


ANGLOPHONE SOUTH SCHOOL DISTRICT



# Policy 711 ASD-S Guidelines & Resources

SEPTEMBER 2019



## Introduction

The Department of Education and Early Childhood Development's Policy 711, **Healthier School Food Environment** sets the *minimum* requirements for a healthy food environment in public schools. This policy applies to all school districts and public schools in New Brunswick including: curricular, co-curricular, extra-curricular, fundraising, and school sponsored/endorsed activities and events.

In 2018, after a decade with no changes, Policy 711 underwent two significant revisions. As a result, questions have remained regarding the expectations and application of the nutrition policy in our facilities.

A committee of District employees, Principals and VPs, and our Healthy Learner Nurses have gathered some of these questions and have worked together to share solutions.

In order to provide clarity for our school administrators regarding the latest version of the policy, as well as guidance from the Anglophone South School District as to its implementation, the following document has been created.

ASD-S seeks to model healthy behaviours and choices and we hope that this resource will help you implement the policy consistently and foster a healthier food environment in your school.

Zoë Watson  
Superintendent, ASD-S



# Table of Contents

[\(Click Links\)](#)

[Policy Changes 2008-208...page 3](#)

[Frequently Asked Questions...page 4](#)

[Policy Version Comparison Table \(Appendix A...page 5\)](#)

[Breakfast Programs \(Appendix B...page 9\)](#)

[Events and BBQs \(Appendix C...page 13\)](#)

[Non-Food Rewards \(Appendix D...page 17\)](#)

[Vending Machine Items \(Appendix E...page 18\)](#)

[Fundraising Ideas \(Appendix F...page 27\)](#)

[Canteen Suggestions \(Appendix G...page 30\)](#)

[Additional Resource Links \(Appendix H...page 31\)](#)

## Policy Changes 2008-2018

The revision of Policy 711 in June of 2018 contained some significant changes, primarily eliminating the option to serve or sell chocolate milk, juice, or foods with only moderate nutrition value. Our current version of the policy, issued in December of 2018, relaxed some of these requirements of the previous policy. These updates are outlined in the table below.

Primary Changes – Current Revision (Dec/18)	What does this mean in ASD-S?
Flexibility has been granted to schools with respect to food offered through breakfast programs, given the uniqueness of programs and their reliance on donations from community partners; however, schools must make every effort to provide the healthiest possible food options.	See appendix B for information to share with community groups and parents.
Whereas there was no flexibility assigned to special occasions, the latest policy now states that for “in-school celebrations, holidays, end of year school celebrations, etc., every effort shall be made to include foods and beverages with higher nutritional value. Timing of these events shall be reasonable and undertaken in moderation.”	Schools are asked to demonstrate moderation by limiting special occasions to <b>twice per year</b> . This may require advanced planning, as some special occasion events might be school-wide, while others may be at the grade level (e.g. graduations). It is recommended that administration identify these events at the start of the school year.
The requirement for higher nutrition foods and beverages still applies to all fundraising activities, school sponsored/endorsed activities and events <i>during</i> school hours; however the latest revision states that food or beverages sold, offered, or served as part of fundraising activities or school sponsored/endorsed events that happen <i>after</i> school must be approved by the Principal.	Principals are asked to approve only higher nutrition foods and beverages to be sold or offered at after school fundraising activities or school sponsored/endorsed events.  See Appendix F for Fundraising suggestions and Appendix G for suggested canteen options.
Flavoured milk and soy beverages <u>are</u> permitted to be served or sold in schools.	Principals must be aware that the nutritional requirements apply to the quantity in the packaging, and not what is listed per serving. Many products contain multiple servings.
100% vegetable or fruit juice with no added sugar <u>are</u> permitted to be served or sold in schools.	The ideal serving size for 100% juice is a junior box serving.

## Frequently Asked Questions...

- 1. Policy 711 was revised to be more flexible. Does this mean I can serve the foods we have in the past?**  
Although some flexibility was added to our current version of the policy, the requirement to sell or serve only higher nutrition foods and beverages still applies to all lunch programs, cafeteria menus, vending machines, and fundraising or school sponsored/endorsed activities during school hours.
- 2. What are examples of healthy foods I can serve at special events in my school?**  
Offering visually appealing, tasty alternatives can be just as popular as traditional less nutritious foods. Examples include yogurt parfaits or whole grain muffins instead of cake, corn on the cob instead of hot dogs, fruit platters instead of desserts, air-popped popcorn instead of buttered, or watermelon slices instead of popsicles. See Appendix C - *Higher Nutritional Value Choices for School Events and Barbecues*, for more ideas.  
  
As well, consider if food is a necessary part of your event. Plan your events so that the focus is on an activity or social interaction, instead of on the food being provided.
- 3. What are some ideas for non-food rewards?**  
See Appendix D for a list of ideas by age. As well, consider asking your students what a meaningful reward or incentive would be for them. Perhaps it could be an outdoor activity, a guest speaker, or free time.
- 4. Where can I find a list of what can be sold in school vending machines?**  
See Appendix E - *Vending Machine Suggestions - Policy 711*.
- 5. A local team is hosting a tournament at the school. What items can they sell in the canteen?**  
See Appendix G for a list of suggested items to sell in school canteens, at sports games, or during performances. In addition, remember that all foods served or sold in schools must be peanut and tree nut free, including after-school and on weekends.
- 6. We rely on donations to run our breakfast programs. How can I encourage healthy donations?**  
When advertising for a cereal drive, specify whole grain cereals. Let parents and community partners know at the start of each year that your goal is to serve students higher nutrition foods whenever possible. See Appendix B for two helpful resources—*School Breakfast Program Donations* and *Grab and Go Items*.
- 7. How can I prevent students from throwing out the additional items that are now included as part of meals?**  
While you cannot control if students eat all their food, it's important to keep portion size appropriate for age. Teachers have also had success providing a plastic bag/container so students can save uneaten vegetables or fruit to take home or for a later snack.
- 8. How can my Home and School's fundraising activities support a Healthy School Food Environment?**  
Appendix F contains two helpful resources—*Policy 711 Fundraising Support* and *Healthy School Fundraising Ideas*.

