

Supporting School Food Guidelines

information for parents and caregivers



HEALTHY STUDENTS HEALTHY SCHOOLS
2008

Go Healthy

Healthy choices available in our schools

This brochure provides parents and caregivers with healthy eating tips as well as information on how to learn more about the School Food Guidelines

- With the help of principals, teachers, students, parents, food service providers, registered dietitians and community groups, guidelines for foods and beverages served in school have been developed for use by all school districts in the province
- The School Food Guidelines provide information on the foods and beverages that are the healthiest choices for students
- Selling and serving healthy food and beverage choices at school and at school events is part of a Healthy Students Healthy Schools initiative to promote healthy school environments for students to grow and learn

For a copy of the School Food Guidelines go to the Healthy Students Healthy Schools web site:
www.livinghealthyschools.com

What parents and caregivers can do to help children and teens make healthy choices

Parents play an important role in making healthy choices

- Be role models by eating healthy and being active
- Plan and discuss with you child or teen the healthy lunches and snacks he or she takes to school
- Involve your child or teen in food shopping, cooking and preparation
- Offer a variety of healthy foods at home
- Learn about the new healthy food and beverages available at school
- Talk to your child or teen about making healthy choices

- Keep healthy snacks on hand for grab and go
- Talk to the school council members about how to work together to promote healthy eating and daily physical activity
- Make mealtime an enjoyable experience

Food safety tips

Keep food safety in mind when preparing lunches and snacks

- Clean hands, surfaces and utensils frequently
- Keep leftovers and perishables chilled with an ice pack to keep foods at a safe temperature in the lunch box
- To learn more about food safety contact an environmental health officer at your nearest Government Services Centre or visit:
www.canfightbac.org

Special occasions and fundraising at school

School nutrition policies also apply to special occasions and fundraising items

- When asked to send along food items to school, choose items that fit with your school's food guidelines
- For fundraising options choose healthy food or non-food items (e.g., greeting cards)



Brown Bag Lunch Ideas

Use Canada's Food Guide to build school lunches...

- Start with a grain product - bread, pasta, pita, English muffin, crackers, rolls, tortillas, rice
- Add a meat or an alternative - turkey, chicken, beef, ham, eggs, beans, peas, tofu
- Include a vegetable - tomato, lettuce, carrot, turnip, broccoli
- Finish off with milk and a piece of fruit - apple, banana, kiwi, orange, grapes



Healthy lunches are easy to put together

- A thermos of chili, whole wheat dinner roll, slice of cheddar cheese, washed grapes and water
- Turkey on whole grain bread with lettuce and tomato, yogurt, blueberries and water
- Mini pizza (English muffin, sauce, vegetables, meat or alternative), canned peaches and milk
- Leftover meat and vegetables on a whole wheat tortilla with cheddar cheese, fruit cup and water
- Chicken and vegetable soup, bread sticks, vanilla pudding and 100% fruit juice

Important Tip

- Encourage children and teens to satisfy thirst with plain water



Use Canada's Food Guide to make healthy lunches and snacks

Pack snacks and lunches with foods from *Canada's Food Guide*

- A snack should contain 2 food groups
- A lunch should contain 4 food groups

Vegetables and Fruit Group: fresh, frozen, canned, cupped or dried fruit and vegetables.

- Aim for 100% vegetables and fruit with no added sugar
- Have vegetables and fruit more often than juice
- Toss local blueberries, bake apples, or raspberries on a salad or place them in yogurt at lunch
- Choose dark green and orange vegetables each day
- Cut up vegetables like carrot, turnip, sweet peppers, zucchini, cherry tomatoes, baby carrots, broccoli or sweet potatoes. Dip in low fat dressing

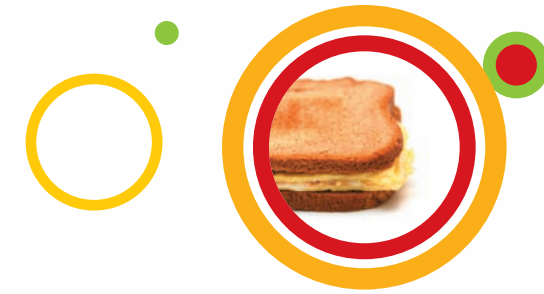
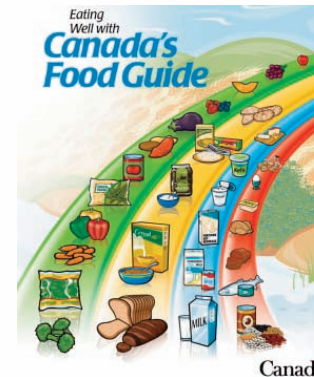
- Try seasonal specials such as mandarin oranges in the winter or local fall vegetable sales

Grain Products Group: bread, bagels, flat breads, rice, cereal, pasta, couscous.

- Make at least half of your grain products whole grain each day
- Choose grain products that are lower in fat, sugar and salt
- Buy cereals with less than 9 grams of sugar and greater than 2 grams of fibre per serving more often
- Choose whole grain pasta, rice or pizza on whole grain crust

Milk and Alternatives Group: milk, yogurt, cheese, fortified soy beverage.

- Encourage your child or teen to drink milk at school and at home helps young children and teens get the calcium and vitamin D they need each day
- *Canada's Food Guide* recommends children age 4 to 8 get 2 servings of milk and alternatives each day
- *Canada's Food Guide* recommends children and teens age 9 to 18 get 3-4 servings of milk and alternatives each day
- Fortified soy beverage can be used as a substitute for milk
- Choose hard cheese and cheese strings with less than 21% Milk Fat (M.F.) more often
- Choose puddings made with milk and with greater than 10% of the daily value (DV) of calcium more often



Meat and Alternatives Group: poultry, lean meat, fish, eggs, beans, dried peas, lentils, tofu, nuts and seeds.

- Make sandwiches with lower fat, unprocessed meats such as chicken, turkey, roast beef or pork
- Choose lean cuts of meat such as 'round' or 'sirloin'
- Limit higher sodium lunch meats such as salami, pepperoni, ham, corned beef, bologna, and bacon
- Use meats with less than 480 mg of sodium per serving
- Have meat alternatives such as beans, lentils or eggs on sandwiches and wraps
- Try topping a green salad with kidney beans or chickpeas

For a copy of *Canada's Food Guide* on-line go to:

www.livinghealthyschools.com



Keep Serving Sizes Handy!

Vegetables and Fruit



- 1 cupped hand is about 1/2 cup (125 mL)
This is 1 *Canada's Food Guide* serving of fresh, frozen or canned vegetables or fruit
- 2 cupped hands is about 1 cup (250 mL).
This is 1 *Canada's Food Guide* serving of leafy vegetables

Grain Products

- Your fist size is about 1 cup (250mL)
This is 2 *Canada's Food Guide* servings of grains



Meat and Alternatives

- Your palm size (small hand) is about 90 g (3oz) or 1/2 cup (125mL). This is slightly larger than 1 *Canada's Food Guide* serving of cooked fish, poultry or lean meat

Milk and Alternatives

- 2 thumbs is about 50 g (1 1/2 oz)
This is 1 *Canada's Food Guide* serving of cheese
- 1 cup (250 mL) is 1 *Canada's Food Guide* serving of milk



For more information about serving sizes or to ask a question about healthy eating at school, please visit:
www.livinghealthyschools.com