

# Healthy School Tuck Shops



You can help your students practice what they learn in the classroom about healthy eating and Canada's Food Guide by ensuring that your tuck shop is healthy. A healthy tuck shop allows hungry students to buy a variety of nourishing food and beverages that they enjoy, and at the same time encourages healthy choices.

## Apply nutrition standards to tuck shops

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.

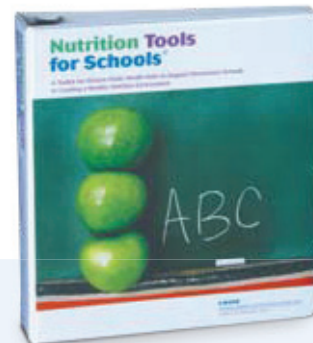
Nutrition Tools for Schools® (NTS) encourages schools to embrace the spirit of P/PM 150 and go beyond by selecting food and beverages with Maximum Nutritional Value. Use the NTS Nutrition Standards (revised 2010) to make sure your tuck shop provides the healthiest food and beverages. This will ensure 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/Offer Most and 2 can be Sell/Offer Less
- Food and beverage 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.

## Reminder to elementary schools!

Only sell beverages in container sizes of 250 mL or less.

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

When Thompson Creek School in Dunnville involved their students in making changes to their tuck shop, the new Healthy Snack Shack was an instant hit! We have grade 6, 7 and 8 girls who before may have purchased a chocolate Popsicle and are now buying milk and frozen yogurt tubes. We have more students than ever coming to our Healthy Snack Shack! Submitted by Kathy Page, Public Health Dietitian, Haldimand-Norfolk Health Unit

## Tempting tuck shop ideas

These ideas are just examples; always use the NTS Nutrition Standards (revised 2010) when choosing food and beverages to sell.

### 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

\* May increase risk of dental decay

\*\* Foods containing or which may contain life-threatening allergens (eg, peanuts and other nuts) should not be available in schools where students have an allergy

### Food with Maximum Nutritional Value:

- Whole grain wraps, pitas, bagels, bread, buns
- Fresh vegetables and fresh, frozen or canned fruit with no added sugar
- Raisins or other plain, dried fruit or dried fruit bars with no added sugar\*
- Lower-fat cheese strings (20% MF or less)
- Lower-fat yogurt (2% MF or less) with added vitamin D
- Lower fat, higher fibre varieties of cereal bars
- 100% whole wheat crackers, melba toast, crisp bread in single serving packs
- Single serving packs of popcorn, granola, cereal and other grain-based snacks
- Unsalted nuts, seeds, roasted legumes and Trail mix\*\*

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

For more information about Nutrition Tools for Schools®, 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).