

# Schools Serve Healthy Options

## *A recipe for student success*

School is where students spend much of their time during critical growth years, when they need nutritious food to grow, be active and develop into healthy adults. Providing an environment that sells nutritious food and beverages is one way to help make the school a healthier place for students to learn.

Studies show that well-nourished students feel better, behave better and are more attentive and ready to learn.

### *About the Policy*

Grand Erie District School Board is committed to making schools healthier places for students. Student learning and success as well as social and emotional well-being are enhanced in a healthy school environment.

As part of our commitment to a healthy environment, schools in Grand Erie follow SO21 - School Food and Beverage Policy. While the Board has taken an active role to encourage healthy eating for years, this policy confirms our commitment and aligns our efforts with the Ministry of Education's nutrition standards.

A school food and beverage policy reinforces healthy eating lessons taught in the classroom and helps to make sure that the healthy choice is the easy choice for all students.



### *Ontario's School Food & Beverage Policy*

includes nutrition standards for all food and beverages sold in schools. The policy will apply to food and beverage sold:

- in all venues on school property, such as cafeterias, vending machines, and tuck shops
- through all programs, including catered lunch programs
- at all events on school property, including bake sales and sports events

Foods brought from home, purchased on school trips, bought off school property or through fundraising events that occur off school property are not required to fit into the policy.

### *How Do the Nutrition Standards Work?*

The standards divide all food and beverages into three categories:

**Healthiest (Sell Most)** - 80% of all food and beverage choices available for sale must have high levels of essential nutrients and low levels of fat, sugar, and/or sodium.

**Healthy (Sell Less)** - No more than 20% of food and beverages available for sale can have slightly higher levels of fat, sugar and/or sodium than those that qualify for healthiest category.

**Not Permitted** - Food containing little or no essential nutrients or containing high levels of fat, sugar or sodium will not be permitted for sale by the school.

### *Special Event Days*

Schools are allowed 10 Special Event Days throughout the year where they are exempted from the standards. Although these days allow schools greater flexibility with food and beverages, schools are encouraged to offer healthy options.

### *Fundraising*

Fundraising initiatives that include the sale of food on school property must comply with the policy.

**GRAND ERIE**  
*Growing Excellence... Inspiring Success*



### *Contact Us*

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