



CALGARY BOARD OF EDUCATION

Administrative Regulation 3047 - Nutrition

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STATEMENT

School districts have the ability to reinforce positive lifestyle concerns and take ownership for creating a healthy vision for the future. 80% or more of the food items offered for sale in the Calgary Board of Education should meet the minimal nutritional guidelines by January 1, 2011 by offering a variety of "Nutrient Dense" foods while limiting foods that are of "Low Nutrient Density" .

WHO SHOULD READ THIS?

- All food service operators
- All teachers
- All school principals
- All Area Directors
- All school council members and key communicators

REASON FOR THIS REGULATION

The reason for this regulation is to meet the expectations of the Board of Trustees Ends statement to support and encourage lifelong healthy living skills through curriculum, by modeling appropriate behaviour and by changing the culture surrounding foods offered in schools.

REGULATION IMPLEMENTATION

- All food service operators
- All school principals
- All Area Directors

REGULATION INTERPRETATION AND RESOURCE

- General questions: all school principals
- Specific questions about this regulation to the Food & Nutrition Specialist or the Health & Calm Specialist.
- www.cbe.ab.ca/policies/adminregs.asp



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Preamble

The Board of Trustees Ends Policy E-4: Personal Development, section 9 says:
"Each student will acquire the skills, attitudes and knowledge to achieve personal highest potential.

Accordingly, each student will:

9. Develop and maintain a healthy, active lifestyle."

PART 1 GENERAL

Purpose

1 The purpose of this regulation is to support students to develop and maintain a healthy lifestyle by ensuring that students are exposed to healthy food choices while at school and during Calgary Board of Education activities.

- Principal's role** **2** The principal of each school must ensure that
- (a) strategies are in place to foster knowledge, attitudes and practices to promote good nutrition, and
 - (b) nutritious choices are available in all food service outlets and vending machines.
- Special foods** **3** The requirement for nutritious foods does not apply to occasional treats of food and beverages at schools such as “cookie day” or a “fun lunch day” as long as they meet the 80/20 objective.
- Sale of food** **4(1)** The principal must ensure that all sales and donations of food and beverages at a school or at school-sponsored event, including sales in kiosks, student fund-raising, cafeterias, or vending machines contain nutritious choices and meet the guidelines outlined in Part 2 of this regulation.
- (2) Students must not sell food or beverages to other students or staff members unless the sale is part of a school fund-raising event authorized by the school principal and meets the requirements of this regulation.
- Beverages including sport/electrolyte/energy drinks** **5(1)** Pop, sweetened juices, fruit punch, sport/electrolyte drinks are not permitted for sale in Kindergarten to Grade 9.
- (2) Sport/electrolyte drinks are permitted for sale in grades 10 to 12 for students participating in performance or endurance sports.
- (3) Energy drinks are not recommended for children (Dietitians of Canada, 2005). Energy drinks contain high amounts of caffeine and medicinal ingredients. The safety of these ingredients is not well known and energy drinks should not be consumed in excess of 500 ml/day.
- (4) For additional information see the attached Industry Guidelines for the Sale of Beverages in Schools.
- Ingredient list** **6(1)** The principal must ensure that an ingredient list is available upon request for all foods offered for sale at a school.
- (2) The requirement for an ingredient list applies to all foods brought to school for sale.

- Responsibilities** **7(1)** Nutrition Services provides advice on health and nutritious choices for food service operations and vending machines and ongoing resources as required.
- (2) Purchasing Services approves
- (a) contracts for contracted out food service operations,
 - (b) system contracts for suppliers of food service items, and
 - (c) Requests for Proposal for food service supplies.

