



# Learning Environment

## Food and Beverage

Policy Number LE-22

The Simcoe Muskoka Catholic District School Board (SMCDSB) is committed to making schools healthy places for students. Creating a healthy school nutrition environment enhances student learning and success. This policy sets parameters for foods and beverages that are made available in SMCDSB schools.

As such:

All SMCDSB schools are required to ensure that foods and beverages sold on school property, and for school purposes meet the requirements of the Ontario Healthy Foods for Healthy Schools Act (2008), including the Ontario Ministry of Education Policy/Program Memorandum 150 (School Nutrition Standards) and the Ontario Trans Fat Regulations (O Reg 200/08).

The Board is further committed to encouraging schools to emphasize healthy choices when foods and beverages are provided to students at no cost.

**“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?” (1 Corinthians 6:19)**

***Our faith teaches us that our body is a temple of the Holy Spirit and as such, God is present in our body in a very special way. Because of God’s presence in our body we must be careful about how we treat it.***

### Procedural Guidelines Follow

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# Procedures and Guidelines Supporting Policy Number LE-22 Food and Beverage

## 1. PURPOSE

- 1.1. These procedures provide the information and process required for SMCDSB staff to implement the [Ontario School Food and Beverage Policy \(PPM 150\)](#) and support the creation of a healthy nutrition environment for students. This can be done by:
- a) ensuring foods sold comply with the [Ontario School Food and Beverage Policy \(PPM 150\)](#).
  - b) complying with the [Guidelines for Student Nutrition Programs, 2016](#) and
  - c) by encouraging healthy food choices be emphasized whenever food is provided to students.

## 2. REFERENCES AND RELATED DOCUMENTS

- 2.1. Related Board Policies and Procedures are:

- a) SMCDSB Parent/Community Engagement: Canvassing and Fundraising Policy PCE-06
- b) SMCDSB Student Health Care Policy LE-02
- c) SMCDSB Food and Beverage Policy LE-22

- 2.2. Related Ministry Documents, Statutes and Regulations:

- a) Ministry of Education [Ontario School Food and Beverage Policy \(PPM 150\)](#)
- b) [Ontario Food Premise Regulation O/Reg 900562](#)
- c) [The Ontario Curriculum Grades 1- 8 Health and Physical Education Revised 2015](#)
- d) [The Ministry of Children and Youth Services \(MCYS\) Student Nutrition Program Guidelines](#)
- e) [Ministry of Education School Food and Beverage Policy Resource Guide 2010](#)
- f) [Healthy Schools: New Food and Beverage Policy](#)
- g) S.265 Duties of Principals: Care of Pupils

2.3. Additional Resources:

- a) [Eating Well with Canada's Food Guide](#), Health Canada
- b) [Bright Bites](#), The Ontario Society of Nutrition Professionals In Public Health (OSNPPH)
- c) LE - 22 Food and Beverage Policy, Resource Guide Appendix C & E – Special Event Days Planning Sheet and Vending Machine Assessment Tool
- d) [OPHEA Health and Physical Education Curriculum Support](#) for Ontario Curriculum Grades 1 - 8 Health and Physical Education Revised 2015

**3. STANDARDS**

- 3.1. Food and beverages sold on school premises for school purposes must meet the standards found in [Ontario Healthy Foods for Healthy Schools Act \(2008\)](#).
- 3.2. Principals will refer to [Ontario School Food and Beverage Policy \(PPM 150\)](#), [Ministry of Education School Food and Beverage Policy Resource Guide 2010](#) and [Healthy Schools: New Food and Beverage Policy](#) for guidance and support in managing compliance with this policy.
- 3.3. Principals are encouraged to establish a healthy schools committee; this committee will assist the principal with all matters related to the school food and beverage policy. Schools are encouraged to contact the Simcoe Muskoka District Health Unit to request support and resources related to healthy eating initiatives.
- 3.4. Principals are encouraged to include community stakeholders, and where appropriate, students on the Healthy Schools committee.
- 3.5. Food and beverages provided to students through Student Nutrition Programs must meet the standards found in the [Ontario Student Nutrition Program Nutrition Guidelines, 2016](#).
- 3.6. Wherever possible, food shall be purchased from local sources.