**9. How can I communicate to parents what these food expectations are in my school?**

Share the information repeatedly – at PSSC meetings, in newsletters, start-of-year activities, and in voicemail reminders, particularly before certain holidays such as Halloween and Valentine’s Day.

Let parents know that food that has been sent to schools to be shared and which does not comply with Policy 711 will be sent home with students to be consumed after school. Request that any food that is sent in to be shared be commercially prepared and nut free. This is to ensure the safety of the preparation of food items as well as ensure the ingredients for those with food allergies.

**10. Our students sell Candy-grams, chocolate kisses, or candy canes to fundraise. Is this permitted?**

Items of lower or moderate nutritional value should not be sold or served during school hours. Remind students that these are just tokens, and not as important as the sentiment of the activity. Encourage them to choose non-food items instead of candy. For *e.g.* fun shaped erasers, stickers, or homemade coupons.

**11. There are times I give my staff treats to show my appreciation. Does the policy apply to staff activities at school?**

The policy applies to any school endorsed activity during school hours. It’s important that students see staff modelling healthy food behaviors as well. Instead of giving staff treats during holidays or Staff Appreciation Week, provide higher nutrition options or seek non-food items.

**12. Do we have a spot where I can find more resources about promoting healthy nutrition at my school?**

Many of the resources contained here can also be found on the ASD-S website, under Parent Resources. You may wish to share this with parents and guardians. As well , Appendix H contains a list of links to a wide variety of healthy food related resources.

Policy 711- Healthier School Food Environment Revisions –  
Comparison between March 2008, May 2018 and November 2018

Topics / Criteria	Previous Policy March 2008	Previous Policy May 2018	Updated Policy November 2018
<i>6.2 Food and Beverages</i>	6.1.1 Foods with maximum nutritional value will be available and promoted wherever and whenever food is sold or otherwise offered at school, including vending machines, canteens, cafeterias and hot lunch programs (see Appendix A).	6.2.1 Foods and beverages with higher nutritional value, as outlined in the <u>Appendix A – Food and Beverage Requirements</u> , will be available whenever and wherever foods are sold, served or otherwise offered. Appendix A – Food and Beverage Requirements	6.2.1 Foods and beverages with higher nutritional value, as outlined in the <u>Appendix A – Food and Beverage Requirements</u> , will be available whenever and wherever foods are sold, served or otherwise offered. However, given the uniqueness of breakfast programs and their reliance on donations from community partners, school districts shall strive to provide the healthiest possible food options.
<i>6.2 Special Occasions</i>	7.4 Guidelines For special occasions, in-school celebrations, holidays, end of school year, etc., every effort should be made to include foods with moderate or maximum nutritional value.	N/A	6.2.2 Requirement For special occasions, in-school celebrations, holidays, end of year school celebrations, etc., every effort shall be made to include foods and beverages with higher nutritional value. Timing of these events shall be reasonable and undertaken in moderation.
<i>6.2 Fundraising Activities and Events</i>	6.2.1 The sale of foods with minimum nutritional value in fundraising initiatives, organized by schools and students, is not permitted. This section does not apply to parent/community sup-	6.2.6 The sale of foods and beverages with lower nutritional value in fundraising activities organized by, through or for schools/students is not permitted.	6.2.7 <u>Appendix A – Food and Beverage Requirements</u> applies to all fundraising activities, school sponsored and endorsed activities and events during school hours.

Topics / Criteria	Previous Policy March 2008	Previous Policy May 2018	Updated Policy November 2018
	port groups, who may request participation of high school students, in fundraising activities after school hours.		6.2.8 Fundraising activities and school sponsored and endorsed events that happen after school hours that sell, serve or offer foods and beverages, must be approved by the principal.
<i>Appendix A Milk and Alternatives</i>	<u>Maximum Nutritional Value</u> Fat – 2% Milk Fat (MF) or less Sugar – less than 28 grams Examples: White or flavoured milk and fortified soy beverages	<u>Lower Nutritional Value</u> These products will not be served, sold or otherwise offered: <ul style="list-style-type: none"> <li>• Flavoured milk</li> <li>• Flavoured fortified soy or other plant-based beverages</li> <li>• Commercially prepared milkshakes</li> <li>• Ice cream</li> <li>• Processed cheese slices</li> <li>• Non-sugar sweeteners added</li> </ul> <u>Nutrient Criteria</u> Saturated fat ≤ 3g Sodium ≤ 180mg Sugar ≤ 20g	<u>Lower Nutritional Value</u> These products will not be served, sold or otherwise offered: <ul style="list-style-type: none"> <li>• Commercially prepared milkshakes</li> <li>• Ice cream</li> <li>• Processed cheese slices and spreads</li> <li>• Non-sugar sweeteners added</li> </ul> <u>Nutrient Criteria</u> Milk Saturated fat ≤ 3g Sodium ≤ 180mg Sugar ≤ 26g  Milk Alternatives Saturated fat ≤ 3g Sodium ≤ 180mg Sugar ≤ 20g
<i>Appendix A - Vegetables and Fruit</i>	<u>Maximum Nutritional Value</u> Ingredients – 100% real juice Sugar / Sweeteners – none added	<u>Higher Nutritional Value</u> <i>These products CAN be served, sold or otherwise offered:</i> <ul style="list-style-type: none"> <li>• Fresh vegetables</li> </ul>	<u>Higher Nutritional Value</u> <i>These products CAN be served, sold or otherwise offered:</i> <ul style="list-style-type: none"> <li>• Fresh vegetables</li> </ul>



