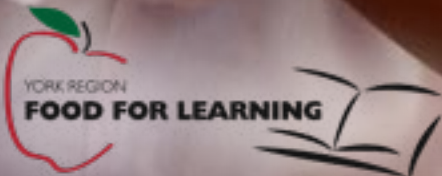


# NUTRITION GUIDELINE RESOURCE

For Student Nutrition  
Programs in York Region





Ontario's Student Nutrition Programs (SNP) provide nutritious breakfasts, morning meals and snacks to students to support their learning, healthy growth and development, and overall physical and mental well-being. The Ministry of Children, Community and Social Services developed the ***Student Nutrition Program Nutrition Guidelines 2020*** to reflect current research and best practices in healthy eating and to be consistent with Canada's Food Guide.

The ***Student Nutrition Program Nutrition Guidelines 2020*** will help programs to:

- Plan for nutritious breakfast, morning meals and snacks
- Shop for and select foods with the most nutritional value
- Create a welcoming and positive eating environment
- Provide consistent messages about healthy eating to support classroom learning



## Student Nutrition Program Tips

- Welcome and respect every student
- Create a positive eating environment by:
  - › Providing enough time for eating, including at least 20 minutes for a meal, if possible
  - › Allowing students to listen to their hunger and fullness cues
  - › Being mindful of what you say about food and health in front of students
- Provide tap water at every meal or snack
- Offer a variety of vegetables, fruits, protein foods and whole grains
- Limit highly processed and pre-packaged foods
- Practice safe food handling and storage and ensure students wash their hands prior to eating
- Follow environmentally friendly practices, such as using reusable/recyclable dishes, when possible
- Serve Ontario foods and beverages when possible

## Breakfast or morning meal?

A meal is made up of at least:

- 1 Vegetable or Fruit,
- Whole Grain food, and
- 1 Protein food



## What is a healthy snack?

A snack is made up of at least:

- 1 Vegetable or Fruit and
- 1 Whole Grain food or  
1 Protein food





**The Student Nutrition Program Nutrition Guidelines 2020** categorize food choices as “Serve” or “Do Not Serve”. There are also minor ingredients which may be served in small amounts on the side or used in the preparation of mixed dishes.

### Serve Foods and Beverages:

- ✓ Can be served at all meals and snacks
- ✓ Align with the recommendations of Canada’s Food Guide
- ✓ Have lower amounts of added sugar, salt and saturated fat and are a good source of nutrients such as fibre, calcium, and iron
- ✓ Are minimally processed
- ✓ Are safe to consume

### Do Not Serve Foods and Beverages:

- ✗ Should not be offered in Student Nutrition Programs (SNPs)
- ✗ Do not align with the recommendations of Canada’s Food Guide
- ✗ Have higher amounts of added sugar, salt, and/or saturated/trans fats; they may also contain limited amounts of important nutrients such as fibre, calcium, and iron
- ✗ Are highly processed
- ✗ May not be safe to consume (e.g., sprouts, raw fish, or unpasteurized dairy)



## Vegetables and Fruit

- Serve vegetables and/or fruit at every snack and meal
- Canned vegetables and tomato sauce must have less than or equal to 10% DV (daily value) of sodium per serving

### Serve

- ✓ Fresh vegetables and fruits
- ✓ Frozen vegetables and fruit with no added sugar, salt, or sauce
- ✓ Unsweetened applesauce or fruit purees
- ✓ Canned fruit in water or 100% juice, drained
- ✓ Canned vegetables (drained and rinsed)
- ✓ Canned tomatoes and tomato sauce
- ✓ Dried fruit with no added sugar

### Do Not Serve

- ✗ Vegetable and fruit juice, including 100% juice
- ✗ Fruit flavoured drinks, punches or cocktails
- ✗ Sweetened applesauce or fruit purees
- ✗ Vegetable and fruit chips
- ✗ Dried fruit with added sugar
- ✗ Canned fruit in syrup
- ✗ Fruit flavoured candies (e.g., gummies, fruit rolls, fruit leathers)
- ✗ French fries, hash browns, instant potatoes, battered potatoes/vegetables
- ✗ Cream-based vegetable soups
- ✗ Raw sprouts (e.g., alfalfa, bean sprouts)





## Whole Grains

- Products must include whole grain, whole wheat, or bran listed as the first ingredient on the ingredient list
- Products must have less than or equal to 8 grams of sugar per 30 gram serving
- Products must have less than or equal to 10% DV (daily value) of sodium per serving

