



GUIDELINES

FOR FOOD & BEVERAGE SALES IN
B.C. SCHOOLS



HealthyFamiliesBC 

2013

Where do the Guidelines apply?

The Guidelines are a mandated policy that all school districts are required to implement as part of the Government's directive to remove the sale of unhealthy food and beverages from schools.

- Schools must apply the Guidelines to all food or beverages sold to students in British Columbia public schools and at all school-sanctioned events.
- All public Elementary, Middle and Secondary schools in B.C. are required to ensure that the food and beverages sold to students meet the criteria set out in the Guidelines.

Guidelines apply to:

- School vending machines, stores and cafeterias
- Parent organized lunch sales
- School organized fun fairs and bake sales
- Food and beverages sold to students during sporting events or on field trips (even when off-campus)
- Food and beverages sold as a fundraiser to students
- All school meal programs including those sold at a subsidized rate
- Food prepared by students as part of class projects and sold to students

Guidelines do not apply to:

- Bagged lunches from home
- Food and beverages brought to school by parents, which are not being sold to students
- Food prepared by students as part of class projects and consumed by students without being purchased
- Food and beverages sold to adults (non-students) as fundraisers
- Fundraising by adults to adults

- The Guidelines require that **at least 50%** of the **prepackaged** food and beverage items being sold to students must score as ***Sell Most***.
- This applies to each food sales outlet (e.g. vending machines, school store, cafeteria, PAC lunches, sporting events etc).

Prepackaged food and beverages <i>Score with the Nutrient Criteria</i>	Sell Most <i>(At least 50% of choices)</i>	Sell Sometimes <i>(Up to 50% of choices)</i>	Do Not Sell <i>(Should not be sold to students)</i>
	Food and beverages in this category are healthier options. They tend to be higher in essential nutrients and lower in sodium, sugar and fat.	Food and beverages in this category provide essential nutrients but have higher amounts of sodium, sugar or fat than those in the <i>Sell Most</i> category.	Food and beverages in this category contain higher amounts of fat, sodium or sugar and may be less nutritious. These foods and beverages should not be sold to students.

For Beverages

- Offer water or unsweetened milk or fortified soy beverage most often.
- 100% fruit juice is nutritious, but high in natural sugar.
- **It is recommended that children limit their intake to a half cup (125 ml) daily.**
- **PAC currently sells: 200ml juice,**
 - ✓ **Recommend: Apple juice box to Oasis fruit boxes**



For Vegetables and Fruit

- Emphasise dark green and orange vegetables (like broccoli, romaine lettuce, kale, spinach, sweet potatoes, carrots and winter squash).
- Aim to offer a variety of colours; green, blue, purple, orange, red, yellow and white.
- Offer vegetables and fruit more often than juice.
- Offer seasonal fresh fruit and vegetables when they are available.
- Frozen vegetables and fruit are also a good choice.
- ✓ **PAC Currently sells Extras:** carrots, apple
- ✓ Recommend: Whitespot Veggies and Dip, Salad

For Grain Products

- Offer **whole grain choices** for breads, pastas, rice, crackers and cereals.
- **Whole grain** products include: 100% whole grain bread, brown rice, oats, wild rice, quinoa, barley, buckwheat and millet.
- ✓ **PAC currently sells:** Chicken Pizza (50% whole wheat)
- ✓ **Recommend:** Sell veggie and chicken on whole wheat crust

Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza



Sodium

Reducing sodium (cont.)

3. Add up the sodium that each product contributes to the recipe
4. If salt is added to pasta water include an extra 200 mg of sodium for every 100 g of raw pasta that is cooked
5. Divide this result by the number of servings your recipe serves

Does your recipe have 900 mg or less of sodium per serving sold?

Yes No

Protein

Providing protein



Scoring tips: Add plant-based protein to your recipe with beans, lentils and tofu. Replace some or all of the meat with legumes or tofu in recipes such as shepherd's pie, curry, stirfry and casseroles.

Does your recipe have at least one protein-rich ingredient such as meat, fish, poultry, beans, lentils, chickpeas, eggs, tofu, nuts, seeds or cheese?

Yes No

Fat

Using small amounts of fat

Is your recipe cooked in a method other than deep fat frying?

