

SCHOOL NUTRITION GUIDELINES

Quality of food

- ✓ Offer healthy meals and snacks (e.g. breakfast club, morning snack program, lunch program, canteen, vending machine, after school program)
 - Offer meals that include foods from the 4 food groups (*Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives*)
 - Offer healthy deserts and snacks containing fruits, vegetables or dairy products
 - Offer only healthy items in vending machines (where available)
 - Serve cake on special occasions only
 - Do not serve junk foods or fried foods (such as fries, hot dogs, donuts, chips)
- ✓ Offer healthy beverages
 - Allow access to water fountains or allow water bottle in class
 - Provide water, milk or soy beverages
 - Avoid juice, soft drinks and sweet beverages (regular or diet)
 - Do not allow caffeinated beverages (e.g. coffee, frozen coffee, cola, energy drinks)
- ✓ Do not allow junk foods, sweet beverages and candies at school (even during special events)

Portion sizes

- ✓ Limit portion sizes (e.g. use smaller plates and cups, serve smaller portions of food)

Food safety and hygiene

- ✓ Check if students have food allergies, do not serve foods containing nuts or nut products (such as peanuts, peanut butter, peanut oil, almonds, cashews, walnuts, sesame seeds and oils)
- ✓ Ensure adequate hand washing
- ✓ Maintain foods at adequate temperature (refrigerated: 0 to 4°C, frozen: -18°C or below, hot food: 60°C or above)
- ✓ Never put food on a platter used for raw meat, fish or poultry
- ✓ Thaw food in the refrigerator, never at room temperature

Protection of environment

- ✓ Use reusable dishes, utensils and cups as much as possible, or biodegradable dishes when not available (do not use Styrofoam or plastic)

Health Promotion and Education

- ✓ Promote healthy eating habits in the school (e.g. posters, booth, activities)
- ✓ Offer health promotion and educational activities in class or in school
- ✓ Provide or bring healthy foods and beverages for birthday, classroom parties and special events (e.g. Halloween, Christmas)
- ✓ Promote healthy eating habits and healthy lifestyle during fund raising activities
 - Favor non-food related items (pen, calendars, candles, etc.) or healthy foods (oranges, dried fruits, etc.)
 - Avoid junk foods, fried foods, sweet beverages, chocolate, candies, etc.
- ✓ Ensure teachers act as role models for students at all times (e.g. eat healthy foods in front of students, provide or serve only healthy foods)
- ✓ Select student rewards which are educational or promote health, and avoid food rewards (e.g. non-food related items such as stickers, pens or books, cultural activities, school trips, healthy cooking workshops, sports activities)