

OSS Healthy School Food Policy



OSS Healthy Foods Committee

Our goal is to ensure that a variety of nutritious and healthy foods/beverages are provided and promoted to students and staff. Our environment is one of the most important indicators determining our success in making healthy food choices. A policy ensures that a healthy and supportive environment is created for the school community by clarifying the direction for action. Implementation of the policy demonstrates that the school values the health of its students and staff.

A. General:

1. The policy will be available for review in the School Office found in the School and Teachers Manual
2. All community members working with OSS must adhere to the healthy foods policy
3. All new parents, staff, and student groups will be informed of the policy and a copy will be distributed at the beginning of each school year
4. This policy will be reviewed every 1-2 years at the time the Teachers manual is reviewed
5. Additions and amendments to this policy can only take place at a planned meeting with a variety of voices present (including staff, administration, parents and students) and only with majority approval.

B. Food and Beverage choices:

1. **Food and beverage choices available anywhere on school grounds including the canteen, special events, fundraisers, and vending machines will include a variety of choices where the majority are Serve Most and/or Serve Sometimes Foods**
Majority Definition: At any one location/event, at least 70% of the choices are Serve Most or Serve Sometimes Foods/beverages. A maximum of 30% of the choices will be Serve Least Foods/beverages.
See Appendix A attached
2. Serve Most/Serve Sometimes choices will be planned recognizing that the Serve Most choices are more nutritious than the Serve Sometimes choices. Therefore, whenever possible efforts will be made to offer mostly 'Serve Most' foods and beverages at any one location/event.
3. Food and beverage sales will be reviewed regularly. When indicated, sales will be adjusted through competitive pricing and/or replacement of Serve Least choices to promote Serve Most/Serve Sometimes choices.
4. When Serve Least Choices are offered, portion sizes will be controlled to the smallest serving size available. Example: Soda pop will only be available in 355 ml cans or less at any location or event
5. Long term Goals are to gradually decrease the number of Serve Least foods/beverages on school grounds to less than 10%.

C. Pricing and promotion:

1. Serve Most/Serve Sometimes foods and beverages are competitively priced (have less of a mark up) and, whenever possible, are less expensive than the serve least choices
2. Serve Most/Serve Sometimes will be placed in easy to see, easy to access locations
 - i) Vending machines: these choices will be in the top/centre slots of the machine
 - ii) Concession, special events and other food services: these choices will be displayed on front shelves/space where they are easy to see and access
3. Serve Most/Serve Sometimes foods and beverages will be appropriately promoted
 - i) Advertising in the school and on school grounds will reflect healthy choices
 - ii) Serve Most/Sometimes Foods and beverages will be promoted by various means such as incentives, special events, sale of the week, theme days etc...throughout the school year

D. School Fundraisers and Special Events:

- 1. Will not rely on the sale of non-nutritious foods and beverages
See resources on non-food fundraisers and healthy food fundraising ideas
- 2. Coordination of food/beverages based fundraising events will be done in cooperation with the Healthy Foods Committee
- 3. See section B, Food and Beverage Choices, for guidelines on the use of food for fundraising

E. Celebrations:

Celebrations include events on special occasions such as Valentines Day, Halloween, Christmas Party, etc... typically these are events that only happen once a year. Occasional events are avenues for the school to use Serve Least foods/beverages appropriately and in a positive way.

- 1. Serve Least foods to be offered at celebration events must first have approval from the school principal
- 2. No more that one event using serve least foods for any one celebration day will be approved
- 3. When a celebration event includes a main meal such as lunch, the main meal will include choices from at least 3 of the 4 food groups from the Serve Most/Sometimes choices and only one item will be a Serve Least Choice (i.e. Cake for desert)

F. School Meal Events:

- 1. Breakfast and lunch events will offer 100% of the food and beverage choices from Serve Most and Serve Sometimes choices
- 2. At any one meal event, a maximum of one item offered will be a Serve Sometimes food/beverage with the rest of choices being Serve Most

G. Nutrition Education:

- 1. Activities will promote the benefits of healthy eating and will be participatory, Grade level appropriate, and enjoyable
- 2. Education will be consistent with provincial standards, guidelines, and frameworks

H. Food Safety:

- 1. Public Health Inspection (PHI) will approve all plans for food and beverages being prepared (cutting into portions, preservation, cooking, handling...) for the school community. Call the Penticton Health Centre.
- 2. When food is prepared or handled at least one person present must have food safe training
- 3. Before starting a food preparation/service PHI will be contacted and a food safety plan approved

I. Food As a reward:

- 1. Food of any type will not be used as a reward
- 2. See Appendix B for non-food reward ideas