Yes No

Is the fat drained off ground meat after cooking? (If you are not using ground meat, check 'yes')

Yes No

For Milk and Alternatives

- Offer plain milk and fortified plain soy beverage
- Other fortified plant-based beverages such as oat, almond, rice, potato and hemp beverages are low in protein and for this reason are not good substitutes for milk.
- Offer plain yogurt topped with fruit instead of fruit flavoured yogurts
- ✓ **PAC currently sells:** 237 ml milk and chocolate milk
- **Recommend:** Omit chocolate milk (has just as much added sugar as pop).

For Meat and Alternatives

- Offer fish such as salmon, trout, char, sardines, mackerel or herring regularly. (Health Canada recommends children eat at least two Food Guide servings of fish per week).
- Offer meat alternatives such as beans, lentils and tofu often.
- Offer lean meat and alternatives prepared with little or no added fat and salt.
- Most deli meats such as such as bologna, salami, smoked meat, bacon and ham are too high in sodium to meet the guidelines
- **Recommend** : Remove pepperoni and tropical pizza

Whitespot....

PIRATE PAKS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Pirate Cakes	With Fruit	332	686	27	11	0.8	139	1067	102	4	29	12	15	36	35	26
Pirate Hook Bacon	With Fruit & Toast	195	298	12	4	0.1	194	414	36	2	9	14	8	36	7	17
Pirate Hook Sausage	With Fruit & Toast	246	408	21	8	0.1	224	664	38	2	9	19	8	36	9	21
Pirate Waffle	With Fruit	307	458	12	6	0.3	97	755	80	4	30	10	9	80	28	21
Pirate Hamburger		242	780	49	13	0.3	104	900	53	2	10	29	2	3	7	32
Pirate Chicken Tenders		130	270	10.9	1	0	40	550	17	4	5	21	0	0	0	6
Pirate Mac & Cheese		184	293	10	5	0.4	21	270	40	1	0.6	11	14	0	11	8
Pirate Grilled Cheese		140	353	17	10	0.4	48	1160	34	0	2	14	4	0	28	1
Pirate Fish		101	106	2	0.2	0	44	238	5	0	0	15	1	0	1	2
Pirate Pizza		108	263	11	4	0.2	19	540	29	2	3	10	3	5	16	11
Pirate Spaghetti & Meatball	No Bread	285	453	21	6	0.5	57	1124	47	5	7	20	17	26	14	15
Add French Fries	3 oz	93	143	7	0.5	0	0	67	18	2	1	2	0	0.1	1	5
Add Sweet Potato Fries	3 oz	130	307	19	0.7	0.1	0	199	33	4	13	3	156	21	3	3
Add Pirate Caesar Salad		68	122	9	2	0	14	205	7	0.9	0.5	3	75	4	5	17
Add Pirate Tossed Salad		59	63	5	0.4	0	5	49	3	0.7	2	1	51	5	2	8
Add Veggies & Dip	With Zoo Dip	98	81	6	2	0	12	96	5	1	3	0.8	99	5	4	6
Add Grapes	3 oz	85	59	0.1	0	0	0	2	15	0.8	13	0.6	1	15	1	2

- PAC currently sells: Remove pasta/meatballs / chicken
- ✓ Recommend: Fish
- ✓ Search other restaurant options

Meat and Alternative Dishes



Sodium

Reducing sodium (cont.)

3. Add up the sodium that each product contributes to the recipe
4. Divide this result by the number of servings your recipe serves

Does your recipe have 450 mg or less of sodium per serving sold?

Yes No

Fat

Using small amounts of fat



Scoring tip: To reduce the fat in your recipe roast, bake, broil, braise, grill, steam or poach meats and meat alternatives.

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Butter
- Salad dressing
- Cream cheese
- Cheese
- Margarine
- Mayonnaise
- Cream
- Sour cream
- Chips or prepackaged crispy noodles

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tip: To reduce the fat in your recipe serve fresh salsas on fish and chicken dishes. Make a balsamic vinegar reduction for a flavourful sauce to garnish meat, chicken or bean dishes. Bake, boil, poach or steam eggs instead of frying them.

Is your recipe is cooked in a method other than deep fat frying?

