

# Moving Forward with School Nutrition Guidelines



# Special Lunch Day



# Special Lunch Day Guidelines

## CHECKLIST

Indicate the status of each item below using the following scale:

- 1** Already in Place      **2** Implement this School Year      **3** Implement next School Year

### Beverages

- Options are selected from the choices below:
- water
  - skim, 1% or 2% white milk and/or plain fortified soy beverage
  - chocolate milk and/or flavored, fortified soy beverage (250 mL maximum size for K-8)
  - 100% vegetable and/or fruit juice (200 mL maximum size for K-8)

### Food Options

- Vegetables or fruit (not including toppings, condiments or juice) are included at each special lunch day. Variety is offered throughout the year and vegetables are served as often as fruit.
- The following types of food are sold only *once every five* special lunch days:
- deep fried foods (ex: french fries, donuts, potato chips)
  - processed meats (ex: hot dogs, ham, pepperoni, chicken fingers)
  - confectionery (ex: cookies, ice cream, gelatin desserts)
- When baking,  $\frac{1}{2}$  - 1 cup or less of added sugar (includes all kinds of sugar, honey, molasses, syrup, chocolate chips and candy) is used per 12-portion recipe.
- When cooking or baking:
- Canned foods with no added salt are used, if available.
  - Canned foods with added salt (ex: vegetables and pulses such as beans, chickpeas or lentils) are rinsed before using.
  - Prepackaged seasonings are replaced with spices and herbs.
- Sugar substitutes and sources of artificial trans fat (see page 30) are not used in cooking or baking.
- Condiments, dips and spreads are offered on the side and in moderate amounts.

## Restaurant Choices

If choosing restaurant food where nutrition information\* is available, use the criteria below.

**Per portion size sold:**

- If the first ingredient is a grain, it must be a whole grain.
- Fat: 17 g or less, soup 4 g or less
- Saturated fat: 5 g or less
- Trans fat: 0.5 g or less
- Sodium: 700 mg or less (in soup 500 mg or less)
- Protein: 10 g or more (not for soup)
- Sugars: 24 g or less
- At least one of vitamin A, vitamin C, calcium or iron at 15 per cent Daily Value or greater (see page 31).

\* Nutrition information from chain restaurants is available online. Be sure you are on the Canadian version of the website.

**TIP:** If ordering food from a restaurant, vegetables and fruit are often not available. Instead, purchase them from a grocery store or local distributor.

## Packaged Foods

When choosing pre-made, packaged and/or canned foods (ex: fruit cups, crackers, soups, yogurt and bars) the Nutrition Criteria (page 27) are used.

## Action Plan for the 20\_\_/20\_\_ School Year

1. Review your responses in the checklist.
2. Identify at least two items you plan to work on this year.
3. Write your goals below.
4. Identify how you will achieve each goal by stating what action steps are needed, who is responsible and when each step needs to be completed.

Goal:			
Action	Who is Responsible	To be Completed by	Status
Goal:			
Action	Who is Responsible	To be Completed by	Status

## Appendix A

# Nutrition Criteria

If choosing processed, packaged products and convenience items, compare the Nutrition Facts Table and Ingredients List on similar products and choose the best one based on the criteria listed below. To help you check products more quickly, the “*check here first*” arrows have been placed beside nutrients commonly high/low in each section. Confectionery (ex: candy, chocolate bars, gummies, gelatin, desserts, licorice) are not considered to meet the nutrition criteria.

1. Frozen vegetables and fruit, pasta sauce, canned vegetables and fruit, dried fruit, leathers or bars, fruit cups, or vegetable and fruit juices

**Per portion size sold:**

- Fat – 5 g or less
- Trans fat – 0 g
- Sodium – 200 mg or less
- Sugars: not the first listed ingredient, no sugar substitutes. “Sugars” include fruit puree and fruit juice. ← *Check here first.*

2. Breakfast cereal, crackers, processed cheese and cracker packets, snack bars (ex: cereal, fruit & nut, granola), cookies, muffins, rice cakes, tortilla chips or popcorn

**Per portion size sold:**

- The first ingredient should be a whole grain; for bars, the first ingredient may be a whole grain, fruit, soy or nuts. ← *Check here first.*
- Fat – 7 g or less; may be higher when nuts are an ingredient
- Trans fat – 0 g
- Sodium – 350 mg or less
- Sugars – 8 g or less, no sugar substitutes

3. Chocolate milk, packaged cheese portions, flavored yogurt, pudding, cottage cheese or yogurt drinks

**Per portion size sold:**

- Fat – 10 g or less
- Trans fat – 0.5 g or less
- Sodium – 250 mg or less
- Sugars – 21 g or less\* (a better choice will have 12 g or less), no sugar substitutes. ← *Check here first.*
- Calcium – 10% DV or more

\* Chocolate Milk (26 – 28 g sugar) is acceptable if reduced-sugar chocolate milk is not available.