### Serve

#### Whole grain or whole wheat bread products:

- ✓ Breads, English muffins, pitas, buns, rolls, tortilla, roti, pizza crusts, flatbreads, Bannock, and pancakes

#### Whole grain cereals, grain-based snacks, baked goods, and other grains:

- ✓ Whole grain cereals, oatmeal
- ✓ Whole grain muffins, scones, granola bars
- ✓ Whole grain crackers, brown rice cakes (unflavoured and unsweetened)
- ✓ Air-popped popcorn (unsalted, no butter)
- ✓ Whole grains (e.g., quinoa, oats, couscous, brown or wild rice)
- ✓ Whole grain or whole wheat noodles

### Do Not Serve

#### Bread products:

- ✗ Flavoured, sugar coated breads and bagels (e.g., cinnamon, raisin)
- ✗ Enriched wheat flour bread, bagels, buns, pancakes, English muffins, tortillas, etc.

#### Grain-based snacks, baked goods, cereals, and other grains:

- ✗ Any items with chocolate, candy, marshmallow or yogurt dip or pieces (e.g., chocolate or yogurt dipped granola or cereal bars)
- ✗ Cakes, donuts, pies, squares, cookies
- ✗ Instant noodle soup
- ✗ Toaster pastries, pastries, croissants
- ✗ Tortilla chips, pretzels, pita chips, white rice cakes
- ✗ White rice, rice noodles, enriched wheat pasta



## Protein Foods

- Choose protein foods that come from plants more often
- Products must have less than or equal to 10% DV (daily value) sodium per serving

### Serve

#### Plant-based protein foods:

- ✓ Dried or canned beans, lentils, chickpeas (drained, rinsed)
- ✓ Nuts, seeds, and nut/seed/legume butters (always follow your school or centre's Allergy and Anaphylaxis Policy)
- ✓ Hummus or bean dips, baked chickpeas, and plant-based burgers
- ✓ Lentil or chickpea pasta
- ✓ Tofu

#### Milk, milk alternatives and dairy:

- ✓ Plain milk, yogurt, soy yogurt, and kefir with less than or equal to 2% milk fat
- ✓ Unsweetened/unflavoured, fortified plant-based beverage with at least 6 g protein per 250 mL and at least 30% DV for calcium and vitamin D per 250 mL serving
- ✓ Flavoured yogurt, soy yogurt, and kefir with less than or equal to 11 grams of sugar per 100 gram serving and less than or equal to 2% milk fat
- ✓ Hard cheese, cheese strings with less than or equal to 20% milk fat (when possible)

#### Fish, eggs and meat:

- ✓ Eggs
- ✓ Fresh or frozen fish and meat
- ✓ Canned fish low in mercury, e.g., canned light tuna, salmon (drained, rinsed)
- ✓ Canned chicken/turkey (drained, rinsed)
- ✓ Pre-cooked chicken/turkey
- ✓ Fresh, frozen, ground or pre-cooked lean meat (e.g., lean cuts of beef, pork loin, traditional meats and wild game)

### Do Not Serve

#### Plant-based protein foods:

Salted, candied or coated nuts or seeds

- ✗ Tofu dessert

#### Milk, milk alternatives, and dairy:

- ✗ 3.25% cow's milk, unpasteurized milk and milk products
- ✗ Flavoured milk (e.g., chocolate, strawberry)
- ✗ Hot chocolate, milkshakes, cream
- ✗ Flavoured/sweetened plant-based drinks
- ✗ Drinkable yogurt, frozen yogurt
- ✗ Cheese with more than 10% DV sodium per serving
- ✗ Processed cheese slices

#### Fish, eggs and meat:

- ✗ Fish high in mercury, e.g., canned albacore tuna
- ✗ Store-bought breaded and fried meats or fish
- ✗ Meat pies
- ✗ Bacon, hot dogs, ham, deli meats
- ✗ Pre-frozen breaded products



## Minor Ingredients

The following may be served in small amounts:

- ✓ Condiments such as ketchup, relish, mustard, cream cheese (1-2 tsp per student), and salsa (3 tbsp per student)
- ✓ Gravies and sauces (1-2 tbsp per student)
- ✓ Dips such as salad dressings, sour cream, baba ghanoush, and spinach dip (3 tbsp per student)
- ✓ Oils, non-hydrogenated margarines, dressings, mayonnaise (1-2 tsp per student)
- ✓ Toppings and extras such as coconut, parmesan cheese (approx. 2-3 tsp per student), olives (approx. 4-5 per student), pickles (approx. 1 medium per student)
- ✓ Honey, jam, jelly, marmalade, fruit butter or syrup (approx. 1-2 tsp per student)

## Do Not Serve: Miscellaneous Items

These products contain few or no essential nutrients, and/or contain high amounts of salt, sugar and/or saturated/trans fats.