Topics / Criteria	Previous Policy March 2008	Previous Policy May 2018	Updated Policy November 2018
	<p>Serving size – 250 mL or less</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• <i>Frozen, 100% fruit juice bars</i></li> <li>• <i>100% unsweetened pure fruit juice (orange, apple, pineapple, grape, etc.)</i></li> <li>• <i>Tomato/vegetable juice</i></li> </ul>	<ul style="list-style-type: none"> <li>• Frozen vegetables</li> <li>• Canned vegetables</li> <li>• Fresh fruit</li> <li>• Frozen fruit</li> <li>• Canned fruit (packed in juice or light syrup)</li> <li>• Apple sauce and other fruit sauces (100% fruit, no added sugar)</li> </ul> <p><u>Nutrient Criteria</u> Saturated fat ≤ 2g Sodium ≤ 150mg Sugar No added</p>	<ul style="list-style-type: none"> <li>• Frozen vegetables</li> <li>• Canned vegetables</li> <li>• Fresh fruit</li> <li>• Frozen fruit</li> <li>• Canned fruit (packed in juice or light syrup)</li> <li>• Apple sauce and other fruit sauces (100% fruit, no added sugar)</li> <li>• 100% vegetable or fruit juice</li> </ul> <p><u>Nutrient Criteria</u> Saturated fat ≤ 2g Sodium ≤ 150mg Sugar No added</p>
<p><i>Appendix B À la Carte</i></p>	<p><u>N/A</u></p>	<p><u>Vegetables and Fruit Higher Nutritional Value</u></p> <ul style="list-style-type: none"> <li>• Fresh vegetables: cut-up raw vegetables and garden salad</li> <li>• Fresh fruit: whole or pre-cut</li> <li>• Canned fruit (packed in juice or light syrup)</li> <li>• Apple sauce and other fruit sauces (100% fruit, no added sugar)</li> <li>• Freshly made vegetable and/or fruit smoothie</li> </ul> <p><u>Milk and Alternatives Higher Nutritional Value</u></p> <ul style="list-style-type: none"> <li>• Milk (2% MF or less)</li> </ul>	<p><u>Vegetables and Fruit Higher Nutritional Value</u></p> <ul style="list-style-type: none"> <li>• Fresh vegetables: cut-up raw vegetables and garden salad</li> <li>• Fresh fruit: whole or pre-cut</li> <li>• Canned fruit (packed in juice or light syrup)</li> <li>• Apple sauce and other fruit sauces (100% fruit, no added sugar)</li> <li>• 100% vegetable or fruit juice (200 ml or less)</li> <li>• Freshly made vegetable and/or fruit smoothie</li> </ul> <p><u>Milk and Alternatives Higher Nutritional Value</u></p> <ul style="list-style-type: none"> <li>• Milk (2% MF or less)</li> </ul>

Topics / Criteria	Previous Policy March 2008	Previous Policy May 2018	Updated Policy November 2018
		<ul style="list-style-type: none"> <li>• Fortified soy beverage (unsweetened)</li> <li>• Hard cheeses</li> <li>• Plain yogurt</li> <li>• Freshly made yogurt parfait</li> </ul> <p><u>Nutrient Criteria</u> Saturated fat ≤ 3g Sodium ≤ 180mg Sugar ≤ 20mg</p>	<ul style="list-style-type: none"> <li>• Fortified soy beverage (unsweetened)</li> <li>• Hard cheeses</li> <li>• Plain yogurt</li> <li>• Freshly made yogurt parfait</li> </ul> <p><u>Nutrient Criteria</u> <u>Milk</u> Saturated fat ≤ 3g Sodium ≤ 180mg Sugar ≤ 26g</p> <p><u>Milk alternatives</u> Saturated fat ≤ 3g Sodium ≤ 180mg Sugar ≤ 20g</p>

# School Breakfast Program Donations

Please consider choosing foods from this list the next time you donate.

Look for foods that are low in salt, sugar and are made of whole grains.

We put check marks by the foods we need most. Thank You!



## Fruit

- Fresh fruit: clementines, apples, bananas
- Fruit cups (in juice or light syrup)
- Canned fruit (in juice or light syrup)
- Frozen fruit: berries, mixed fruit
- Dried fruit: raisins
- Unsweetened fruit puree: mixed fruit, apple sauce
- 100% fruit or vegetable bars



## Whole Grains

- Unsweetened cereals: Shreddies, Cheerios
- Plain granola bars
- Muffins: raisin bran, whole wheat carrot
- Plain oatmeal
- Nut-free granola
- Mini or regular bagels
- Mini or regular pitas
- Tortilla wraps
- Bread
- English muffins



## Milk and Proteins

- Milk (2% or less)
- Yogurt: tubs, cups, tubes
- Cheese: hard cheese, cheese strings
- Wowbutter
- Eggs

# Breakfast Menu Ideas

- Mini pita pockets filled with scrambled eggs
- Bagels with Wowbutter and banana slices
- Whole wheat pancakes topped with canned fruit
- French toast topped with berries
- Freshly made fruit smoothies
- Yogurt parfaits (layer of yogurt, fruit and cereal)
- Oatmeal with fruit or berries
- Overnight oats (mix oats, milk, yogurt, fruit and chill)
- Breakfast burritos (egg, cheese, salsa rolled in tortilla)
- Hard boiled eggs with toast
- Cold cereal topped with fruit
- Clementine, plain granola bar, and yogurt tube
- Muffin, cheese cubes, and piece of fruit
- Homemade nut-free cereal trail mix
- Egg and cheese breakfast sandwich
- Nut-free energy bites with yogurt tube
- Muffin, fruit puree cup and glass of milk
- Fruit tray with yogurt dip and granola bar
- Broiled cheese on an English muffin



## Grab and Go and Breakfast Options

Note: There is no implied endorsement of specific products.