Endorsement Date _____

Healthy Foods Committee (staff body) _____

Healthy Foods Committee (Parent body) _____

Healthy Foods Committee (Student body) _____

School Principal _____

Appendix A

Osoyoos Secondary School:
Healthy School Food Policy

Food and Beverage Choices

January 2004

Adapted from “Nutrition Guidelines for Schools: Have Fun Being Active and Eating Healthy”, Northern Diabetes Prevention Coalition

SERVE MOST OFTEN

(70% or more of choices in any one location will be Serve Most / Serve Sometimes with the majority being Serve Most whenever possible)

Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamin A, C, or D, yet **are generally low in fat, sugar and salt.**

Grain Products * Choose Whole Grain

Whole grain bread, rolls, buns, submarine rolls
Whole grain Bagels, Pita bread
Whole grains English muffins
Whole wheat Waffles, Pancakes, bannock
Bread Sticks
Melba Toast
Whole Grain Muffins (oatmeal/ bran), Crackers
Tortillas, Taco shells
Breakfast Cereals (unsweetened – no sugar added)
Corn bread
Rice cakes
Noodles, Pasta, Rice

Vegetables and Fruit

Fresh fruits & vegetables (including those served with dip, i.e. baby carrots with ranch dip)
Baked Potato Fingers
Salsa
Fruits prepared without sugar - fruit salad, fruit tray
Vegetables prepared without fat - vegetable tray
Salads with minimal dressing
100% Fruit juices and nectars
Vegetable juices (Tomato/V8 – *100% juice, not V8 Splash)
Vegetable soups
Canned, unsweetened fruit
Fruit and vegetable salads, Fruit Kabobs
Fruit smoothies made with real fruit or 100% fruit juice
Dried fruits (100% fruit leather – no sugar added)

Milk and Milk Products

2%, 1% or skim milk (ie. Milk to Go)
Hot chocolate when made with milk
Lower fat Yogurt
Lower Fat Cheese
Milk-based soups made with lower fat milk
Single Serve cheese packs
Cheese Strings
Smoothies made with milk and yogurt
Yoplait Yogurt Tubes (great frozen)

Meat and Alternatives

Chicken, Turkey, cooked without added fat
Fish, Seafood, cooked without added fat
Lean meat (beef, liver, pork, lamb)
Legumes (beans, lentils, peas)
Eggs
Canned fish (packed in water)
Tofu
Ham
Peanut butter
Dry roasted nuts and seeds (sesame, sun flower)
Trail Mix

Beverages

Water
Milk (plain and regular flavoured milks – chocolate, vanilla, strawberry)
100% fruit juice: Sunrype Apple and Orange, Dole Apple and Orange, Minute Maid OJ
Tropicana 100% orange juice and grapefruit juice
V8 100% juice, Tomato Juice

Mixed Foods

Burritos (bean or meat)
Submarine Sandwiches made with leaner deli meats (turkey, ham, roast beef) and whole wheat bun
Soup/Chili and whole wheat roll/salad
Pizza bagels
Spaghetti
Soft tacos
Baked potato wedges with a little melted cheddar cheese, salsa, light sour cream and bacon bits
Bean Dip and veggies/pita bread wedges
Pizza made with lean meats (i.e. Ham)/ veggies/ pineapple and skim milk cheese
Frozen Pastas with tomato sauce
Sandwiches with low fat deli meats (turkey, ham, roast beef) or tuna/eggs, cheese, veggies
Hamburgers with whole wheat buns and veggies
Fruit and yogurt/milk smoothies

This list is not inclusive to all foods and beverages available. It is to be used as a guide to offer balance between food and beverage choices in the school environment. It is not to be used as a teaching tool for healthy eating.

Questions regarding foods or beverages not included in this list please contact your Community Nutritionist at 770-3532.

SERVE SOMETIMES

(70% or more of choices in any one location will be Serve Most /Serve Sometimes with the majority being Serve Most whenever possible)

Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamin A, C or D, but are also **high in fat, sugar or salt**. If serving these foods combine with foods from the "**Serve Most Often**" group.

Grain Products

White bread/rolls/subs/English muffins
Granola, Granola bars (not dipped)
Waffles, pancakes, bannock if not whole grain
Sesame Seed and honey bars (Sesame Snaps)
Plain popcorn (Air popped) – most often
Pretzels, pretzel/cereal snack Mix (i.e. Bits and Bites)
Low fat baked tortilla chips
Sun Chips®
Baked Seasoned Potato Crackers (i.e. Crispers®)
Fruit crisps, cobblers
Fig/apple/raspberry cereal bars
Rice Krispee squares
Fruit loaves
Cookies (made with oatmeal, peanut butter, ginger or dried fruit)
Fig Newtons
Biscuits

