

**Eat Smart! School and Workplace Cafeteria Program
REVISED Nutrition Standard 2008**

Guiding Principles

- The standards are based on the key messages and concepts of *Eating Well with Canada's Food Guide* (2007)
- Where necessary, a nutrient focus will be implemented in order to ensure the food item meets the appropriate criteria. This represents a change, in part, from how the standards were previously implemented and assessed
- **Eat Smart! choices within each food group category must be at least one serving according to *Canada's Food Guide* (2007).** This excludes Milk and Alternatives (please see Milk and Alternatives standard for a complete explanation)
- The professional judgment of a registered dietitian (RD) will be used when interpreting these standards

Definition of 'a healthier way'[†]

Healthier preparation

- Use lower-fat cooking methods like baked, boiled, broiled, barbequed, grilled, microwaved, steamed, roasted, sautéed or toasted; reduce or eliminate oils used for stir-frying and mayonnaise/dressings used in sandwiches and on salads; or leave raw (vegetables and fruit)

Type of fat for food preparation

- Healthier fats should be used in and on all food products, and include those that are unsaturated and non-hydrogenated such as liquid vegetable oils (eg, canola, olive, safflower, sunflower, soybean or peanut oils) and soft, tub-type margarines
- Total trans fat content of a vegetable oil or soft spreadable margarine offered for sale or used as an ingredient in the preparation of a food or beverage offered for sale cannot exceed two per cent (2%) of the total fat content. The trans fat content of any food, beverage or ingredient, other than vegetable oil or soft spreadable margarine, offered for sale or used as an ingredient in the preparation of a food or beverage offered for sale cannot exceed five per cent (5%) of the total fat content. This applies to all foods except where exclusions are noted (ie, Milk and Alternatives and Meat and Alternatives standards)

Sodium

Specific criteria for sodium have not been established for all food categories. Instead, recommendations are provided but are not a requirement unless otherwise stated (ie, pre-packaged snacks under the Eat Smart! Recreation Centre Program Vending Machine Nutrition Standard found at www.eatsmartontario.ca (health units will require username and password to access)):

- Prepare food with little or no added salt
- Substitute with lower-sodium products **if available** (eg, Campbell's soup)

For all above categories, if nutrition facts are not available, then use the professional judgment of a registered dietitian. This includes assessing the product based on *Canada's Food Guide (2007)* and negotiating changes that would, in the opinion of the RD, make the product a healthier choice.

Definition of whole grain

For the purposes of the Eat Smart! Ontario's Healthy School and Workplace Program, a whole grain choice is one that:

- Lists either 'whole' or 'whole wheat' in front of the type of grain as the first or second ingredient on the product ingredient list, OR
- Contains two grams (2g) fibre per **reference amount** (ie, is a *source of fibre**) **except where noted**

*As defined in the Canadian Food Inspection Agency's (CFIA) *Guide to Food Labelling and Advertising, 2003*.

Definition for pre-packaged and prepared food products

A **pre-packaged** product is any food that is contained, without being changed, in the package in which it is ordinarily sold to, used by or purchased by a person or by a consumer.

A **prepared** product is:

- Food sold in a heated state or heated by the seller
- Two (2) or more food ingredients mixed or combined by the seller for sale as a single item
- Food sold with eating utensils provided by the seller including plates, knives, forks, spoons, glasses, cups, napkins or straws (a plate does not include a container or packaging used to transport the food)

The cafeteria offers

Grain Products

A variety of whole grains are offered daily including:

1. School

At least 75% of **all** sandwich-type choices (pre-made and/or made-to-order) on bread, bagels, pita, rolls, flour tortillas/wraps, English muffins, buns, pizza dough/crust, are whole grain

Workplace

At least 50% of **all** sandwich-type choices (pre-made and/or made-to-order) on bread, bagels, pita, rolls, flour tortillas/wraps, English muffins, buns, pizza dough/crust, are whole grain

2. At least 50% of breakfast cereals offered are whole grain AND **at least** a good source of fibre (ie, four grams (4g) of fibre per **reference amount**)*.

3. If available, at least one whole grain snack prepared in a **healthier way**[†]. If this snack is a pre-packaged product, it must also meet the nutrition criteria for Grain Products developed for the Eat Smart! Recreation Centre Program Vending Machine Nutrition Standard found at www.eatsmartontario.ca (health units will require username and password to access).

*As defined in the Canadian Food Inspection Agency's *Guide to Food Labelling and Advertising, 2003*.

The following is a recommendation and **not required for the Eat Smart! award**:

- Encourage the cafeteria to offer at least one (1) *other* whole grain choice twice weekly. *Other* grains include whole grain pasta or noodles, whole grain couscous, brown or wild rice, barley, or bulgur, if available.

