none"> Pineapple
5	Yogurt & Fruit Parfait <ul style="list-style-type: none"> Mixed berries Granola Yogurt 	Continental <ul style="list-style-type: none"> Pear Whole wheat bagel Yogurt 	Quesadilla <ul style="list-style-type: none"> Diced tomato and green pepper Whole wheat tortilla Shredded cheddar cheese Black beans

SNACK SAMPLE MENU

DAY	WEEK 1	WEEK 2	WEEK 3
1	<ul style="list-style-type: none"> Sliced peaches Yogurt or kefir 	<ul style="list-style-type: none"> Cucumber slices Whole wheat English muffin Egg salad 	<ul style="list-style-type: none"> Sliced pears Cheddar cheese cubes
2	<ul style="list-style-type: none"> Carrot and celery sticks Whole wheat breadsticks Hummus dip 	<ul style="list-style-type: none"> Pear Carrot Bran muffin^K 	<ul style="list-style-type: none"> Sugar snap peas, grape tomatoes Brown rice cakes Cottage cheese
3	<ul style="list-style-type: none"> Grapes Whole wheat crackers Swiss cheese 	<ul style="list-style-type: none"> Cauliflower and broccoli florets Whole wheat Melba toast Yogurt tzatziki dip 	<ul style="list-style-type: none"> Pineapple Roasted chickpeas (or mixed nuts)^L
4	<ul style="list-style-type: none"> Guacamole Whole wheat pita wedges 	<ul style="list-style-type: none"> Banana Whole wheat bagel Peanut/pea^L butter 	<ul style="list-style-type: none"> Salsa Tortilla chips Black bean dip
5	<ul style="list-style-type: none"> Apple Oatmeal raisin scone^K 	<ul style="list-style-type: none"> Cantaloupe chunks Cottage cheese or kefir 	<ul style="list-style-type: none"> Fruit salad Plain popcorn

^KRecipe found in Better Bake Bites: Recipes and Tips for Healthier Baked Goods. See Section 10: Additional Resources.

^LFollow your school's anaphylaxis policy.

GOOD TO KNOW!

Consider additional toppings for rice cakes such as egg or tuna salad, hummus, guacamole, cheese, peanut^L butter (or pea butter).



LUNCH SAMPLE MENU

DAY	WEEK 1	WEEK 2
1	Vegetarian Chili <ul style="list-style-type: none"> Diced tomatoes, corn, green pepper, red kidney beans, chickpeas Cornmeal Muffin Milk	Burger <ul style="list-style-type: none"> Romaine lettuce, tomato slices, onion, whole grain bun, havarti cheese slices, lean ground turkey Milk
2	Soup <ul style="list-style-type: none"> Tomato, spinach, onion Sandwich <ul style="list-style-type: none"> Tomato, whole wheat bread, tuna salad Milk	Tofu & Vegetable Curry on Brown Rice <ul style="list-style-type: none"> Green peas, carrots, red pepper, brown rice, tofu Milk
3	Vegetable & Hummus Wrap <ul style="list-style-type: none"> Lettuce, orange pepper, cucumber, chapatti, hummus Milk	Soup <ul style="list-style-type: none"> Onion, celery, carrot, diced tomatoes, lentils Sandwich <ul style="list-style-type: none"> Red pepper slices, cucumber, whole grain bread, cheddar cheese, grilled chicken Milk
4	Pork Stir Fry on Brown Rice <ul style="list-style-type: none"> Red peppers strips, broccoli, snow peas, brown rice, pork loin Milk	Pasta Bolognese <ul style="list-style-type: none"> Tomato sauce, mushrooms, green pepper, whole wheat pasta, lean ground beef Milk
5	Chicken Pasta Salad <ul style="list-style-type: none"> Grated carrot, cucumber, cherry tomatoes, whole wheat pasta, feta cheese, chunks of roasted chicken Milk	Egg Salad Wrap <ul style="list-style-type: none"> Sliced tomato, spinach, whole wheat pita, egg salad Milk

GOOD TO KNOW!

Menus can be easily adapted by using different fillings for sandwiches, wraps or burgers including: chicken, beef, turkey, salmon, tofu, beans, egg salad, or roasted vegetables. Depending on your supplies at hand, alternate through different Meat and Alternative options.

What about fruit?

Adding fruit to your lunch is the best way to be sure that one full serving from the Vegetables and Fruit food group is offered.



MEAL PLANNING CHECKLIST

After you have completed your menu, be sure that it meets each of the following requirements:

	REQUIREMENTS	YES
1	All meals contain 1 serving from three out of the four food groups of Canada's Food Guide. Meals must contain: <ul style="list-style-type: none"> • 1 serving from the Vegetables and Fruit food group and; • 1 serving from the Milk and Alternatives food group. 	
2	Snacks contain: <ul style="list-style-type: none"> • 1 serving from the Vegetables and Fruit food group and; • 1 serving from another food group from Canada's Food Guide. 	
3	All foods that are offered meet the SNP Nutrition Guidelines for all food groups, specifically: <ul style="list-style-type: none"> • Whole grain, whole wheat or bran is first on ingredient list for grain products. • Sugar \leq 8 g per 30 g serving for baked goods, cereal or granola bars, and hot/cold cereals. 	
4	All main ingredients in mixed dishes meet the SNP Nutrition Guidelines for all food groups.	
5	Food items identified as "Do Not Serve" in the SNP Nutrition Guidelines are not included in the menu.	
6	Foods listed as minor ingredients in the SNP Nutrition Guidelines are used in small amounts.	
7	Drinking water is always available and offered to children and youth.	



