

# Healthy Catered Lunches

You can help your students practice what they learn in the classroom about healthy eating and Canada's Food Guide by ensuring that each sub day, pizza day or other catered lunch day is healthy. Whether these days occur once a week or every day, it is always important to make the healthy choice the easy choice for students.

Remember to ask students and/or parents what they would like served. Consider food allergies and family cultural preferences as you select your lunch menus.

## Applying the School Food and Beverage Policy (P/PM 150) Nutrition Standards to catered lunches

The Ministry of Education mandates that all food and beverages sold in schools meet nutrition standards outlined in the School Food and Beverage Policy (P/PM 150). The policy classifies food and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale.

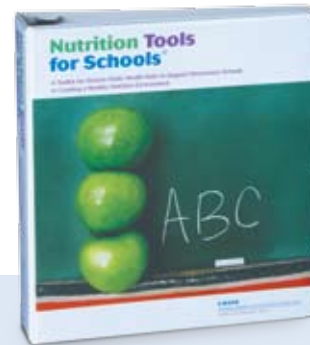
Nutrition Tools for Schools<sup>®</sup> (NTS) promotes the selection of food and beverages with Maximum Nutritional Value\*. To make sure your catered lunch provides food and beverages that meet the criteria for the Sell Most category, **and** provides Maximum Nutritional Value, use the NTS Nutrition Standards (revised 2010) when planning lunch menus.

### Healthy catered lunches include:

- Food from at least 3 of the 4 food groups in Canada's Food Guide
- Food and beverages with Maximum Nutritional Value
- No foods or beverages from the Not Permitted for Sale category

By meeting the above criteria you will be complying with P/PM 150.

## Nutrition Tools for Schools



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

- \* Food and beverages with Maximum Nutritional Value meet or exceed P/PM 150 because they are:
  - Part of the four food groups in Canada's Food Guide
  - Higher in nutrients needed for optimal growth and development (eg, iron, vitamin D, calcium, vitamin C, vitamin A, protein, fibre)
  - Lower in unhealthy fats (ie, saturated fat and trans fat) and usually contain little or no added salt and sugars

## Meal planning for catered lunches - Include food from at least 3 of the 4 food groups

Ask your caterer to add the food groups needed for a complete meal (eg, a milk product and/or a vegetable or fruit) or remind parents to pack extra food by including an insert on your catered lunches order form.

For example:

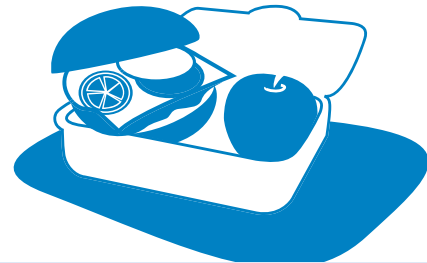
*Don't forget to pack extra food and a healthy beverage on pizza/sub day. A healthy lunch includes at least 3 out of 4 food groups from Canada's Food Guide. Adding milk and/or yogurt, fruit and/or vegetables (eg, fresh fruit or fruit cup) completes your child's lunch and provides them with the energy to learn and play.*

## Just ask... you may be surprised at what can be offered!

For the most nutritious and tastiest catered lunches use the following suggestions:

### Pizza with Maximum Nutritional Value: A Sell Most choice!

- Whole grain crust (some white flour can be used)
- Part skim milk cheese (20% MF or less)
- Lean meat (eg, grilled chicken) and vegetable toppings
- Low sodium pizza sauce (360 mg or less)



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

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

- For every 5 food items at least 4 need to be Sell Most and 1 can be Sell Less

Or

- If offering only 1 food item (eg, pizza) each major ingredient (eg, crust, cheese, tomato sauce and toppings) would have to fit into the Sell Most category
- Food and beverage choices must be assessed separately

### Success to share

Pine Glen Public School, located in Huntsville, had a 'Dunk the Junk' at a school assembly. They tossed a ceremonial hotdog, ketchup and mustard into a garbage pail and announced that tasty and healthy special food days would be on the way! They now offer pizza on whole wheat crust with veggies and lean meat toppings.

*Submitted by Mary Ellen Deane, Public Health Dietitian, Simcoe Muskoka District Health Unit*

## Hamburgers and sandwiches with Maximum Nutritional Value: A Sell Most choice!

- Whole grain bread, pita, tortilla, flatbread, bagel or bun
- Part skim milk cheeses with 20% MF or less (eg, mozzarella, Swiss)
- Patties made with fresh ground extra-lean beef, pork or poultry
- Egg, tuna or salmon salad made with low fat spread or dressing
- Lean meat (eg. pork, roast beef, poultry)
- Fresh or cooked vegetables
- Condiments in small amounts – 1 tbsp of ketchup, 2 tbsp tzatziki, 4 tbsp salsa



## Pasta with Maximum Nutritional Value: A Sell Most choice!

- Lower sodium tomato sauce and canned or fresh diced tomatoes
- White sauces made with 2% MF (or less) milk instead of cream
- Whole grain pasta
- Lean meat (eg, cubes of poultry, extra-lean ground meat)
- Fresh or frozen vegetables such as onions, mushrooms, grated carrot, bell peppers, broccoli, asparagus, snow peas, chopped celery, spinach

## Soups with Maximum Nutritional Value: A Sell Most choice!

- Lower-fat, lower-sodium broth
- Whole grain rice, barley, couscous, pasta
- Low sodium canned tomatoes
- Fresh or frozen vegetables such as carrots, celery, turnip, broccoli, asparagus

Remember to use the Nutrition Tools for Schools<sup>®</sup> Nutrition Standards (revised 2010) to assess each food and beverage to ensure it meets the criteria for Sell Most and provides Maximum Nutritional Value.

**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  
<http://www.edu.gov.on.ca/eng/teachers/healthyschools.html>.