Vegetables and Fruit

4. At least six (6) choices of the following Vegetables and Fruit choices* are offered daily (excluding fruit salads in heavy syrups, frozen juice bars, vegetable garnishes, vegetables or fruit that are prepared/served in a way that does not meet the **healthier way**[†] criteria).
 - Fruit (one piece) (count only one variety toward the six choices)
 - Fruit salad (≥125mL/½ cup)
 - 100% vegetable or fruit juice (≥125mL/½ cup) (count only one variety toward the six choices)
 - Broth-based soup with vegetables (≥125 mL/½ cup) (count only one variety toward the six choices)
 - Potatoes prepared in a **healthier way**[†] (≥125mL/½ cup) (count only one variety toward the six choices)
 - Tomato sauce, eg, on pasta (≥125mL/½ cup) (count only once toward the six choices)
 - Up to three (3) vegetable sandwich toppings**
 - Up to three (3) vegetable or fruit pizza toppings**
 - Raw vegetables, or side-order or à-la-carte cooked choices
 - Up to two (2) distinctly different leafy green salad items (≥250mL/1 cup)

* Vegetable and fruit choices can be fresh, frozen or canned

**Please refer to explanatory notes for more information on how to count sandwich and pizza toppings

Milk and Alternatives

5. At least two (2) choices of fluid milk or fortified soy beverage are available on a daily basis. Choices must be 2% MF, 1% MF or skim. Choices can be plain or flavoured* and must contain at least 25% daily value (DV) for calcium.
6. School
At least two (2) distinctly different non-fluid milk choices** are available on a daily basis. These must contain at least 10% DV of calcium per 100g for yogurt and yogurt

drinks, 99g for puddings made with milk and 113g for cottage cheese. Yogurt must be $\leq 2\%$ MF and cheese must be $\leq 20\%$ MF. Milk used to make puddings must be 2% MF or less.

Workplace

At least one (1) non-fluid milk choice* is available on a daily basis. This must contain at least 10% DV of calcium per serving per 100g for yogurt and yogurt drinks, 99g for puddings made with milk and 113g for cottage cheese. Yogurt must be $\leq 2\%$ MF. Milk used to make puddings must be 2% MF or less.

* For fluid flavoured milk or fortified soy beverage, total sugar is $\leq 28\text{g}/250\text{mL}$

**Choices do not have to be equal to one Milk and Alternatives portion size in *Canada's Food Guide (2007)*

Meat and Alternatives

7. At least two (2) meat, fish, poultry or meat alternative choices are offered on a daily basis. These must be prepared and served in a **healthier way**[†].

Other

8. If daily specials are offered, at least one (1) must:
 - Include three (3) of the four (4) food groups in *Canada's Food Guide (2007)* AND one of these choices must be a vegetable or fruit; AND
 - All items in the daily special must be prepared and served in a **healthier way**[†]

Daily specials are hot or cold meals or meal combinations that are offered at a set price that is usually less than buying the same food items individually à la carte

9. **Healthier**[†] types of fat and oils must be used:
 - In all margarines and spreads
 - In at least one type of salad dressing, offered on a daily basis
 - In other fat-based condiments like dips, sauces and gravies, if available
10. Fat and oil-based condiments, dips, spreads and sauces or gravies must **have the option** to be:
 - Served on the side on all menu items
 - Not used on all hot or cold meals
 - Not used on all side dishes
 - Not used on all vegetables
11. If french fries or poutine are offered as part of a meal, a substitute must be offered at no additional cost. The substitute could be baked, boiled or mashed potato, vegetables, salad, rice or other grain products and must be prepared in a **healthier way**[†].
12. Both french fries and poutine must include an option of 112 gram/4oz size or smaller.

13. The cafeteria is willing to provide the available ingredient/nutritional information and be open to finding out more information if required.

14. Water is available at all times.

Foods of Minimum Nutritional Value

Foods and beverages that provide Minimum Nutritional Value are those that are higher in calories, fat, sodium and sugar. These are foods that should be limited as recommended by *Canada's Food Guide (2007)*. These include:

- Cakes and pastries
- Chocolate and candies
- Cookies and granola bars
- Doughnuts and muffins
- Ice cream and frozen desserts
- French fries and potato chips
- Nachos and pretzels
- Fruit-flavoured drinks, soft drinks, sports and energy drinks
- Sweetened hot or cold beverages

For the purposes of the Eat Smart! School and Workplace Program, the above foods are considered to offer Minimum Nutritional Value, unless they meet the Eat Smart! Recreation Centre Program Vending Machine Nutrition Standard available at www.eatsmartontario.ca and/or they have been prepared in a **healthier way**[†].

At this time, food and beverages of Minimum Nutritional Value will be phased out by concentrating on the availability of food and beverages of Minimum Nutritional Value located at influential purchase locations.

Influential purchase locations are display areas that are situated in locations that are easy to access (eg, 'grab and go') and are highly visible, including:

- Racks, displays, shelving, baskets at any point of purchase
- Displays at eye level
- Self-serve stations
- Mobile food carts
- Self-serve coolers
- Self-serve drink dispensers
- Free-standing carts

New Standard – School

Phase 1

At least 25% of all foods and beverages available at all influential purchase locations must be:

- Foods and beverages that do NOT appear in the definition of Foods of Minimum Nutritional Value
- Prepared in a **healthier way**[†]

Phase 2

Increase to at least 50% as above. Nutrition Resource Centre will determine appropriate phase-in period.

Phase 3

Eliminate foods of Minimum Nutritional Value in school setting. This phase will likely occur when provincial legislation and/or Ministry of Education policy has been developed and implemented. This phase will likely involve a revision of the Eat Smart! School Cafeteria Program Nutrition Standards to allow for assessing Foods of Minimum Nutritional Value within each food group and food category.

New Standard - Workplace**Phase 1**

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- Prepared in a **healthier way**[†]

Phase 2

Increase to at least 50% as above. Nutrition Resource Centre will determine appropriate phase-in period.