

# Healthy Eating at Limestone DSB Just Got Healthier!

LDSB's Nutrition Policy AP210 (Creating a Healthy Nutrition Environment) begins September, 2011 and is based on the *Eating Well with Canada's Food Guide* and the Ministry of Education's nutrition guidelines.

## Here's what you need to know...

### About the Policy

The Nutrition Policy guides schools towards offering healthy food choices. The policy promotes healthy eating based on the recommendations from *Eating Well with Canada's Food Guide* and helps students to make nutritious food and beverage choices.

Food and beverages brought from home, purchased during field trips off school property, sold in schools at non-school or Board events, or sold for fundraising activities that occur off school property are exempt from the Nutrition Policy.

### Special Event Days

Each school has 10 special event days within a school year. On these days, food and beverages can be sold or served outside the nutritional guidelines found in Appendix A of the Nutrition Policy. School principals bring suggested special event days to the school council and Safe and Healthy Schools Team for their consideration.

### Nutrition in the Classroom

When food is to be used as part of an in-class celebration or party, all foods and beverages should strive to meet the nutrition policy guidelines.

Educational events organized by school staff will serve foods that meet LDSB's Nutrition Policy. Such events include: Meet the Teacher nights, open houses, and graduations.

### Fundraising

Food is only one option for fundraising activities. If the fundraising initiative includes the sale of food, it is exempt from the guidelines. This fundraising will take place outside of school property.

### Food Sold in LDSB Cafeterias and Vending Machines

LDSB will follow the Nutrition Policy's Sell/Serve Most and Sell/Serve Less program. Foods in the Sell/Serve Most category will be comprised of the healthiest food choices.

At least 80% of all foods offered on school property and at school or board events will be in the Sell/Serve Most category. The Sell/Serve Less category will make up no more than 20% of all food choices.

Foods that contain few or no essential nutrients and/ or contain high amounts of fat, sugar, and/or sodium will not be served. This includes beverages of the same nature.



**Get involved in your Safe and Healthy Schools Team.  
Talk to your child's principal.**

# Healthy Eating at School

Your child needs healthy food for energy and concentration at school. The food your child eats for breakfast will sustain them through the morning until recess or first nutrition break. They will then need a range of healthy foods for recess, lunch or nutrition breaks to get them through the day.

LDSB's Nutrition Policy (Administrative Procedure 210) allows children to come to school with the food and beverage choices that are supported by their family.

Here are some tips that can help parents encourage healthy eating for your child.

## Tips to help your child:

- Pack food that is easy to open, easy to eat and not messy.
- Encourage your child to recycle or compost to help the environment. Pack a litter-less lunch as often as possible.
- Write their name on their lunch box, water bottle and any other containers.
- Include a frozen drink bottle to keep food cold. Wrap it in a tea towel in case it leaks.
- Use insulated lunch boxes or cooler bags.
- Avoid using plastic wrap because children find it hard to pull apart.
- Pack tissues or paper around fruit so it won't bruise.
- Remind your child to wash their hands before eating.
- If you make lunches the night before, store in the fridge overnight.
- Pack a BPA-free water container for your child and remind them they can get water from the taps during the day.
- Respond to requests from your child's school to eliminate or curtail specific allergens or foods from packed lunches or snacks i.e. products containing peanuts, etc.

## Nutrition breaks, recess and lunch ideas:

- Cut fruit into pieces (squeeze a little lemon on apples, pears or bananas to stop them going brown) and put them in a small container.
- Cut up vegetables such as carrots, celery and cucumber and put them in a snap-lock plastic bag. In a separate container put dips or yogurt to dip carrots in.
- Make whole-grain muffins and freeze them. Pack a muffin each day for recess or keep at home for an afternoon snack.
- Frozen orange quarters and pineapple rings are refreshing treats in summer.
- Try different breads, such as rolls, pita, whole grain or tortilla wraps.
- If using tomato, slice thinly and place between other fillings to stop the sandwich going soggy.
- Cook a little extra dinner and save some for their lunch the next day. Quiche, homemade pizza slices, vegetable patties, roast vegetables, salad, chicken or sausages could be used.