

Food and Beverages In Our Schools

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| Procedure Number: | 5016a |
| Procedure Owner: | Learning Support Services: School Operations Operational Support Services: Business Services |
| Effective Date: | 2000 Sept 1 |
| Amendment Dates: | 2008 December 16, 2011 September 01, 2011 December 20 |
| EIE Review Date: | |
| Resources: | <ul style="list-style-type: none"> • Education Act, R.S.O. 1990, c. E.2 • Policy/Program Memorandum 150: School Food and Beverage Policy • TVDSB Healthy Schools Policy (5010) • Ontario Regulation 200/08: Trans Fat Standards • TVDSB Supporting Students with Prevalent Medical/Health Conditions in Schools Policy (4020) • TVDSB Supporting Students with Prevalent Medical/Health Conditions in Schools Procedure (4020a) • Ontario Regulation 493/17: Food Premises • Canada Dietary Guidelines 2019. Health Canada • Ministry of Education School Food And Beverage Policy Quick Reference Guide 2010 • TVDSB Decision Making Tool for District and School Initiatives and Events |

1. Intent

1.1. This procedure was developed to comply with the policy directives included in

TVDSB Policy 5016 as well as the School Food and Beverage Policy/Program Memorandum (PPM) 150.

2. Definitions

- 2.1. **School Sanctioned Events** refers to events involving the sale of food or beverages.
- 2.2. **School Programs** refer to classroom-based programs that include the sale of food.

3. Objective of Procedure

- 3.1. This procedure sets out the requirements, as outlined in PPM 150, for food and beverages sold within TVDSB Schools, at school events or programming.

4. School Food Nutrition Standards

- 4.1. TVDSB Policy 5016 is based on Canada's Food Guide and PPM 150, which categorizes food into the following categories:
 - 4.1.1. Vegetables and Fruit;
 - 4.1.2. Grain Products;
 - 4.1.3. Milk and Alternatives;
 - 4.1.4. Meat and Alternative;
 - 4.1.5. Mixed Dishes – for products that contain more than one major ingredient (e.g., pizza, pasta, soup, salads, and sandwiches);
 - 4.1.6. Miscellaneous Items – for items that are to be used in limited amounts (e.g., condiments, sauces, dips, oils and dressings).
- 4.2. Food and beverages are further classified into “Sell Most,” “Sell Less” and “Not Permitted for Sale” based on specific nutrition criteria for each food group.
 - 4.2.1. Sell Most – Food that fits into this category are healthier options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.

- 4.2.1.1. They must comprise at least 80 percent of all food and beverage choices offered for sale.
- 4.2.2. Sell Less – Compared to “Sell Most” products, these products may have slightly higher amounts of fat, sugar and/or sodium.
 - 4.2.2.1. They cannot make up more than 20 percent of all food and beverage choices offered for sale.
- 4.2.3. Not Permitted for Sale – These products generally contain few or no essential nutrients and/or high amounts of fat, sugar and/or sodium.
 - 4.2.3.1. Food and beverages in this category may not be sold in schools.
- 4.3. Depending on its nutritional value, a type of food (e.g., bread, meat, cheese) will fit in all three of the above categories. To determine whether a specific product may be sold in schools and its classification, it is necessary to read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria guidance included on page 6 of Appendix A and the following tables.
- 4.4. When determining the food that will be offered at school or during the ten (10) special event days, the *Decision Making Tool for District and School Initiatives and Events* should be used to ensure selections are as inclusive as possible

5. Beverage Standards in Schools

- 5.1. Beverages sold in schools must comply with the same “Sell Most,” “Sell Less” and “Not Permitted for Sale” classifications as outlined in Section 4.2. Further guidance on beverages sold in schools is provided in Appendix A, as outlined below.
 - 5.1.1. Standards for beverages sold in elementary schools can be found on page 28 of Appendix A.
 - 5.1.2. Standards for beverages sold in secondary schools can be found on page 30 of Appendix A.
- 5.2. A beverage may fit in all three of the above categories depending on its nutritional

value. To determine whether a specific product may be sold in schools and its classification, it is necessary to read the information on the food label—particularly the Nutrition Facts table and the ingredient list—and compare this information with the nutrition criteria guidance included on page 6 of Appendix A and the following tables.

- 5.3. When determining the beverages that will be offered at school or during the ten (10) special event days, the *TVDSB Decision Making Tool for District and School Initiatives and Events* should be used to ensure selections are as inclusive as possible

6. List of Appendices

- 6.1. Appendix A – Ministry of Education School Food And Beverage Policy
- 6.1. Quick Reference Guide 2010