Yes No

Is the fat drained off ground meat after cooking? (If you are not using ground meat, check 'Yes')

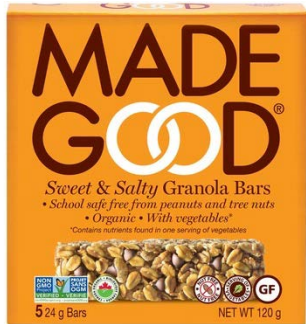
Yes No

Does your recipe have 16 g or less of fat per serving sold?

Yes No

For more information contact
HealthLink BC - Dial 8-1-1

PAC Currently Sells: Cookies
Recommend: Nut-free Granola bars



Nutrition Facts	
Valeur nutritive	
Serving Size 1 Bar (24 g) / Portion 1 barre (24 g)	
Servings Per Container 5 / Portions par contenant 5	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 100	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 105 mg	4 %
Carbohydrate / Glucides 16 g	5 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 6 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	0 %
Iron / Fer	4 %
Vitamin D / Vitamine D	20 %
Vitamin E / Vitamine E	20 %
Thiamine / Thiamine	20 %
Vitamin B6 / Vitamine B6	20 %

Ingredients: Pure gluten free oats*, agave nectar*, sunflower seed butter*, brown rice syrup*, crisp brown rice*, sunflower oil*, chocolate chips* (cane sugar*, cocoa mass*, cocoa butter*, vanilla*), inulin*, molasses*, sea salt, natural flavour*, vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), agar*.
 *Organic.

Snack Bars and Trail Mixes



Food in this category includes bar-type snacks and trail mixes.

- Trail mixes scored here include mixes of more than one of: fruit, nut/seed or grains.
- Nut and/or seed-only mixes (plain, sugared or seasoned) are scored in the 'Meat and Alternatives' category.

Examples of Food Scored in this Category:

Cereal bars, fruit bars & leathers, fruit & nut bars, granola bars, meal replacement bars, protein bars, sports bars.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Whole Grain	If first ingredient is a grain, the grain must be a whole grain .	No whole grain criteria	No whole grain criteria
Calories	300 calories or less		More than 300 calories
Fat	5 g or less <i>(If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)</i>	7 g or less <i>(If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)</i>	More than 7 g
Saturated Fat	3 g or less		More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	200 mg or less	300 mg or less	More than 300 mg
Sugars	6 g or less <i>*If fruit is the first or second ingredient may have up to 20 g sugar.</i>	16 g or less <i>*If fruit is the first or second ingredient may have up to 30 g sugar.</i>	More than 16 g <i>*If fruit is the first or second ingredient product has more than 30 g of sugar.</i>
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Healthy Fundraising for Schools



a practical guide for parents and educators

DASH **DASH!** BC

PROMOTE YOUR SCHOOL

Sales

- Cookbooks made from recipes submitted by the school's parents, teachers, students, and administrators
- School calendar or event planners including dates of school holidays, Pro-D days, PAC meetings, exams or other sporting, band, and school events
- Items with the school logo - travel mugs, bumper stickers, decals, buttons, pins, air fresheners, license plate frames, yearbook covers, key chains, locker locks, lanyards, towels, noise-makers, megaphones, stuffed animals, bags, water bottles (create your own label!), notepads, pens, pencils, and erasers
- School spirit apparel - scarves, t-shirts, sweat shirts, sweat pants, hats/toques, caps, and shoe laces
- Stationery/school supplies - buy these in bulk to lessen the pressure of back-to-school buying
- Raffle off tickets to win:
 - Admission to a school event
 - Teachers performing silly activities
 - VIP parking spaces
 - Yearbooks or class rings

Personal items

- Balloon-o-grams
- Bouquets of helium-filled balloons
- Bath products, lotions, and soaps
- Hand sanitizers
- Brick, stone, or tile memorials
- Gift certificates, gift cards, and discount coupon books (e.g. supermarkets, movie theatres, electronics, books, local retail stores, auto maintenance)
- Jewelry
- Magazine subscriptions - try www.qsp.ca or call toll-free 1.800.661.7240
- Pet treats, toys or accessories
- Picture frames
- Prepaid phone cards
- Temporary tattoos
- Tooth brushes and toothpaste squeezers

Hot Lunch

Wednesday February 13th, 2019

-- Pizza --

Pizza prices are per slice (1/8 of a large pizza). Pizza supplied by Hot House Pizza.