### Grains:

- First ingredient is a whole grain
- <2g Sat fats; <250mg Na; <9g Sugar
- No artificial or non-sugar sweeteners

### Snacks:

- Made Good Apple Cinnamon Granola Bars (Costco), Strawberry Granola Bars
- Made Good Vanilla Crispy Squares
- PC Blue Menu Multigrain English Muffins (cheapest at No Frills, a subsidiary of Loblaw's)
- Quaker Chewy Apple Fruit Crumble Granola Bars
- Quaker Rice Cakes: Lightly Salted Butter Popcorn Flavor and White Cheddar Flavor
- Rice Krispies Brown Rice Squares



### Cereals:

- |  |                          |
|--|--------------------------|
| • Blue Menu Protein Whole Grain Cereal with Strawberries | • PC Wheat Squares       |
| • Cheerios , Multigrain Cheerios                         | • Quaker Corn Squares    |
| • Crispix  | • Quaker Oatmeal Squares |
| • Corn Flakes  | • Rice Krispies          |
| • Honey Bunches of Oats                                  | • Shreddies Original     |
| • Honey Bunches of Oats Apples & Cinnamon                | • Special K              |
| • Kellogg's All Bran                                     | • Shredded Wheat         |
| • Life MultiGrain  | • PC Crispy Rice         |

# Higher Nutritional Value Choices For School Events and Barbecues

Revised: August 28, 2018

## Higher Nutritional Value Choices for School Events and Barbecues

If you are planning to sell, serve or offer foods or beverages at a school/community event, here are some ideas to consider from each of the food groups. Please refer to Policy 711 Appendix A: Food and Beverage Requirements for more ideas.

### Vegetables and Fruit\*

- Fresh whole fruit
- Sliced fruit tray
- Veggie tray
- Tossed salad
- Potatoes
- Corn on the cob
- Vegetable kabobs
- Fruit kabobs
- Freshly made fruit and/or vegetable smoothies

### Whole Grain Products

- Whole grain buns
- Whole grain tortillas
- Whole grain bread
- Whole grain pita
- Whole grain mini pitas

### Milk and Alternatives

- Plain milk (2% MF or less)
- Freshly made fruit and/or vegetable smoothies
- Fortified unsweetened soy milk
- Hard cheese
- Pudding mix prepared with milk
- Flavoured yogurt that meets criteria

### Meat and Alternatives\*

- Hummus
- Baked beans
- Eggs
- Chicken, turkey
- Beef, pork
- Lean or extra lean ground meat
- Fish, seafood canned fish
- Traditional meat and wild game

*These products will not be served, sold or otherwise offered: Bologna, wiener/hot dog, pepperoni, salami*

*\*Does not include previously fried or commercially breaded or battered products*

## Menu Ideas for School Events and Barbecues

If you would like to sell, serve or offer a complete meal at your school event, the lists below provide menu options that you can combine to include all of the food groups. Vegetables and Fruit ✓✓ Grain Products ✓ Milk & Alternatives ✓ Meat & Alternatives ✓

### Beverage Choices

- Water
- Milk (2% MF or less) or fortified unsweetened soy beverage ✓

### Entrées

- Chili made with lean ground beef, served with mini whole wheat pita rounds ✓✓✓
- Vegetarian chili with rice ✓✓✓
- Whole grain pasta with cheese sauce made from hard cheese and reduced fat milk, served with a side of veggie sticks ✓✓✓
- Sheppard's pie made with lean ground beef ✓✓
- Baked potato with spoonful of topping such as chili or cheese and broccoli ✓✓✓
- Pita pizzas ✓✓✓
- Corn on the cob ✓
- Fun shaped pasta topped mixed with home-made pasta sauce with lean ground beef or chicken ✓✓✓
- Meatless or chicken veggie pizza bagels ✓✓✓
- Apple slices and shredded hard cheese wrapped in a whole grain tortilla, grilled in the oven or on the barbecue ✓✓✓
- Toasted sandwich made with hard cheese, served with veggie sticks on the side ✓✓✓
- Tuna melt made with block or shredded cheese on a whole wheat english muffin with salad ✓✓✓✓
- Hamburgers made with lean ground beef ✓✓
- Burgers made with unbreaded grilled chicken or fish ✓✓
- Healthy wraps (grilled chicken, vegetarian, lean/lower sodium ham or turkey slice) ✓✓✓
- Chicken veggie kabobs ✓✓
- Vegetable kabobs (cherry tomatoes, red/yellow/green peppers, squash, onion, mushrooms, snow peas, carrots, broccoli) ✓



## Snacks

- Veggies and hummus ✓✓
- Mini pitas and hummus dip ✓✓
- Whole wheat crackers and chunks of cheese ✓✓
- Air popped popcorn ✓
- Freshly made whole grain muffins ✓
- Celery with soy butter and raisins on top ✓✓

## Dessert Ideas

- Yogurt parfait: vanilla yogurt, berries, bananas, etc. ✓✓
- Fresh fruit ✓
- Snack baggies of grapes ✓
- Frozen grapes ✓
- Freshly made fruit and/or vegetable smoothies ✓✓
- Boxes or baggies of raisins ✓
- Fruit kabobs: pineapple, strawberries, grapes, apples, melons ✓
- Bags of apple slices (slice and toss with a little lemon juice) ✓
- Diced fruit in individual cans or cups (in juice or light syrup) ✓
- Unsweetened puréed fruit or applesauce cups ✓
- Flavoured yogurt that meets Appendix A/B criteria ✓
- 100% dried fruit or dried fruit bar ✓
- Fruit slices and/or berries with yogurt dip ✓✓
- Freshly made popsicles made with yogurt & fruit pieces ✓✓
- Watermelon popsicles: put chunks of watermelon on popsicle sticks and freeze ✓


## Non-Food Ideas to Celebrate Success



encourage healthy eating habits.