**4. FUNDRAISING**

- 4.1. All fundraising done on school premises will comply with the standards outlined in The Ministry of Education's School Food and Beverage Policy (PPM 150) standards and regulations for trans fats.

- 4.2. Schools which have food and beverage vending machines must ensure that the items sold comply with the standards outlined in The Ministry of Education's School Food and Beverage Policy (PPM 150). Schools which have their own contract for these vending machines must report compliance with PPM 150 annually to the Director of Education.
- 4.3. When vending machine and cafeteria service contracts are renewed, every effort will be made to ensure that the spirit of this procedure is considered.

## **5. SPECIAL EVENT DAYS**

- 5.1. Schools may plan up to 10 special event days within each school year, and are encouraged to consider fewer days where possible. Refer to [BriteBites.ca Program](http://BriteBites.ca) which offers suggestions for healthy celebrations.
- 5.2. When determining the special event days for the school year, principals are to consult with their school councils and, where appropriate, students.

## **6. FOOD SAFETY**

- 6.1. The Simcoe Muskoka Catholic District School Board recognizes that food allergies exist in our schools and work sites. Please refer to *SMCDSB Student Health Care Policy # LE-02*.
- 6.2. School principals must ensure that all food preparation complies with the Food Safety Standards outlined in the [Ontario Regulation 562: Food Premises](#). If assistance is required in making this determination, schools can contact a Health Inspector at their local Health Unit.

## **7. MONITORING COMPLIANCE**

- 7.1. The principal shall ensure that the sale of food and beverages in his/her school meet the requirements as outlined in [Ontario School Food and Beverage Policy \(PPM 150\)](#).
- 7.2. The principal shall communicate compliance to the Ministry of Education PPM 150 Food and Beverage Policy annually to the Director of Education by November 30th of each year. See LE - 22 Food and Beverage Policy, Resource Guide Appendix A, *Principal Attestation to Compliance*.
- 7.3. All food service providers will submit a completed 'Application for Review of Food or Beverage Products for Sale in Schools for School Purposes' to Board office personnel responsible for PPM 150 Food and Beverage implementation.

- 7.4. All food service providers/suppliers contracted by the school must report compliance to the principal. See LE - 22 Food and Beverage Policy, Resource Guide Appendix B – *'Application for Review of Food or Beverage Products for Sale in Schools for School Purposes'*.
8. **NUTRITION EDUCATION** - A sequential, comprehensive nutrition education curriculum shall begin in kindergarten and continue through secondary school. This education shall include the curriculum expectations as outlined in the Ontario Curriculum as well as opportunities presented by planned events and teachable moments in the classroom.
  - 8.1. Staff are encouraged to access appropriate resources as needed, such as:
    - 8.1.1. [Full Day Early Program – Kindergarten 2016](#)
    - 8.1.2. [Ontario Curriculum Grades 1-8 Health and Physical Education, Revised Edition 2015](#)
    - 8.1.3. [Ontario Curriculum Grades 9-12 Health and Physical Education, Revised Edition 2015](#)
  - 8.2. Staff are encouraged to access appropriate resources as needed, such as:
    - 8.2.1. Health Unit Registered Dietitians
    - 8.2.2. [OPHEA Health and Physical Education Curriculum Support](#) for Ontario Curriculum Grades 1 - 8 Health and Physical Education Revised 2015
    - 8.2.3. [Eating Well with Canada's Food Guide](#), Health Canada
9. **FOOD PROVIDED AT NO COST** - Staff members are encouraged to use non-food items as a reward or incentive for positive classroom behaviour, achievement or participation. See Supplementary Materials document.
  - 9.1. Schools are encouraged to model healthy eating practices, through the choices offered during celebrations and special occasions.
  - 9.2. When food is provided at meetings and workshops healthy choices are encouraged.
  - 9.3. If food is used as part of a classroom celebration, staff members are encouraged to emphasize healthy choices.

## **RESOURCE GUIDE**

### **Creating A Healthy Learning Environment**

#### **Appendices**

- A. [Principal Attestation to Compliance](#)
- B. [Application for Review of Food or Beverage Products for Sale in Schools for School Purposes](#)
- C. [Special Event Day Planning Sheet](#)
- D. [Vending Machine Assessment Tool](#)

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