

# Healthy Refreshments for School Meetings and Events



A school community can show its commitment to healthy eating by serving healthy food and beverages at meetings and events. Students get to practice what they learn in the classroom about healthy eating and Canada's Food Guide. School community members who are committed to eating well will appreciate the healthy choices and the opportunity to role model healthy eating behaviours.

## Apply nutrition standards to school meetings and events

The School Food and Beverage Policy (P/PM 150) Nutrition Standards classifies food and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale.

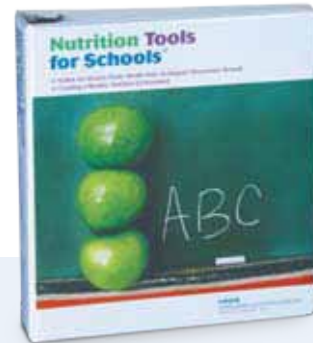
Nutrition Tools for Schools® (NTS) encourages schools to embrace the spirit of P/PM 150 and go beyond by selecting food and beverages with Maximum Nutritional Value. Use the NTS Nutrition Standards (revised 2010) to make sure your school meetings and events offer or sell the healthiest food and beverages. This will ensure compliance with P/PM 150.

### The P/PM 150 '80/20' rule made easy!

Keep it simple! **Only** sell food and beverages with Maximum Nutritional Value. If you choose to sell food from the Sell/Offer Most or Sell/Offer Less category, follow these rules:

- For every 10 food items, at least 8 need to be Sell Most and 2 can be Sell Less
- Beverage and food choices must be assessed separately

## Nutrition Tools for Schools



Nutrition Tools for Schools® is a program consisting of a Toolkit and public health support to help your school create a healthy nutrition environment.



The NTS Nutrition Standards classifies food and beverages into four categories:

- Maximum Nutritional Value - nutrition criteria that meet or exceed P/PM 150
- Sell/Offer Most\*
- Sell/Offer Less\*
- Not Permitted\*

Apply NTS Nutrition Standards wherever food and beverages are sold and offered.

Using the NTS Nutrition Standards will ensure compliance with P/PM 150.

\* Nutrition criteria are the same as P/PM 150.

## Success to share

Our Lady of Fatima School in Renfrew has embraced the whole school approach to healthy eating. We use non-food options (candles) or healthy foods (citrus fruits) for fundraising and offer pizza on whole wheat crust for catered lunches. Students are no longer rewarded with candy but are provided with special privileges. It doesn't stop there; we are now expanding our healthy eating messages to all of our school events. With support from the school council, our Halloween dance featured fruit smoothies instead of the usual pop and chips. An overall hit, the selling of the smoothies made money for the School Council.

*Submitted by Jeannie Armstrong, Principal, Our Lady of Fatima School, Renfrew*

## Refreshment ideas

Involve the school community when deciding what to offer or sell! Always use the NTS Nutrition Standards (revised 2010) when choosing food and beverages to offer.

### Beverages with Maximum Nutritional Value:

- White milk (2% MF or less)
- Chocolate milk (1% MF)
- Yogurt drinks (2% MF or less)
- Fortified soy beverage (plain or flavoured)
- 100% juice (fruit, vegetable or juice blends)
- Water



### Food with Maximum Nutritional Value:

- Pizza on whole wheat crust with vegetable and lean meat toppings
- Whole wheat wraps, pitas, bagels, bread and buns
- Fresh vegetables and fresh, frozen or canned fruit with no added sugar
- Lower-fat cheese – block or strings (20% MF or less)
- Lower-fat yogurt (2% MF or less) with added vitamin D
- Hummus
- 100% whole wheat crackers, melba toast, crisp bread
- Lower fat, higher fibre varieties of cereal bars

## Together we can make the healthy choice the easy choice!

For more information about Nutrition Tools for Schools<sup>®</sup>, P/PM 150, or healthy eating, please contact your local public health unit:

York Region Community and Health Services  
Health Connection at 1-800-361-5653  
or visit  
[www.york.ca/nutrition](http://www.york.ca/nutrition)

For information on healthy schools go to the Ministry of Education Healthy Schools website: [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools).