



**POLICY SECTION:** Students  
**SUB-SECTION:** Miscellaneous  
**POLICY NAME:** Food and Beverage Sold in Schools  
**POLICY NO:** S.M. 08

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| <b>Date Approved:</b><br>January 29 <sup>th</sup> , 2015   | <b>Date of Next Review:</b><br>2019 | <b>Dates of Amendments:</b><br>December 1987; September 1981;<br>May 1967; March 1966 |
| <p><b>Cross References</b><br/>         Policy Program Memorandum 150: School Food and Beverage Policy<br/>         Ministry of Education Nutritional Standards for Ontario Schools<br/>         Ministry of Education School Food and Beverage Policy Resource Guide<br/>         Education Act Part XIII.1 Nutritional Standards<br/>         Ontario Regulation 200/08 “Trans Fat Standards”<br/>         Online learning Modules at <a href="http://healthy.apandrose.com/">http://healthy.apandrose.com/</a><br/>         Ministry of Education Quick Reference Guide <a href="http://www.ontario.ca/healthyschools">www.ontario.ca/healthyschools</a><br/>         EatRight Ontario (ERO) <a href="http://www.ontario.ca/eatright">www.ontario.ca/eatright</a><br/>         Institute for Catholic Education Resource Curriculum Links Between the Ontario Curriculum, Grades 1-8 Health and Physical Education and Fully Alive Program, Ontario<br/>         S. M. 04 Fund Raising in Schools<br/>         S. M. 15 Anaphylaxis<br/>         Sabrina’s Law, An Act to Protect Anaphylactic Pupils, 2005</p> |                                     |   |
| <p>Appendix A – PPM 150 and Ministry of Education Nutritional Standards for Ontario Schools</p>  |                                     |   |

**Purpose**

The health and well-being of all students of the TCDSB is foundational to all children realizing their full potential, consistent with our Catholic Graduate Expectations and it is a key priority for all schools of the board. Consistent with our Catholic Social Teaching and the papal encyclical *Centesimus Annus (1996)*, this policy has a foundation in the tenet that, “*Our environmental ‘common goods’ are not only available for careful use and enjoyment today, but are held in trust for the use and enjoyment of future generations.*” Educating students on healthy active



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living practices and social responsibility in our eating habits is critical. Schools can teach students by modelling good choices and responsible practices. This policy identifies the nutritional standards for food and beverages sold in all schools of the TCDSB, in alignment with Ministry Policy Program Memorandum 150.

### **Scope and Responsibility:**

This policy applies to all schools of the TCDSB. The Director of Education is responsible for this policy.

### **Alignment with MYSP:**

Student Achievement and Well-Being  
Living Our Values

### **Financial Impact**

There is no notable financial impact (positive or negative) to ensuring schools are selling and promoting nutritionally sound food choices.

### **Legal Impact**

There is no notable legal impact (positive or negative) to ensuring schools are selling and promoting nutritionally sound food choices.

### **Policy**

Food and beverages are permitted to be sold to pupils in Toronto Catholic District School Board schools and should promote and sustain a healthy school environment in which students have the ability to achieve to their full potential. The nutritional value of such sustenance must be consistent with the development of sound health habits and align with all relevant Ministry of Education directives.

### **Regulations**

1. All food and beverages sold in all venues (for example, cafeterias, vending machines, tuck shops), through all programs and at all events are subject to the scope of this policy.



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2. The TCDSB Physical Education and Health Department will support the inservicing and distribution of educational materials for both staff and students to support implementation of this policy.
3. a) All food and beverages sold on school premises for school purposes must comply with the Ontario Nutritional Standards found in the appendix to Program Policy Memorandum 150.
  - b) The standards do not apply to food and beverages that are:
    - i) offered in schools at no cost
    - ii) brought from home or purchased off school premises and not for resale in schools
    - iii) available for purchase during field trips off school premises sold in schools for non-school purposes (e.g., sold by an outside organization that is under a permit).
    - iv) sold for fundraising activities that occur off school premises
    - v) sold in staff rooms to staff
4. Schools of the TCDSB are encouraged to:
  - a) choose Ontario food and beverages first (e.g., offer Ontario grown and/or produced food and beverages when available and practical),
  - b) be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps),
  - c) avoid offering food and beverages as a reward or incentive for good behavior, achievement or participation,
  - d) ensure that drinking water is freely available and accessible throughout the school day, and
  - e) ensure that all foods sold in a TCDSB school is reasonably priced.
  - f) choose products from industries which do not mistreat animals and respect the bounty of God's creation.
  - g) to limit the selling of genetically modified foods, where possible.
  - h) to purchase fair trade practices where possible e.g., St Basil's coffee for "special events".



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5. Schools should not distribute or sell bottled water in alignment with our Water-Bottle-Free zone vision for the Board.
6.
  - a) Schools shall sell the most (equal to or greater than 80%) of products found within the Nutrition Standards for Ontario Schools, that fall within that category (per PPM 150, Appendix A)
  - b) Schools shall sell less (equal to or less than 20%) of products found within the Nutritional Standards for Ontario Schools, that fall within that category (per PPM 150, Appendix A)
  - c) Products not permitted for sale are also found within the Nutritional Standards for Ontario Schools appendices, and are those foods and beverages that generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium.
  - d) When assessing the food and beverage choices offered for sale, all food choices are assessed together, all beverage choices are assessed together and food choices are assessed separately from beverage choices.
  - e) There are separate standards for elementary and secondary schools as to limits on serving sizes and limitations on particular items (e.g., coffee, tea, sports drinks).
7. The school principal may designate up to 10 days (or fewer) as “special event days”. On such days, the school would be exempt from the nutritional standards. School principals must consult with the school council, and are encouraged to consult with students, prior to designating special-event days.
8. TCDSB Policy S. M 15 Anaphylaxis must be enforced in the application of this policy.
9. Schools are highly encouraged to implement Student nutrition Programs (healthy breakfast / snack programs) to ensure all students are ready to learn.



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10. School staff will also work with parents and guardians, encouraging and educating them regarding healthy, nutritious eating. Schools can assist through school communication tools and through modelling.
11. a) All elementary students will receive nutrition education within the Physical Education Curriculum (Grades 1-8), Healthy Living Strand.  
b) All secondary school students will receive nutrition education within Physical Health Education courses, and other relevant areas of the curriculum, as they develop decision making skills, in keeping with the Catholic Graduate Expectations.
12. Every effort will be made to promote strategies to involve students, families, parish and the community in healthy eating education, and in endorsing and sustaining a healthy school nutrition and well-being environment, consistent with TCDSB strategic priorities.

## **Definitions**

### **Healthy Eating**

Eating adequate portions to provide the body with all the nutrients required. Students' physical, mental and social well-being will be strengthened through regular implementation of healthy eating habits.

### **Nutritional Standards for Food**

All food sold in schools must meet the standards set out in Ontario Regulation 200/08, "Trans Fat Standards", made under the Education Act. PPM 150 also provides Nutrition Standards criteria for three categories: Sell Most, Sell Less and Not Permitted for Sale.

### **Maximum Nutritional Value**

Foods which meet or exceed the PPM 150 Nutritional Standards



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### **Metrics**

1. Central staff will review the results of the school climate surveys administered to ascertain student perceptions regarding matters of their well-being.
2. Special event day templates will be completed by schools in order to track the number of special event days occurring at each school throughout the year.
3. Curriculum-linked learning and assessment related to healthy active living will be infused into the classroom to help reinforce and support the healthy eating messages in the policy and promote changes to a school environment that support the selection of nutritional foods.