

Topic:	Healthy Food for Healthy Schools
Effective:	September 2011
Cross-Reference:	Healthy Food for Healthy Schools Act, 2008, Foundations for a Healthy School, Ministry of Health Promotions; PPM 150: School Food and Beverage Policy, 2011, Ontario Regulation 200/08 Trans Fat Standards
Review Date:	September 2023
/Revision Date:	January 2016, September 2017, November 2019
Responsibility:	Superintendent of Education

INTENDED PURPOSE:

The Halton District School Board is in support of the *Healthy Foods for Healthy Schools Act, 2008* legislation and the accompanying Policy Program Memorandum 150, School Food and Beverage Policy and Ontario Regulation 200/08 “Trans Fat Standards”. Healthy eating is a critical component of a healthy lifestyle and has been clearly linked to school performance. Since children spend significant amounts of time in school, the school environment is an ideal setting for nutrition education and to influence the healthy food choice behaviours of our students, staff and parents.

Compliance with this legislation is directed to school administrators, teachers and support staff, coaches, volunteers, School Council members, students, parents and food service personnel.

PROCEDURES:

Bill 8, *Healthy Food for Healthy Schools Act* was passed into law and became effective September 1, 2008. The Ministry of Education and school boards have new responsibilities related to creating policies, guidelines, and regulations governing nutrition standards for all food and beverages provided on school premises or in connection with school-related activities.

With the passing of this legislation, [Healthy Food for Healthy Schools Act, 2008](#), the *Education Act* was amended to:

- Regulate the sale of all food and beverages containing industrially produced *trans fat* that are prepared and sold in school cafeterias.
- Give power to the Minister of Education to create policies and guidelines with respect to nutrition standards for food and beverages provided on school premises or in connection with school-related activities (PPM 150).
- Add a requirement for boards to ensure that food and beverages sold in vending machines comply with the nutritional standards set out in the regulations.

Bill 8, *Healthy Food for Healthy Schools Act*, addresses healthy eating in schools, including the reduction of trans fat from food and beverages sold in schools and establishing mandatory nutrition standards for food and beverages sold in schools.

The *Education Act* provides the Minister of Education with the authority to establish the School Food and Beverage Policy and to require school boards to comply. The Policy requires that all food and beverages offered for sale in elementary and secondary schools for school purposes comply with the requirements set out in the policy, including the nutrition standards as detailed below:

- The Nutrition Standards apply to all food and beverages sold in all venues including, cafeterias, tuck shops/canteens, through all programs such as hot lunch programs and at all events such as bake sales, sports events and fundraisers.
- The standards do not apply to food and beverages that are:
 - Offered in schools to students at no cost
 - Brought from home or purchased off school premises and are not for resale in schools
 - 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 using the gymnasium after school hours for a non-school-related event)
 - Sold for fundraising activities that occur off school premises
 - Sold in staff rooms
- The Nutrition Standards (PPM 150) are set out in two sections: food and beverages. Detailed nutrition criteria have been established that food and beverages must meet in order to be sold in schools. The nutrition criteria are provided in the following categories:
 - Healthiest (Sell Most)** – These products are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium. They must make up at least 80 percent of all food choices that are available for sale. For example, if a cafeteria offers 10 items for sale, at least eight must fall under the “sell most” category.
 - Healthy (Sell Less)** – Compared to “sell most” products, these products may have slightly higher amounts of fat, sugar and/or sodium. They cannot make up more than 20 percent of all food choices that are available for sale.
 - Not Permitted** – These are products that generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium (e.g., deep-fried and other fried foods, confectionery). Food and beverages in this category may not be sold in schools.
- Schools may designate up to 10 days during the school year as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards. Although “special event” days give schools greater flexibility with food and beverages, schools are encouraged to offer healthy options.
- Schools must comply with Ontario Regulation 200/08 “Trans Fat Standards” and any other applicable regulations made under the Education Act.