



**Ministry of  
Education**

# **Parent Council Presentation**

**School Food and Beverage Policy**

**PPM 150**



reach every student  
appuyer chaque élève





## Today's Reality...



"Can Johnny come out and eat?"

Childhood obesity rates have **tripled** over the past 25 years.

Children today could be the first generation with **shorter life expectancy** than their parents.

Research shows that there is a clear link between **good nutrition** and **school performance**.

**Schools** are the **ideal settings** to establish & promote **healthy eating practices** in children & adolescents



THE CHAMPLAIN  
CARDIOVASCULAR DISEASE  
PREVENTION NETWORK



# *NEW SCHOOL FOOD AND BEVERAGE POLICY COMING TO ONTARIO SCHOOLS*

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JANUARY 2010

**O**ntario schools will soon have a healthier approach to selling lunches, snacks and drinks. This winter, the School Food and Beverage policy (PPM 150) is being introduced to ensure that healthy food and beverages are sold in schools.

The policy applies to food and beverages sold:

- in all venues on school property, such as cafeterias, vending machines and tuck shops
- through all programs, including catered lunch programs, and
- at all events on school property, including bake sales and sports events.

The policy, which includes new nutrition standards, was announced in January 2010. Schools must be in full compliance beginning September 1, 2011, at the start of the 2011-12 school year. This will give schools and boards a phase-in period to ensure that they are ready.

The nutrition standards are based on the principles of healthy eating outlined in Canada's Food Guide.

# School Food and Beverage Policy *(cont'd)*

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The policy does not apply to food and beverages that are:

- offered in schools to students at no cost
- brought from home or purchased off school premises and not for resale in schools
- available for purchase during field trips off school premises
- sold in schools for non-school purposes (e.g., sold by an outside organization that is using the gymnasium after school hours for a non-school-related event)
- sold for fundraising activities that occur off school premise



# School Food and Beverage Policy *(cont'd)*

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## Exemptions for Special-Event Days:

The school principal may designate up to ten days (or fewer, as determined by the school board) during the school year as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards.

School principals:

- must consult with the school council prior to designating a day as a special-event day
- are encouraged to consult with their students when selecting special-event days.

*Notwithstanding this exemption, on special-event days, schools are encouraged to sell food and beverages that meet the nutrition standards set out in the policy.*

# The 80/20 Rule *(cont'd)*

## Sell Most

**$\geq 80\%$**

Products in this category must make up *at least 80 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

## Sell Less

**$\leq 20\%$**

Products in this category must make up *no more than 20 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

## Not Permitted For Sale

**0%**

Food and beverages in this category must not be sold in schools.

The 80/20 rule is based on the number of products offered for sale, not the number of products sold.

# Implementation – School Boards

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The school board is responsible for:

- providing training to school board stakeholders
- ensuring that all requirements are met
- ensuring all contracts related to the sale of food and beverages meet the requirements of the policy ie: letter to service providers via schools



# Resources

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## Ministry of Education

- School Food and Beverage Policy Resource Guide
  - Includes a policy overview, a detailed explanation of the nutrition standards, implementation strategies and a variety of templates, tips and other tools.  
<http://www.edu.gov.on.ca/eng/healthyschools/policy.html>
- Online learning modules
  - Five interactive learning modules, designed to enable users to focus on topics of their choice and apply the online tools to their own school environment.





# Resources Con't

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## ➤ Quick Reference Guide

- For use as a portable resource for purchasing food and beverages to sell in a school.

<http://www.edu.gov.on.ca/eng/healthyschools/policy.html>

Visit: [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools)

Nutrition Standards Tool: <http://healthy.apandrose.com/nst>  
(Nutrition Calculator)



# Supports Available

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## EatRight Ontario (ERO)

- Offers three easy ways to access free advice on healthy eating, food and nutrition:
  - Talk to a Registered Dietitian toll-free at **1-877-510-5102**
  - Send your questions to “Email a Registered Dietitian” at [www.ontario.ca/eatright](http://www.ontario.ca/eatright)
  - Find healthy eating information online at [www.ontario.ca/eatright](http://www.ontario.ca/eatright)
- Registered Dietitians regularly update the ERO website with articles, tips and recipes. Nutrition tools such as videos on label reading offer interactive resources to support the development of healthy eating habits.

# Thank you!



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