PART 2 GUIDELINES FOR NUTRITIOUS FOOD

- Explanation of terms** **8** In this regulation,
- (a) **“low nutrient dense foods”** means foods that supply calories but relatively small amounts of macronutrients and micronutrients, generally high in fat, sugar or salt with trace amounts of micro and or macro nutrients (very little nutritional value).
 - (b) **“macronutrients”** means nutrients that provide calories or energy. Nutrients are substances needed for growth, metabolism, and for other body functions. Since “macro” means large, macronutrients are nutrients needed in large amounts. There are three macronutrients: carbohydrates, proteins and fats.
 - (c) **“micronutrient”** means an essential nutrient, as a trace mineral or vitamin, which is required by an organism in minute amounts: such as vitamins and minerals.
 - (d) **“nutrient dense foods”** means foods that provide substantial amounts of vitamins and minerals with relatively fewer calories.
 - (e) **“Serve Most Often”** means foods that should be served daily. These foods provide an excellent source of at least 3 nutrients and provide <2 grams of saturated fats and trans fat per serving. They play an important role in healthy eating and should be first choices. Primarily foods that are represented in Canada’s Food Guide that is higher in fiber and lower in fat, sugar and salt. They are foods with little processing and represent a “Back to Basics” approach to healthy eating.

- (f) **“Serve Sometimes”** means foods that may be served up to 4 times per week. These foods provide a fair amount of nutrients, but consuming too much of foods in this category displaces the consumption of nutrient dense foods.
- (g) **“Serve Least Often”** means foods that do not make a significant contribution to overall nutrient intake or to healthy eating. Recommended servings of not more than once per week. The first ingredient in these foods is usually sugar or fat. If the food contains a high amount of sugar (>20 grams per serving), or is high in saturated and/ or trans fat (>5 grams saturated, or >0.2 grams trans, or >2 grams saturated + trans) it will likely fall into this category.

**Rationale for
guidelines**

9 Nutrient density is a measure of the nutrients a food provides compared to the calories it provides. Foods low in calories and high in nutrients are nutrient dense. A healthful diet includes mostly nutrient-dense foods. Nutrient-dense foods should be eaten daily. Foods high in calories and low in nutrients are nutrient poor. Those who consistently choose nutrient-poor foods will not get the nutrients they need.

Therefore effective January 1, 2011, 80% or more of the foods offered for sale in the CBE should come from the “Serve Most Often” or “Serve Sometimes” categories and 20% or less of the foods offered for sale in the school of may be low nutrient density foods.

The percentage of foods is calculated based on the number of items of food not the volume of food. For every 10 food items offered for sale, 8 must be from the “Serve Most Often and “Serve Sometimes” list.

HIGHER NUTRIENT DENSE FOODS

Nutrient dense foods are foods that provide substantial amounts of vitamins and minerals with relatively fewer calories.

Serve Most Often

Daily

GRAIN PRODUCTS

- Whole grain bread/toast/buns
- Bagels/pita bread
- English muffins/scones
- Low fat bran or fruit muffins
- Whole grain crackers
- Tortillas/rice cakes
- Unsweetened/low sugar cereals
- Noodles/pasta/rice

FRUITS AND VEGETABLES

- Fresh or unsweetened canned or frozen fruit
- Salads (low-fat dressing or dressing on the side)
- Raw or cooked vegetables
- 100% fruit and vegetable juices (no added sugar/salt)
- Vegetable soups
- Baked potato (fat-free or low-fat toppings)

MEATS & ALTERNATIVES

- (Lean cuts/simple preparation/no breading)
- Chicken/turkey
- Fish/seafood (packed in water)
- Beef/pork
- Cooked beans, lentils or tofu
- Eggs
- Shelled 100% natural seeds, legumes and nuts.
- Nut Butters

MILK PRODUCTS

- Yogurt — fat-free or low-fat
- Cheese — low-fat or skim
- Milk-based soups
- Cottage Cheese — skim or 1%
- Milk — white or flavoured — 1% or 2%

Serve Sometimes

Max. 4 times per week

GRAIN PRODUCTS

- Granola/granola bars
- Pretzels
- Fruit crisps/cobblers
- Cookies (made with oatmeal, peanut butter or dried fruit)
- Croissants
- Biscuits
- Plain popcorn

FRUITS AND VEGETABLES

- Fruit in light syrup
- Dried fruit
- Vegetables with sauces or breading
- Wedge cut fries
- Contains less than 100% fruit juice and must have fruit or vegetable as first item on ingredient list.