- ✗ Foods and beverages containing caffeine such as coffee, tea and iced tea
- ✗ Diet pop, regular pop, energy drinks, sports drinks, flavoured or vitamin water
- ✗ Protein or meal replacement drinks and bars
- ✗ Candy (including yogurt covered), chocolate, marshmallows, licorice, jelly desserts, puddings
- ✗ Frozen treats such as ice cream, freezie-type treats, popsicles, slushies or frozen juice snacks
- ✗ Hard margarines, lard or shortening, palm oil, foods with artificial trans fat
- ✗ Foods with sugar substitutes or sweeteners



## Use the Nutrition Labels to choose products

Most packaged foods and beverages have a food label. This information is needed to determine if a food or beverage can be served in your Student Nutrition Program (SNP).

Nutrition Facts Valeur nutritive	
Per 1/2 cup (30 g) Pour 1/2 tasse (30 g)	
Calories 120	% Daily Value* % valeur quotidienne*
<b>Fat/Lipides</b> 3.5 g	5%
Saturated/satures 0.3 g	
+trans/trans 0 g	2%
<b>Carbohydrate/ Glucides</b> 22 g	
Fibre/Fibres 4 g	14%
Sugars/Sucres 0 g	0%
<b>Protein/Protéines</b> 3 g	
<b>Cholesterol/Cholestérol</b> 0 g	0%
<b>Sodium</b> 170 mg	7%
Potassium 125 mg	3%
Calcium 10 mg	2%
Iron/Fer 1.50 mg	8%

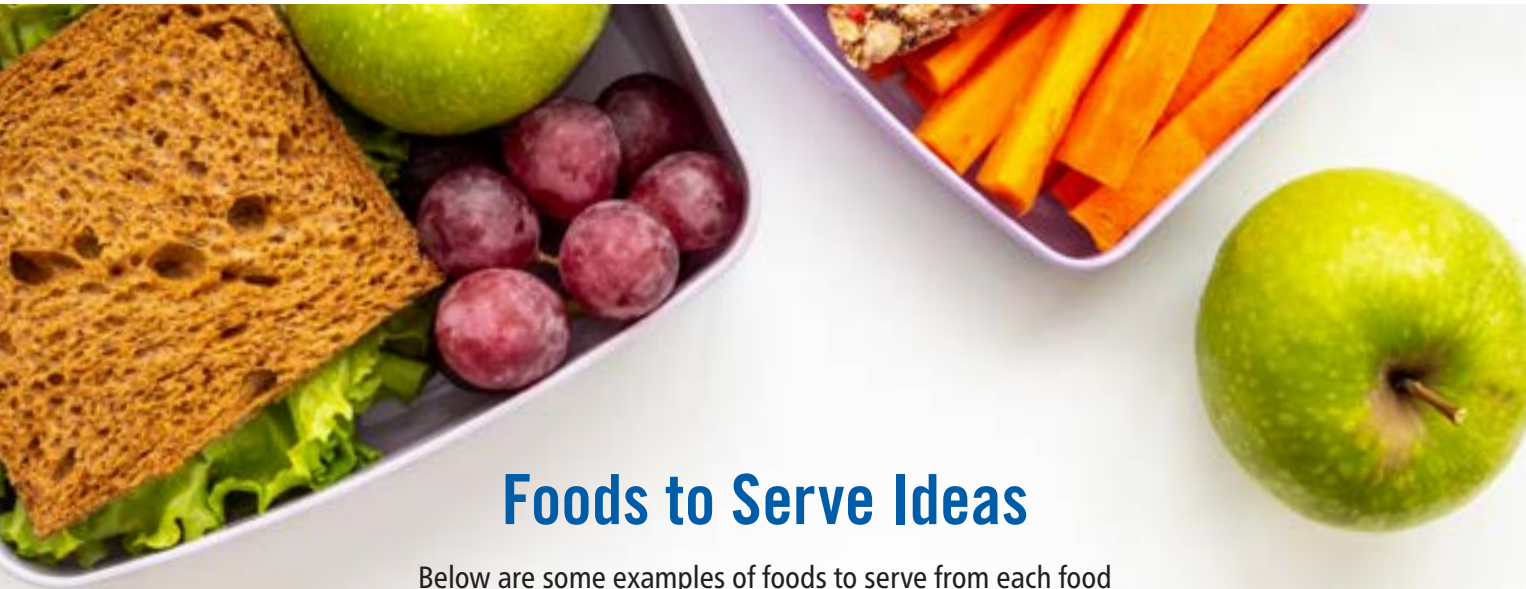
\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Whole grain wheat, Vegetable oil.  
Sea Salt  
**Contains: Wheat.**  
**Ingrédients :** Blé à grains entiers, Huile végétale, Sel de mer.  
**Contient: Blé.**