4. Hummus, jerky, peperoni sticks, hot dogs, packaged seeds and nut snacks

**Per portion size sold:**

- Fat – 15 g or less, excluding plain nuts and seeds
- Trans fat – 0.5 g or less
- Sodium – 350 mg or less; a better choice will have 200 mg or less ← *Check here first.*
- Sugars – 4 g or less; nut, seed and legume spreads 2 g or less

5. Restaurant food (where nutrition information is available) or packaged, canned or frozen products such as soup, noodles, frozen or ready-to-bake pizza products, sandwiches, meal entrées, soup, lunch and snack packs, and rice or pasta dishes

**Per portion size sold:**

- If the first ingredient is a grain, it must be a whole grain
- Fat – 17 g or less, soup 4 g or less
- Saturated Fat – 5 g or less
- Trans fat – 0.5 g or less
- Sodium – 700 mg or less; soup 500 mg or less ← *Check here first.*
- Protein – 10 g or more, not required for soup
- Sugars – 24 g or less
- At least one of vitamin A, vitamin C, calcium or iron – 15% Daily Value or greater

6. Bottled beverages (includes bottled water, flavoured water, fruit-flavoured drinks, iced tea, soft drinks, sparkling water, electrolyte/sports drinks, vitamin-enhanced water)

- Serving size – 600 mL or less
- Fat – 3 g or less
- Trans fat – 0.5 g or less
- Sodium – 200 mg or less per 250 mL
- Sugars – 8 g or less, no sugar substitutes ← *Check here first.*
- Caffeine – 15 mg or less
- No cautionary statements (ex: “Do not consume more than ‘X’ servings daily” or “Use ‘X’ servings maximum daily” or “Not recommended for children”). No specific quantity of botanical ingredients (ex: ‘X’ mg Energy Blend, ginseng, ginkgo biloba, milk thistle, guarana seed extract, grape skin extract or Coenzyme Q10) listed on the label.

## Appendix B

# Nutrition Information

### FIBRE

- Source of fibre: 2 g per serving
- High source of fibre: 4 g per serving
- Very high source of fibre: 6 g per serving

### SODIUM

Almost 80 per cent of the sodium we eat comes from processed and packaged foods, not the salt shaker. Common sources of sodium include:

- breads, wraps, pitas and pizza crusts
- canned foods (draining and rinsing canned foods will reduce sodium)
- cheese
- condiments, sauces and mixes (ex: ketchup, soya sauce, taco seasoning)
- processed meats (ex: ham, bologna, salami, pepperoni, hot dogs)
- salt
- seasoned or pickled products

#### Health Canada Sodium Recommendations

Age	Aim for	No more than
Children 1-3 years	1,000 mg/day	1,500 mg/day
Children 4-8 years	1,200 mg/day	1,900 mg/day
Teens 9-13 years	1,500 mg/day	2,200 mg/day
Adults 14-50 years	1,500 mg/day	2,300 mg/day

### SUGARS

Sugars can be found in many forms. Read the ingredient list and look for these words:

- white sugar, brown sugar, raw sugar, Demerara or Turbinado sugar
- honey, molasses, evaporated cane juice, cane juice extract
- corn syrup and corn syrup solids, maple syrup or any other type of syrup
- high fructose corn syrup or glucose-fructose, glucose, dextrose, fructose, lactose, maltose, sucrose

Concentrated fruit juices and fruit purees are often used as sweetening ingredients and are treated as sugars in the Guidelines.

Note: Words ending in “ose” are usually sugars.