MEATS & ALTERNATIVES

- Wieners/sausages
- Canned luncheon meats
- Cold cuts
- Breaded chicken or fish
- Canned fish (in oil)
- Meat pies
- Nuts, seeds or legumes mixed with candied fruit, candy or chocolate
- Yogurt covered nuts or fruit

MILK PRODUCTS

- Puddings (major ingredient milk)
- Ice cream/frozen yogurt
- Milkshakes
- Processed cheese slices
- Sweetened yogurt such as Yoplait tubes and Minigo
- Cheese strings
- Cream cheese
- Full fat sour cream

LOW NUTRIENT DENSE FOODS

These are foods that supply calories but relatively small amounts of macronutrients and micronutrients, generally high in fat, sugar or salt with trace amounts of micro and or macro nutrients. They have very little nutritional value.

Serve Least Often

Maximum once per week

- Bacon
- Cakes
- Chips
- Cookies (with icing)
- Cheese puffs
- Cheese spreads
- Cheezies
- Chocolate/candy
- Flavored jelly powder (Jell-O)
- Flavored popcorn
- French fries
- Fruit leather with added sugar
- Fruit punch
- Frozen ice treats (popsicles, revels, drumsticks etc.)
- Gravy
- Instant noodle soups
- Jams/jellies
- Pastry/Danishes
- Pepperoni Sticks
- Pie
- Presweetened cereals
- Puffed Wheat Squares
- Ready to eat puddings
- Rice Krispie Squares
- Sherbet
- Soft drinks
- Sour cream
- Sport/electrolyte drinks
- Sticky buns
- Syrup/honey
- Toaster Pastries
- Whipped cream

References

Governance Policy References:

- E-4: Personal Development

Administrative Regulation References:

- 3048 - Noon Supervision Services
- 6003 - Severe Allergies
- 7001 - Purchase of Goods and Services
- 7012 - Vending Machines in Schools

Calgary Board of Education Reference

- Food Service Handbook

Other References:

- Canada Food Guide
- Alberta Provincial Government Guidelines
- Industry Guidelines for Sale of Beverages in Schools
available at <http://www.refreshments.ca/en/behealthy>



INDUSTRY GUIDELINES FOR SALE OF BEVERAGES IN SCHOOLS

Refreshments Canada and its members have adopted these guidelines as part of their overall Guidelines for School Partnerships (originally announced in 2004), and will offer the following beverages to students:

Elementary Schools

Bottled water	<ul style="list-style-type: none"> • no restriction on container size
100% juice	<ul style="list-style-type: none"> • maximum 250ml container size • 100% juice with no added sweeteners and up to 130 calories / 250ml
Milk	<ul style="list-style-type: none"> • maximum 250ml container size • low-fat and non-fat regular and flavoured milk* with up to 160 calories / 250ml

Middle Schools

Bottled water	<ul style="list-style-type: none"> • no restriction on container size
100% juice	<ul style="list-style-type: none"> • maximum 300ml container size ** • 100% juice with no added sweeteners and up to 130 calories / 250ml
Milk	<ul style="list-style-type: none"> • maximum 300ml container size ** • low-fat and non-fat regular and flavoured milk* with up to 160 calories / 250ml

High Schools

Bottled water	<ul style="list-style-type: none"> • no restriction on container size
No-calorie and low-calorie beverages	<ul style="list-style-type: none"> • no restriction on container size • no-calorie and low-calorie beverages with up to 10 calories / 250ml
100% juice	<ul style="list-style-type: none"> • maximum 355ml container size • 100% juice with no added sweeteners and up to 130 calories / 250ml
Juice drinks	<ul style="list-style-type: none"> • maximum 355ml container size • juice drinks with up to 70 calories / 250ml
Sports drinks	<ul style="list-style-type: none"> • maximum 355ml container size • sports drinks with up to 70 calories / 250ml
Milk	<ul style="list-style-type: none"> • maximum 355ml container size • low-fat and non-fat regular and flavoured milk* with up to 160 calories / 250ml

- At least 50% of beverages offered in high schools must be water and low or no-calorie options

These guidelines are effective immediately for all new and renewing school contracts. It is our goal to have them fully implemented by the 2009/2010 school year.

These guidelines apply to all beverages sold on school grounds during the regular and extended school day. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare / latchkey programs.

This beverage policy does not apply to school-related events where parents and other adults constitute a significant portion of the attendees. Such events include interscholastic sporting events, school plays, band concerts, and where beverages are being sold as a part of fund-raising activities.

* Milk includes nutritionally equivalent milk alternatives, such as soy milk beverages.

** As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.