

# NUTRITION AND FOOD SAFETY RECOMMENDATIONS FOR NUTRITION PROGRAMMING IN SASKATCHEWAN COMMUNITY SCHOOLS

School nutrition programs are in place to improve the health and learning potential of children. A child has very high nutrient needs in relation to the volume of food eaten, therefore it is essential that foods served are high in nutritional value and without excessive fat, salt and sugar. Nutritious food supports growth, good health, healthy weights and optimal learning.

The Nutrition and Food Safety Recommendations for Saskatchewan Community Schools promote the provision of high quality, nutritious food and foster the management of an efficient and economical food service. The recommendations apply to breakfast/snack/lunch programs in elementary and secondary schools. For guidance in applying the recommendations, consult a Public Health Nutritionist in your Health Region.

## 1. MENU PLANNING

- 1.1 The use of seasonally adapted cycle menus is recommended
- 1.2 Menus should be based on the nutrition guidelines in "Canada's Food Guide to Healthy Eating"

**BREAKFAST** - means 1 serving from each of 3 food groups

**SNACK** - means 1 serving from each of 2 or more food groups

**LUNCH** - means at least 1 serving from each of the 4 food groups

Serving sizes should be appropriate for the age of the child.

- **Grain Products** - 1 slice bread, 30 g cold cereal, 175 mL hot cereal, 1/2 pita or 1/2 bun, 125 mL pasta or rice
  - **Vegetables and Fruit** - 1 medium sized vegetable or fruit, 125 mL fresh, frozen, or canned vegetables or fruit, 250 mL salad, 125 mL juice
  - **Milk Products** - 250 mL milk, 50 g cheese, 175 mL yogurt
  - **Meat and Alternatives** - 50-100 g meat, poultry, fish, 1-2 eggs, 125-250 mL beans, 100 g tofu, 30 mL peanut butter
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- A variety of foods from each food group in "Canada's Food Guide to Healthy Eating" should be included
  - Whole grain products, dark green & orange vegetables and orange fruit should be served often
  - The use of food preparation methods such as deep fat frying that significantly add to the fat content of food are discouraged. Methods that reduce the fat content of food are encouraged.
- 1.3 Menus must meet the following criteria from the "Food Selection Categories"
    - "Serve Most Often"** foods may be served without restriction
    - "Serve Sometimes"** Only 2 –3 foods from this category may be served per week. When served it is best to combine these foods with foods from the "Serve Most Often" group rather than alone.
    - "Serve Least Often"** Limited use. If these foods are used, limit use to one food from this category no more than 2 times in a four week period.

## 2. MENU EVALUATION

2.1 Menus should be prepared and evaluated by school personnel, and a Public Health Nutritionist or other Registered Dietitian may be consulted.

## 3. FOOD SAFETY STANDARDS

Food Safety Standards are intended to ensure that food for students is acquired, prepared, stored and served in a safe manner. Provincial regulations and standards apply to food service in schools. For guidance in applying the regulations and standards, contact a Public Health Inspector at your local Health Region.

- 3.1 Prior to construction, renovation and operation, contact a local Public Health Inspector for plan approval and arrangements for necessary inspections.
- 3.2 All staff who handle food must successfully complete a Certified Food Handling Course prior to, or as soon as possible after, commencement of duties. Contact your Health Region for a schedule of available Courses.
- 3.3 All food used in school nutrition programs must be purchased from an approved source. If there is a question about that source, contact the Public Health Inspector. Examples of sources not approved: private residence, farm slaughtered meat.
- 3.4 The acceptability of donated foods is to be discussed with a Public Health Inspector. In general, donated foods are not acceptable in school nutrition programs; however, fresh fruit and vegetables, day-old bread and muffins, and uncooked pasta may be acceptable.  
The following foods must never be accepted:
  - home canned goods
  - raw milk
  - eggs
  - home processed meat, poultry, fish or dairy products
  - dented, rusted or bulging canned goods, or any food with an expired "best before" date
  - frozen food
  - pastry or dessert items
  - left- over food from banquets, parties, etc.
- 3.5 In the case of an emergency, such as suspected contaminated food or food-borne illness, a Public Health Inspector must be contacted.

**WRITTEN BY THE PUBLIC HEALTH NUTRITIONISTS OF SASKATCHEWAN**

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For more information, contact a Public Health Nutritionist at 766-7777.