To recognize students' achievements and support a healthy school food environment, principals, teachers, staff, parents and the community can promote a consistent healthy eating message by using non-food rewards to celebrate and recognize students' success. Non-food rewards promote and

The following is a list of ideas to reward students' achievements with non-food rewards. It is by no means a complete list; many additional ideas for non-food rewards exist. This list is meant to act as a resource to help your team develop new ideas around rewarding and motivating children. It is divided into sections for the different grade levels. Many of the ideas crossover and can be used for both older and younger students.

Kindergarten to Grade 5	Grades 6-8	Grades 9-12
<ul style="list-style-type: none"> <li>- Featured on a photo recognition board</li> <li>-be recognized during morning announcements</li> <li>-teachers helper</li> <li>- extra recess time</li> <li>- work outside</li> <li>-eat lunch outside</li> <li>-dance in classroom to favourite songs</li> <li>- teacher makes special phone call home</li> <li>- bring stuffed animal to school and sit on desk</li> <li>-read to younger students</li> <li>-take home a class game for the night to play with family</li> <li>- write with special pen or pencil for the day</li> </ul> 	<ul style="list-style-type: none"> <li>-sit at teachers desk for a day</li> <li>-listen to music in class</li> <li>-be recognized during monthly assemblies</li> <li>- extra computer time</li> <li>- time to socialize at the end of the class</li> <li>-no homework pass</li> <li>- pajama day</li> <li>-sit by friends during class / switch sits</li> <li>- make a film of the school</li> <li>- read the morning announcements</li> <li>-lunch time dance party or karaoke during</li> <li>- getting a special certificate or postcard sent home</li> <li>- homework free pass</li> <li>-learning how to do something of interest on the computer</li> </ul>	<ul style="list-style-type: none"> <li>-Choose what assignments the class does for homework.</li> <li>-free entrance into the school dance, sporting events, school drama production etc.</li> <li>-Work with school personal to come up with ideas for school events</li> <li>-listen to music with your headphones during class</li> <li>-no homework pass</li> <li>-Get out of school early pass</li> <li>-tardy pass</li> <li>-reserved sitting at school cafeteria</li> <li>-allowing student and 5 friends to sit in classroom for lunch by themselves</li> <li>- reserved sits and friends at activities or games</li> <li>- Students pick which problem the teacher will make a freebie answer on homework, assignment, test or examine.</li> </ul>

*\*Ask students what their favourite non-food rewards and celebrations are!*

# Higher Nutritional Value Choices For Vending Machines, Celebrations & Snacks

Revised: July 25, 2018

## Higher Nutritional Value Choices for Vending Machines, Celebrations & Snacks

This document is a revision to the "ASD Vending Machines August 2017" document. It has been modified to be consistent with the Policy 711 revisions released in 2018. It is based on the Higher Nutritional Value Items specified in Appendix B: A La Carte Items and Lower Nutritional Value Items defined in Appendix A: Food and Beverage Requirements.

This document does not apply to foods and beverages that students bring from home.

This document applies to all products served, sold or otherwise offered separately from a complete lunch meal. Examples include foods and beverages available in vending machines, at celebrations and for snacks. It **does not** reflect the same criteria used for complete lunch meals. Some items that are not suitable to be offered separately from a meal may meet the criteria for being included as part of a complete lunch meal (refer to the Policy 711 document and Appendix A).

Specific product names are only available for items for which labels were submitted for evaluation in the past. If you are aware of products that are not on this list and are unable to use the tool to determine whether they fit, please contact your District.

**Allergy Alert:** Nut allergies must be taken into consideration as some of these items contain nuts or are products that have come into contact with nuts.

# Beverages

## Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Water
- Milk
- Fortified soy beverage (unsweetened)

Specific Examples:

- Aquafina bottled pure water
- Milk to Go, 1% white

## Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Beverages with added sugar
- Beverages with non-sugar sweeteners
- Beverages containing caffeine
- Flavoured Milk (chocolate)
- Flavoured fortified soy or other plant-based beverage
- Fruit juice
- Vitamin water
- Sports drinks
- Energy drinks
- Energy shots
- Soft drinks (carbonated soda)

Specific Examples:

- Aquafina flavoured water
- Brisk Iced Tea
- Five Alive
- Fruitopia
- Gatorade
- Propel
- Tropicana Twister
- V8 Splash
- V8 Splash Tropical Blend
- Vitamin Water
- Dole strawberry kiwi 100% juice
- Heinz 25% less sodium tomato juice
- Heinz regular tomato juice
- Minute Maid berry blend 100% juice tetra boxes
- V8 Fusion
- V8 low sodium vegetable juice
- V8 V-Plus high fibre low sodium vegetable juice

# Candy, Bars, Chips and Other Processed Snacks

## Higher Nutritional Value

*These products CAN be served, sold or otherwise offered:*

- 100% Fruit leather bars
- 100% dried fruit
- Air popped popcorn
- Freshly made whole grain granola bars
- Granola bars that fit the criteria in the table below\*
- Muffins that fit the criteria in the table below\*

Specific Examples:

- Amaizin Raisins
- Craisins, 100 calorie bags
- Sun-Rype Fruit to Go
- Sun-Rype Fruit to Go Squiggles
- Sun-Rype Fruit & Vegetable bars
- Sun-Rype Fun Bites

## Lower Nutritional Value

*These products will not be served, sold or otherwise offered:*

- Candy
- Chips
- High sugar syrups and toppings
- Dessert topping
- Deep fried products of any kind
- Chocolate bars (bars or candy)
- Coated granola bars
- Confectionary
- Grain Products that do not fit the criteria in the table below\*

Specific Examples:

- Berries candies
- Blasters
- Gob Stopper
- Lifesavers Gummies
- Jolly Ranchers
- Nibs
- Trident Splash
- Dare "Real Fruit" chews
- Flat Earth Vegetable Crisps
- Fruit Gushers
- Fruit Roll Ups
- Sharkies Organic Energy Fruit Chews
- Sunkist Fruit First Chews
- Welch's Fruit Snacks Baked Doritos
- Baked Lays Original
- Baked Tostitos Tortilla Chips
- Christie Crunchers
- Uncle George's Baked Pita Chips
- Snapea Crisps

## Candy, Bars, Chips and Other Processed Snacks Continued

### Higher Nutritional Value

See above and table below

### Lower Nutritional Value

Specific Examples

- Continued:
- 100 calorie Doritos
  - 100 calorie Sunchips
  - Baked Cheetos
  - Baked Ruffles, cheddar & sour cream
  - Bites & Bits
  - Christie's less sodium Bits and Bites
  - Crispers
  - Crispy Minis
  - Flat Earth Vegetable Crisps
  - Harvest Cheddar Sunchips
  - Humpty Dumpty Cheesies
  - Multigrain Sunchips
  - Reese's Pieces
  - Runts
  - Skittles
  - Munchies snack mix
  - Reduced fat Munchies
  - Ritz Chips
  - Rold Gold Pretzels
  - Skinny Sticks vegetable chips Sunchips
  - Tostitos (regular and multigrain)
  - Tostitos Spicy Quesadilla chips
  - Aero Crisp
  - Aeromilk
  - Berries Candies
  - Blasters
  - Coffee Crisp
  - Crispy Crunch
  - Kit Kat
  - M & M's
  - Reese's Peanut Butter Cups
  - Smarties
  - Snickers

#### \*Check nutrient criteria to determine if the following products can be sold in vending machines

<ul style="list-style-type: none"> <li>• 2 cups (500 mL) popped corn</li> <li>• 35 g muffin</li> <li>• 30-38 g granola bar</li> <li>• 2 medium rice cakes</li> <li>• 30 g crackers</li> </ul>	First ingredient must be a whole grain
	Saturated fat $\leq 2$ g
	Sodium $\leq 250$ mg
	Sugar $\leq 9$ g

# Vegetables & Fruit

Also see Beverages section

## Higher Nutritional Value

*These products CAN be served, sold or otherwise offered:*

- Fresh vegetables
- Cut-up raw vegetables
- Garden salad
- Fresh fruit: whole or pre-cut
- Canned fruit (packed in juice or light syrup)
- Apple sauce with no added sugar
- Other 100% fruit with no added sugar

Specific Examples:

- Amaizin Raisins
- Craisins, 100 calorie bags
- Sun-Rype Fruit to Go
- Sun-Rype Fruit to Go Squiggles
- Sun-Rype Fruit & Vegetable bars
- Sun-Rype Fun Bites

## Lower Nutritional Value

*These products will not be served, sold or otherwise offered:*

- Chips
- Sweetened gelatin/jellied desserts
- Fruit cups in gelatin
- Fruit canned in heavy syrup
- Prepared pie fillings
- Processed fruit snacks (fruit leather with added sugar; gummies; etc.)
- Non-sugar sweeteners added

Specific Examples:

- Berries Candies
- Dare "Real Fruit" chews
- Flat Earth Vegetable Crisps
- Fruit Gushers
- Fruit Roll Ups
- Sharkies Organic Energy Fruit Chews
- Sunkist Fruit First Chews
- Welch's Fruit Snacks



# Grain Products

## Higher Nutritional Value

*These products CAN be served, sold or otherwise offered:*

- Freshly made whole grain muffins and loaf breads
- Freshly made granola and granola bars
- Whole grain bread
- Whole grain pita/mini pitas
- Whole grain tortilla
- Whole grain bannock
- Whole grain naan
- Whole grain English muffins
- Whole grain buns
- Other products fitting the criteria in the table below\*

Specific Examples:

Product labels required for evaluation (see table below)

## Lower Nutritional Value

*These products will not be served, sold or otherwise offered:*

- Pastries, croissants, pies
- Instant noodles/pasta
- Pre-seasoned rice
- Canned pastas
- Canned rice
- Doughnuts
- Coated granola bars
- Grains with non-sugar sweeteners added
- Pre-packaged, processed grain products that do not fit the criteria in the table below\*

Specific Examples:

- Goldfish Baked Snack Crackers
- Original Ritz Crackers
- Pringles Baked Wheat Stix
- Ritz Bits Sandwich S'mores
- Ritz crackers
- Sour Cream & Chives crackers

### \*Check nutrient criteria to determine if the following products can be sold in vending machines

<ul style="list-style-type: none"> <li>• 2 cups (500 mL) popped corn</li> <li>• 35 g muffin</li> <li>• 30-38 g granola bar</li> <li>• 2 medium rice cakes</li> <li>• 30 g crackers</li> </ul>	First ingredient must be a whole grain
	Saturated fat $\leq 2$ g
	Sodium $\leq 250$ mg
	Sugar $\leq 9$ g

# Milk & Alternatives

Also see Beverages section

## Higher Nutritional Value

*These products CAN be served, sold or otherwise offered:*

- Hard cheeses
- Plain yogurt
- Freshly made yogurt parfait
- Yogurt dips for fruit that fit the criteria in the table below\*

Specific Examples:

*Product labels required for evaluation (see table below)*

## Lower Nutritional Value

*These products will not be served, sold or otherwise offered:*

- Ice cream
- Frozen yogurt
- Pudding
- Processed cheese slices and spreads
- Milk products with non-sugar sweeteners added
- Flavoured yogurts that do not fit the criteria in the table below\*

Specific Examples:

- Cheese Whiz (regular and light)
- Philadelphia regular cream cheese
- Philadelphia light cream cheese