SECTION 10: ADDITIONAL RESOURCES

EatRight Ontario. For answers to your nutrition questions, speak to a Registered Dietitian by contacting EatRight Ontario. Call 1-877-510-5102 (toll free) or visit www.eatrightontario.ca.

Public Health Units In Your Community. Ontario Ministry of Health and Long Term Care - <http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx>

Student Nutrition Program Lead Agencies, Ontario Ministry of Children and Youth Services - <http://www.children.gov.on.ca/htdocs/English/professionals/studentnutrition.aspx>

Health Canada:

- Learn about Canada's Food Guides – http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/index-eng.php?_ga=1.107809472.37686665.1423241081
- Understanding Food Labels – <http://www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/index-eng.php>
- Percent Daily Value – <http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/daily-value-valeur-quotidienne-eng.php>

Canadian Food Inspection Agency - <http://www.inspection.gc.ca/eng/1297964599443/1297965645317>

Government of Canada, Canadian Nutrient File - <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

Food Buying Guide Calculator for Child Nutrition Programs - <http://fbg.nfsmi.org/>

Foodland Ontario - <https://www.ontario.ca/foodland/foodland-ontario>

FOOD ALLERGIES

Food Allergy Canada:

- Allergy Safety at School – <http://foodallergycanada.ca/allergy-safety/at-school/>
- Anaphylaxis in Schools & Other Settings 3rd Edition (Canadian Society of Allergy and Clinical Immunology – Canadian Society of Allergy and Clinical Immunology) - http://foodallergycanada.ca/wp-content/uploads/Anaphylaxis-in-Schools-and-Other-Settings-3rdEdition_final_WEB.pdf

FOOD SAFETY

Ontario Food Premises Regulation 562 (O.Reg 562/90) - <https://www.ontario.ca/laws/regulation/900562>

Ministry of Health and Long-Term Care – Public Health Division, February 2013 - Food Safety: A Guide for Ontario's Foodhandlers - http://www.health.gov.on.ca/en/pro/programs/publichealth/enviro/docs/training_manual.pdf

Canadian Partnership for Consumer Food Safety Education:

- Be Food Safe – <http://befoodsafe.ca/>
- Safe Cooking Temperatures – <http://befoodsafe.ca/be-food-safe/cooking-charts/>

ADDITIONAL RESOURCES

RECIPES

Dietitians of Canada:

- Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies, Dietitians of Canada - http://healthyeatingatschool.ca/uploads/Tips_and_Recipes_2014.pdf
- Cookspiration – <http://www.cookspiration.com/>
- Bake Better Bites – Recipes and Tips for Healthier Baked Goods - <http://healthyschoolsbc.ca/program/resources/56/en/60503/Bake-Better-Bites-2014.pdf>

Recipes for Student Nutrition Programs-

<http://brightbites.ca/wp-content/uploads/Recipes-for-SNP.pdf>

Nutrition Resource Centre, Bake it Up - http://opha.on.ca/getmedia/76d5a10c-3e96-4a14-9405-9c8a5eb8a780/Bake_It_Up!_28SE10.pdf.aspx

EatRight Ontario:

- Recipes – <https://www.eatrightontario.ca/en/recipes.aspx>
- Kid Friendly award winning recipes- <https://www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes.aspx>

City of Ottawa, Healthy Eating –

<http://ottawa.ca/2/en/residents/public-health/healthy-eating-and-active-living-for-child-care/healthy-eating>

Heart and Stroke Foundation, Kid Friendly Meals - http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484269/k.9205/Recipes_Kid_Friendly_Meals.htm

Breakfast for Learning, Before the Bell Recipe Book –

http://www.breakfastforlearning.ca/wp-content/uploads/2014/09/BFL_BeforeTheBell_recipebook_FINAL1_ENG.pdf

SECTION 11: REFERENCES

1. ActNow BC. 2013. School Meal and School Nutrition Program Handbook. Retrieved from: <http://healthyschoolsbc.ca/program/587/school-meal-and-school-nutrition-program-handbook>
2. Ontario Dental Association. 2016. Nutrition and Children. Retrieved from: <http://www.youroralhealth.ca/children95/nutrition81>
3. Health Canada. 2008. Consumption Advice: Making Informed Decisions about Fish. Retrieved from: <http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/envIRON/mercur/cons-adv-etud-eng.php>
4. Health Canada. 2007. Foods to Limit. Retrieved from: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/limit-eng.php>
5. Heart and Stroke Position Statement, 2014. Retrieved May 10 from: http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.9201361/k.47CB/Sugar_heart_disease_and_stroke.htm
6. Health Canada. 2012. Sodium in Canada. Retrieved from: <http://www.hc-sc.gc.ca/fn-an/nutrition/sodium/index-eng.php#a3>
7. Canadian Cancer Society. 2016. Cured, smoked and salt-preserved foods. Retrieved from: <http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/diet/cured-smoked-and-salt-preserved-foods/?region=on#ixzz4EUcBP5fu>
8. Dietitians of Canada. 2016. Handy Guide to Serving Sizes. Retrieved from: <http://www.eatrightontario.ca/getmedia/255dbbe6-23cd-4adf-9aba-f18310f09e3d/Handy-Servings-Guide-English-for-web-FINAL-October-2015.aspx>
9. Health Canada. 2015. Food safety information for children ages 5 and under. Retrieved from: <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/vulnerable-populations/children-under-5-moins-enfant-eng.php>