[hide]

Cheese Pizza

- Single Slice. Tomato sauce with classic cheese blend.



x \$3.50

Pepperoni Pizza

- Single Slice. Classic pepperoni and cheese.



x \$3.50

Tropical Pizza

- Single Slice. Ham and pineapple.



x \$3.50

Chicken Pizza

- Single Slice. Chicken, tomato, red onion on whole wheat thin crust.



x \$3.50

GF Cheese Pizza

- Single Slice (Gluten Free). Tomato sauce with cheese on gluten free crust.



x \$3.50

-- Sushi --

Sushi prices are per container (one roll, 6-8 pieces). Sushi supplied by Sushi Bar at Tuscany Village Thrifty Foods. All sushi will be served WITHOUT ginger, wasabi, sesame seeds, chopsticks, or soy sauce. Soy sauce will only be available by the gym.

[hide]

Cucumber Roll

- Single roll (=8 pieces in a box). Filled with rice and cucumber.



x \$5.00

Avocado Roll

- Single roll (=8 pieces in a box). Filled with rice and avocado.



x \$5.00

California Roll

- Single roll (=6 pieces in a box). Classic inside-out sushi roll contains imitation crab, avocado, cucumber, and mayonnaise on the inside; sushi rice on the outside.



x \$5.00

-- Chicken --

Supplied by White Spot (Fort Street Location). No dips or sauces. Served in a 100% compostable cardboard container. LIMITED QUANTITIES AVAILABLE EACH WEEK (see remaining available next to menu item below).

[hide]

Chicken Strips (11 Available)

- 3 chicken pieces per order



x \$5.00

-- Pasta --

Supplied by White Spot (Fort Street Location). Served in a compostable container with a wooden fork.

[hide]

Vegetarian Pasta

- 12 oz. container of cavatappi noodles (corkscrew shaped pasta) with marinara (tomato-based) sauce and parmesan cheese.



x \$5.00

Meatball Pasta

- 12 oz. container of cavatappi noodles (corkscrew-shaped pasta) with marinara (tomato-based) sauce, parmesan cheese, and a meatball on top.



x \$5.00

GF Pasta

- Marinara Pasta with Parmesan cheese, made with gluten free noodles. PLEASE ONLY ORDER THIS OPTION IF YOU HAVE FOOD SENSITIVITIES TO GLUTEN.

x \$5.00

-- Beverages --

[hide]

Milk

- 237 ml carton of Island Farms milk (2% M.F.)



x \$1.25

Chocolate Milk

- 237 ml carton of Island Farms chocolate milk (1% M.F.)



x \$1.25

Apple Juice

- 200mL



x \$0.75

-- Extras --

[hide]

Carrots

- Fresh, crunchy baby carrots



x \$0.75

Apple

- Whole fresh apple (freshest available variety, locally grown whenever possible e.g. Spartan / Macintosh / Gala)



x \$0.75

Cookie

- Nut-free Chocolate Chip Cookie



x \$0.75

GF Vegan Cookie

- Gluten/Wheat/Dairy/Egg/Nut free classic Wendel's Chocolate Chip Cookie made with organic fair trade chocolate chips (ALLERGY & DIET NOTES: made in a certified gluten free facility; suitable for gluten and lactose free diets; contains soy; does not contain nuts, but facility may process nut products).

x \$1.25

Home/Auto Items

- Earthquake preparedness kits
- Emergency kits for cars
- First aid kits (make your own or contact www.ouchpack.com)
- Flags
- Tea towels
- Reusable glass food storage containers
- Window scrapers and squeegees

Christmas

- Reusable gift bags or boxes
- Holiday greeting cards
- Ornaments

Services

- Pet sitting
- Cooking, photography or web-page workshops/classes hosted by a school club
- Athletic workshops hosted by school teams
Pet treats, toys or accessories

Events

- Student and/or teacher services auction. Volunteers provide a service of their choice for the winning bidder
- Karaoke or lip-sync evenings
- Magic show
- Math mania
- Parents night out—offer babysitting
- Read-a-thon -- Hold an academic contest where students seek sponsors and raise money depending on the number of books read
- Science fair
- Spelling bee or spell-a-thon
- Tournaments—chess, checkers, backgammon, board games
- Trivia contests

Support Health Promoting Fundraisers

Lend your support to health promoting fundraisers such as — Red Nose Day for Comic Relief, Jeans for Genes, and Jump Rope for Heart or Foster Children.