## SUGAR SUBSTITUTES

The following are sugar substitutes:

Artificial sweeteners and intense sweeteners:

- aspartame (NutraSweet, Sweet'NLow, Sugar Twin)
- neotame, acesulfame potassium (Ace-K)
- sucralose (Splenda), cyclamate (Sugar Twin, Sucaryl), thaumatin

Intense sweeteners from natural sources:

- hydrogenated starch hydrolysates
- isomalt, lactitol, maltitol, maltitol syrup, mannitol
- sorbitol, sorbitol syrup, xylitol, erythritol, polydextrose
- steviol glycosides (stevia)

## TRANS FATS

The following are common sources of artificially created trans fat:

- hard margarine (not including non-hydrogenated margarine)
- shortening
- pre-made pastry
- pre-made icing/frosting
- any food with hydrogenated or partially hydrogenated fat in the ingredient list

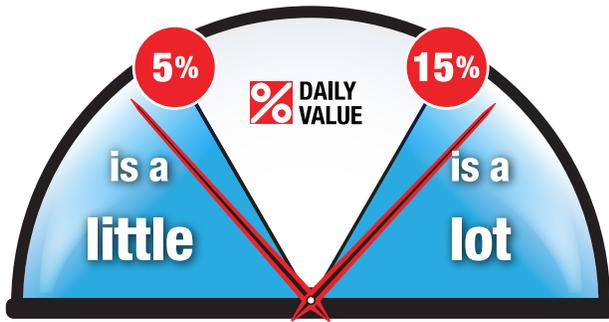
NOTE: Meat, milk, and butter naturally contain small amounts of trans fat. Current evidence does not indicate these are harmful.

## WHOLE GRAINS

- To choose whole grains look for these words in the ingredient list: whole [name of grain], stone ground whole [name of grain], brown rice, oats, oatmeal and wheat berries.
- When the first ingredient listed is made up of several other ingredients, the first item in the bracketed list must be a whole grain. For example: granola (rolled oats, wheat flakes, sugar/glucose...).
- Enriched wheat flour, white rice, bran or wheat germ are not whole grains.

## What is the % Daily Value?

The % DV is a guide to help you choose healthier foods. The % DV shows you if a specific amount of food has a little or a lot of a nutrient.



Cracker A

<b>Nutrition Facts</b>			
Per 9 crackers (23 g)			
Amount	% Daily Value		
<b>Calories</b> 90			
<b>Fat</b> 4.5 g	7 %		
Saturated 2.5 g + Trans 0 g	13 %		
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 280 mg	12 %		
<b>Carbohydrate</b> 12 g	4 %		
Fibre 1 g	4 %		
Sugars 0 g			
<b>Protein</b> 3 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 8 %		

Cracker B

<b>Nutrition Facts</b>			
Per 4 crackers (20 g)			
Amount	% Daily Value		
<b>Calories</b> 90			
<b>Fat</b> 2 g	3 %		
Saturated 0.3 g + Trans 0 g	2 %		
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 90 mg	4 %		
<b>Carbohydrate</b> 15 g	5 %		
Fibre 3 g	12 %		
Sugars 1 g			
<b>Protein</b> 2 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 8 %		

## Appendix C

# Nutrition Resources for Schools

### School Nutrition Information Line

Need more help with guidelines and policies?  
Call 1-888-547-0535 toll free to get assistance from  
Manitoba Healthy Food in Schools.

[www.gov.mb.ca/healthyschools/foodsinschools](http://www.gov.mb.ca/healthyschools/foodsinschools)

### Regional Health Contacts

Contact your local community dietitian, health  
promotion co-ordinator, home economist or  
wellness facilitator:

Interlake-Eastern Regional Health Authority  
[www.ierha.ca](http://www.ierha.ca)

Northern Regional Health Authority  
[www.northernhealthregion.ca](http://www.northernhealthregion.ca)

Southern Health-Santé Sud  
[www.southernhealth.ca](http://www.southernhealth.ca)

Prairie Mountain Health  
[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

Winnipeg Regional Health Authority  
[www.wrha.mb.ca](http://www.wrha.mb.ca) | [www.churchillrha.com](http://www.churchillrha.com)

### Provincial Contacts

Reliable nutrition information and resources from  
registered dietitians:

Dairy Farmers of Manitoba  
Winnipeg, Manitoba  
204-488-6455  
1-800-567-1671  
[www.nuton.ca](http://www.nuton.ca)

Heart and Stroke Foundation of Manitoba  
Winnipeg, Manitoba  
204-949-2000  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

Child Nutrition Council of Manitoba  
Winnipeg, Manitoba  
[www.childnutritioncouncil.com](http://www.childnutritioncouncil.com)  
*(special focus on breakfast/snack programs)*

Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)  
Regional Office  
306-649-0113