### \*Check nutrient criteria to determine if the following products can be sold in vending machines

- ¾ cup (175 mg) flavoured yogurt

Saturated fat ≤ 3 g

Sodium ≤ 180 mg

Sugar ≤ 20 g

# Meat & Alternatives

## Higher Nutritional Value

*These products CAN be served, sold or otherwise offered:*

- Hummus
- Egg
- If allowed: seeds (no sugar or salt added)

Specific Examples:

*Product labels required for evaluation*

## Lower Nutritional Value

*These products will not be served, sold or otherwise offered:*

- Any items not on the Higher Nutritional Value list
- Entrées that are not sold in combination with a complete meal (e.g. sandwiches, burgers, wraps, etc.)
- ~~Any~~ seeds with added sugar or salt

Specific Examples:

*Product labels required for evaluation*

# Healthy Fundraising



## Why choose a healthy fundraising option?

- \* It sets a good example for the children and youth
- \* It promotes a healthier school community
- \* Parents want healthier fundraising options
- \* It is consistent with efforts to improve health, sports performance, and academic success
- \* Studies show healthier food options can raise as much, or even more, money than unhealthy choices

## Activities

- \* Pledge money for a dance-a-thon or walk-a-thon
- \* Fun run or family obstacle courses
- \* Car wash
- \* Gift wrapping services
- \* Arrange with a grocery store to get tips for helping pack customer's bags
- \* Sell tickets to go through a haunted house created in the school
- \* Silent auction with services or items donated from local businesses
- \* Yard sale
- \* Book fair
- \* Golf tournament
- \* Profits from yoga or Zumba classes

## Non-food items

- \* Seeds, plants, bulbs, herb starter kits
- \* Garbage bags
- \* Healthy cookbook
- \* Reusable grocery bags with school logo
- \* Magazine subscriptions
- \* Individual roses or bouquets of flowers for special occasions
- \* Emergency first-aid kits
- \* Gift wrap, gift tags, note cards
- \* Holiday ornaments or wreaths
- \* School spirit swag
- \* Pedometers
- \* Calendars
- \* Cookware and/or utensils

## Healthy foods and beverages

- \* Cooking spices and healthy seasonings
- \* Oranges or other citrus fruit
- \* Produce baskets
- \* Apples
- \* Salmon



**Think local when planning your next fundraiser!**

Prepared by: Horizon and Vitalité Public Health Dietitians



## Fundraising Ideas

This section contains ideas from ASD-S as well as Nova Scotia schools that have been successful at promoting the use of healthy food and beverages through fundraising efforts.

### *Healthy eating cookbooks*

- Collect favourite healthy recipes from students, families, and staff and compile and sell.
- Sell copies of a popular cookbook featuring healthy recipes.

### *Community dinners*

- (e.g., spaghetti, ham and scalloped potatoes, BBQ, Italian, Indian, vegetarian)
- Be creative! Include a theme. It can be anything from high tea to a picnic theme.
- Seafood suppers where the 'catch' is donated by the local fishermen are very popular in parts of the province.
- It often helps to combine a meal with some other activity such as an auction, dance, concert, dinner theatre. There may be better attendance.
- To attract the broader community, be sure to advertise. Encourage school families to invite friends and neighbours.

### *Local restaurant fundraisers*

- Local restaurants are often willing to support schools in fundraising efforts; healthy items (e.g., pizza) can be purchased at a reduced price and sold at school for profit.

### *Vegetarian fundraiser*

- Create an exploratory basket featuring vegetarian items such as tofu, soy milk, beans, seeds, tahini, and include healthy and tasty recipes.

### *Special lunch days at school*

- (e.g., Try ethnic cuisine from around the world and theme days focused on traditional holidays.)

### *'Red and Gold' sale*

- Bulk purchase red and gold apples from a local supplier and sell at Christmas time.

### *Healthy snack or lunchbox auctions*

- Have volunteers donate healthy lunches or snacks and auction them off to staff, parents, and community members.

### *Vegetable greenhouse or school garden*

- Start a vegetable green house or school garden by involving students, parents, and the community to share in the experience from field to fork by selling the produce.

### *Bake sale or 'no-bake' sale*

- Feature foods of High Nutrition such as fruit muffins, banana bread, oatmeal cookies, trail mix, breadsticks or soft pretzels and dipping sauce, bagels, and scones.

- For a twist on traditional bake sales hold a no-bake bake sale and include items like fresh fruit and vegetables with dip, cheese and crackers, flavoured milks and yogurt tubes, hardcooked eggs, hummus and dip, salsa and tortillas.

#### *Parent/Child healthy cooking classes*

- For donations of food and money, families sign up to participate in an event where they learn to prepare a healthy meal or snack.

#### *Pie in the Face*

- Set a money goal that when achieved, awards the Principal a Pie-In-the-Face..

#### *Milk mustache pictures*

- Take pictures of students and teachers with milk mustaches and sell them for \$2 to family and friends.

#### *Fruit and veggie-gram*

- Students purchase an apple or bag of veggie sticks to send to a friend with a personalized message.

#### *Don't buy event*

- A 'don't buy' fundraiser is a clever way of asking for donations in a humorous way.
- The event never actually happens, except on paper.
- Requests are sent to supporters advertising that soon they will have the opportunity 'not to buy' chocolate bars, cookie dough, or candy to support the school fundraiser.
  - To support healthy eating and consistent messages, a \$2 donation is instead requested to participate and support the cause.

#### *Locally Sourced*

- Sell bags of potatoes, stew packs, or apples

#### *Grad Class Calendars*

- Have students create their own calendars to sell to family and friends.