Vegetables and Fruit

Fruit in syrup
Dried fruit , Fruit leather
Frozen fruit juice bars (at least 50% real juice)
Oven Fries
Fried vegetables
Caesar Salads
Vegetables with sauces or breading
Sweetened fruit juice - sugar (sucrose/glucose) is listed on the ingredient label)

Milk and Milk Products

Whole milk
Eggnog
Milkshakes made with real milk and ice-cream, ice-cream (vanilla, choc and strawberry), Ice milks, sherbets
Frozen yogurt
Ice-cream Dixie cups, ice-cream sandwiches
"Chocolate Bar" flavoured milks and milk shakes
Milk-based puddings (i.e. Jell-O® pudding cups)
Custards
Yogurt drinks
Processed cheese spread (ie. Cheese whiz or nacho cheese sauce)

Meat and Alternatives

Wieners, sausages

Cold cuts

Luncheon meats – pepperoni, summer sausage, bologna etc. (restrict these meats)

Pepperoni sticks

Fish sticks

Nuts, seeds roasted in oil

Beverages

Sun-Rype: Rio Red Grapefruit, Nectars (50% real juice)

Mixed Foods (*high in fat – restrict # days/week available)

*Baked Pizza Pockets, Pizza Pretzel

*Pizza with higher fat meats (i.e. Pepperoni)/ veggies/pineapple and regular cheese

Baked Tortilla Chips and Salsa

Bagels with light cream cheese

*Pasta with a cream sauce –

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SERVE LEAST OFTEN

(No more than 30% of choices at any one location)

These foods are high in calories, fat, sugar and/or salt and low in nutrient value. These foods are usually called "others" in *Canada's Foodguide to Healthy Eating*. These foods should be eaten in moderation and preferably in combination with the "Serve most Often" foods.

Bakery Food Items

Pastry, Croissants
Danishes
Doughnuts
Cakes
Granola bars (dipped) – including those fortified with nutrient such as Body Smarts®
Sticky buns
Cake muffins (
Super-sized muffins or Super-sized cookies)
Cookies (with sweet filling or icing)
Pre-sweetened breakfast cereals

Candy/Sweets

Syrup, Honey, Jam, Jellies*
Chocolate Bars, Covered nuts/raisins
Candy- all candies including those fortified with nutrients such as Body Smarts®
Gum
Fruit Snack Roll-ups
Craisins®
Frozen ice treats (Example Fudgsicles®, Revels®, Popsicles®)

Salty Snacks

Flavoured cheese puffs (eg. Cheezies®)
Chips (Potato, Corn, Apple)
Corn Nuts
Microwave popcorn

Beverages (includes all 'juice' beverages with less than 50% real juice)

Soda Pop (regular or diet)
Gatorade/PowerAde® – all flavours
Iced Tea – all flavours
Sweetened fruit flavoured beverages:
Snapple®– all flavours
Fruitopia® – all flavours
V8 Splash® – all flavours
Dole®: All cocktails (Ruby Red Grapefruit, Cranberry Cocktail, Cranberry Grape, Strawberry Kiwi, Pineapple Passion Mango, Paradise Blend, Orange Strawberry Banana)
Sun-Rype® – Hi-5 (Citrus and Tropical), all cocktails (ie, pink grapefruit, raspberry, mango tangerine, apple cranberry),
SOBE® – all flavours
Sunny Delight®, Tang®, Kool-Aid®
Coffee, Tea
Hot chocolate drink (made with hot water)

Mixed

French Fries and Gravy
Nachos and Processed Cheese Sauce
Packaged noodle soup
Instant noodle soups
Pizza with lots of hi fat meat (i.e. pepperoni)/no veggies/extra cheese/stuffed, thick crusts)
Sausage rolls

Other

Cream Cheese *
Gravy*
Sour Cream*
Chip dip
Flavoured gelatin dessert (eg. Jello®)*
Whipped cream*
Non-dairy whipped toppings (Cool Whip®) & creamers*
Bacon*

*Appropriate if served in small amounts with Serve Most Food

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Appendix B

Adapted from “Food for Thought: Healthy Food Guidelines for Schools”, Lexington Fayette County Health Department

Food rewards can be an easy way to bring about an immediate behavior change in students. So why change a reward system that seems to work?

Giving donuts and soft drinks to students may seem like a harmless treat for a job well done. But rewarding students with unhealthy food can develop habits that stay with them throughout their school careers and their lives.

Alternatives to Food as a Reward for High School Students:

- Listen to music while working in class
- Reduced homework or no homework pass
- Computer time
- Extra reading time
- Extra credit
- Coupons for video stores, music stores, movies (donated)
- A few minutes of “free choice” time at the end of class
- Free passes to school events and games

Coupon for a healthy beverage at the concession (i.e. milk, 100% juice or water)