

# SCHOOL NUTRITION POLICIES AND GUIDELINES

All Canadian provinces and territories have a nutrition policy and/or guidelines in place related to the foods served to children and youth in a school setting. The goal of a school nutrition policy is to equip schools with the tools and support they need to create a healthy school environment which provides and promotes healthy food choices and healthy attitudes about food. Policies and guidelines also allow schools to increase the availability and appeal of healthier food choices, and to teach and model healthy eating behaviours.

It is important that all breakfast clubs respect the school nutrition policy and/or guidelines in place for the province or territory in which the school resides.

PROVINCE/TERRITORY	SCHOOL NUTRITION POLICY AND/OR GUIDELINES
ALBERTA	Alberta Nutrition Guidelines for Children and Youth
BRITISH COLUMBIA	Guidelines for Food and Beverage Sales in BC Schools
MANITOBA	Manitoba School Nutrition Handbook
NEW BRUNSWICK	New Brunswick Policy 711: Healthier Eating and Nutrition in School
NEWFOUNDLAND AND LABRADOR	Newfoundland and Labrador School Food Guidelines
NORTHWEST TERRITORIES	Northwest Territories Healthy Foods in Facilities
NOVA SCOTIA	Food and Nutrition Policy for Nova Scotia Public Schools
NUNAVUT	Nutrition in Nunavut: A Framework for Action
ONTARIO	Ontario Student Nutrition Program Nutrition Guidelines; PPM 150: School Food and Beverage Policy
PRINCE EDWARD ISLAND	Prince Edward Island School Nutrition Policy
QUEBEC	Going the Healthy Route at School; Quebec Healthy School Menus
SASKATCHEWAN	Nourishing Minds: Eat Well, Learn Well, Live Well
YUKON	Yukon School Nutrition Policy

# EATING WELL WITH CANADA'S FOOD GUIDE

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As a national standard for all Canadians, Health Canada has developed a comprehensive guide to help consumers make good food choices. *Canada's Food Guide* is based on four food groups, including:

- Vegetables and Fruit;
- Grain Products;
- Milk and Alternatives;
- Meat and Alternatives.

Electronic or hard copies of *Eating Well with Canada's Food Guide* are easily obtained free of charge by visiting the Health Canada website ([www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)). The guide is available in 10 different languages and additional versions are also available including:

- Food Guide for First Nations, Inuit, and Métis
- A Resource for Educators and Communicators

# THE CLUB'S NUTRITION CRITERIA

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In order to ensure all breakfast clubs are as healthy and inclusive as possible, Breakfast Club of Canada has established a set of nutrition criteria for our schools and partners. These are the most important factors to consider when planning a nutritious breakfast menu:

- Offer a nutritious menu that includes a variety of healthy foods from 3 of the 4 food groups (from *Eating Well with Canada's Food Guide*) on a daily basis;
- Accommodate individual needs of students in regards to food sensitivities and allergies;
- Offer food and beverages that are culturally-appropriate for all students;
- Allow adequate time for children and youth to eat;
- Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/territorial regulations;
- Promote healthy eating through positive role modeling and food and nutrition education.