— — — —

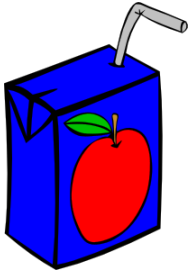
### **Examples of High Nutrition Food and Beverages to Sell as Fundraisers:**

<https://www.ednet.ns.ca/docs/foodnutritionfundraising.pdf> (NS Fundraising Guide)

*(Reminder: check products to ensure they meet nutrient criteria)*

- Trail mix made with whole grain cereal, dried fruit and seeds\* pre-packaged ( or prepared and bagged by students
- Lower fat, whole grain muffin mixes (dry or frozen) for muffins or quick breads (banana, carrot, zucchini) ( include instructions for preparation)
- Whole wheat pasta and sauce (e.g., tomato-based) kits
- Frozen pizza dough or crust (100% whole wheat)

- Whole wheat breadsticks and dipping sauce packs
- Instant Oatmeal Packs
- Whole grain bagels and cream cheese
- Local fresh fruits and vegetables (include recipe ideas or nutrition information)
- Carrots and dip packs
- Salad bar or mixed salads fundraiser - include fruit, vegetable, mixes with rice, pasta, tabbouleh
- Fruit gift baskets
- Bagged potatoes or foil-wrapped singles (include healthy recipes)
- Baked potato bar with toppings fundraiser
- 100% dried fruit/vegetable bars or fruit/seed mix
- Dried cranberries or raisins
- Smoothies sale (made with Maximum Nutrition ingredients like lower fat plain or flavoured milk, yogurt, and fruit)
- Dried or roasted beans and lentils (include recipe ideas)
- Hummus or bean dip (with whole wheat pita or tortillas)
- Meat, poultry, and fish (e.g., hams, whole chickens, lean burgers, or meatballs)
- Soup or chili-making kits (include recipes) - Includes fresh or dry vegetables, such as cabbage, carrots, turnip, and potatoes along with dried peas, beans, lentils, brown rice or pasta - Great during the winter
- Frozen food items (e.g., skinless chicken breasts, vegetables, blueberries, stir fry kit, fajita kit)
- Frozen pizza kits (made with whole wheat crust, vegetables and lean meats or poultry)
- Shepherd's pie sale
- Submarine sandwiches on whole grain bun and with lean meats
- Food baskets containing a variety of healthy items from Maximum Nutrition
- Fruit cone sale (ice cream cone topped with fresh or frozen fruit and drizzled with yogurt)
- Dips, spices and condiments (e.g., salsa, bean dips, hummus, fruit and vegetable dips, tomato sauces)
- [QPS Healthy Popcorn](#)



## Suggested Canteen Items

- Water
- Milk
- Chocolate milk

*Note:* Gatorade – does not fit Policy 711

- 100 % fruit juice boxes (Junior juice boxes)
- Pizza
- Chili (made with turkey or other extra lean meat)
- Popcorn
- Granola bars
- Raisins
- Fruit
- Carrot sticks and dip
- Low fat yogurt cups
- Grilled cheese (whole wheat bread non-processed cheese)
- Chicken soup with whole wheat rolls





## Healthier School Food Environment Resources

### School Garden Resource Links:

[New Brunswick Food Security Action Group](#) – a general website with many resources and links

### How to start and maintain a school garden

- [Guide to Growing School Gardens in Alberta](#)
- [Nova Scotia School Garden Resource Guide](#) (2014)
- [Veseys hardiness zones and frost dates](#) - The 'Plant Hardiness Zone Map of Canada' outlines the different zones within Canada in which various types of trees, shrubs and plants will most likely survive.
- [School Food Gardens Start Up Guide \(2018\)](#)
- [How to start a garden \(video\)](#)

### Planting Guides

- [Vegetable planting chart](#) - Vegetable planting chart for Canadian Maritimes
- [Planting guide](#) – Home Harvest Planting Guide for Nova Scotia

### Grants

- [Community Food Action Program](#) - NB Social Development grant program that offers up to \$5,000 to support community-led solutions to help improve healthy eating in New Brunswick by creating greater food security at the community level.
- [Whole Kid Foundation](#) - Garden grants and resources
- [Farm to School Canada Grants](#)
- [Canadian Feed the Children](#)

### Other

- Back Yard Magic [NB Composting Handbook](#)
- [Benefits of School Food Gardens](#)
- Youth led gardening in the heart of Halifax, N.S. video: [Hope Blooms Video](#)

## Healthy Food Environment Resources:

### Healthy School Food Environment

- [Department of Education and Early Childhood Development. Healthy School Food Environment Policy 711](#)
- [Department of Education and Early Childhood Development. Healthy School Food Environment Policy 711. Appendix C: Steps for Improving Our School Food Environment](#)
- [York Region. School Nutrition. Food Culture in Schools \(video\)](#)

### Food Waste

- [Food Waste Minimization Toolkit for Iowa Schools. August 2017](#)
- [USDA. What You Can Do to Prevent Wasted Food. Tips for School Staff, Parents and Students](#)
- [USDA. Reducing Food Waste. What Schools Can Do Today](#)

### Food Marketing

- [Heart and Stroke Foundation Video](#)
- [Heart and Stroke Foundation. The Kids are Not Alright Report 2017](#)
- [Public Health Institute. School Food and Beverage Marketing Assessment Tool](#)
- [Action for Healthy Kids. Food and Beverage Marketing at Schools](#)

### Eating More Vegetables & Fruit

- [Smarter Lunchrooms. Smarter Lunchrooms Self-Assessments](#)
- [The Smarter Lunchrooms Strategies](#)
- [Promoting Vegetables and Fruit. A School-based Toolkit 9-12](#) (Summary of Activities page 8)

### School Cooking Program Resource Links:

- [CHES! Getting a Head Start on Healthy Eating Toolkit](#)
- [Nourish - Food Literacy Resources](#)
- [UnlockFood.ca: School Health/Children's Nutrition/Recipes](#)
- [Top 10 Easy Ways to Get Teens Cooking](#)
- [Kids in the Kitchen: How to Set Up Your Kids Cooking Club](#)