### Some things you need to know:

- Information in the nutrition facts table is based on a quantity called serving size. It may or may not be the amount of food that you choose to serve in your SNP
- The % DV (daily value) shows how much (or how little) of a nutrient is in a food or beverage. 5% DV or less means there is a little of a nutrient and 15% DV or more means there is a lot
- Look for flavoured yogurts with less than or equal to 11 grams of sugar per 100 gram serving
- Look for foods and beverages with less than or equal to 10% DV (daily value) of sodium per serving to offer in your SNP
- Look for whole grain products with less than or equal to 8 grams of sugar per 30 gram serving
- The ingredient list shows all the ingredients in a packaged food in order of weight, starting with the ingredient that weighs the most
- Look for grain products with whole grain, whole wheat, or bran listed as the first ingredient on the ingredient list





## Foods to Serve Ideas

Below are some examples of foods to serve from each food grouping. Please refer to the 'Serve' and 'Do Not Serve' criteria outlined in the *Student Nutrition Program Nutrition Guidelines 2020* when choosing foods to serve in your program.

### Vegetables & Fruits

- Cucumber slices
- Baby carrots
- Cherry tomatoes
- Snap peas
- Apple
- Avocado
- Berries
- Celery
- Broccoli florets
- Bell pepper
- Grapes
- Pears
- Peaches
- Kiwi
- Melon
- Bananas
- Oranges, clementines
- Unsweetened applesauce

### Protein Foods

- Boiled eggs
- Bean dips (e.g., hummus, black bean, lentil)
- Milk or Fortified Soy beverage
- Yogurt
- Cheese strings or cubed hard cheese
- Soy butter
- Sunflower or pumpkin seeds
- Canned fish, canned chicken (low sodium)

### Whole Grain Foods

- Whole grain or whole wheat bread, buns, bagels, rolls, English muffins, pitas, tortillas, Bannock, naan, roti, chapatti, lavash
- Oatmeal or whole grain cereal
- Whole grain crackers, breadsticks
- Plain popcorn
- Brown rice cakes
- Whole grain muffins, scones
- Grain-based bars

## Food Allergies

Student Nutrition Program coordinators, administrators and volunteers must work together to protect students:

- Be aware of all food allergies in the school
- Follow the allergy and anaphylaxis school policy
- Read nutrition labels and ingredient lists carefully



For more information and support with choosing nutritious foods, menu planning, and budgeting in your Student Nutrition Program, contact [healthyschools@york.ca](mailto:healthyschools@york.ca) or call **1-877-464-9675 extension 74407**.

## Additional Resources

- **Student Nutrition Program Nutrition Guidelines 2020**  
<https://files.ontario.ca/mccss-2020-student-nutrition-program-guidelines-en-2021-11-29.pdf>
- **Foodforlearning.com**  
<https://www.foodforlearning.com/>
- **York Region – Nutrition for Schools**  
<https://www.york.ca/health/healthy-schools/nutrition-schools>
- **Canada's Food Guide**  
<https://food-guide.canada.ca/en/>
- **Nurturing Healthy Eaters in Elementary Schools**  
<https://www.odph.ca/upload/membership/document/2019-12/nurturing-healthy-eaters-elementary-schools.pdf>
- **Nurturing Healthy Eaters in Secondary Schools**  
<https://www.odph.ca/upload/membership/document/2019-12/nurturing-healthy-eaters-secondary-schools.pdf>
- **Healthy Schools: Linking Nutrition and Mental Well-being**  
<https://www.odph.ca/upload/membership/document/2022-01/summary-infographic-nutrition-and-mental-well-being-aoda-final.pdf>
- **Food Allergy Canada**  
<https://foodallergycanada.ca/>

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