

# **STUDENT NUTRITION PROGRAM**

Nutrition Guidelines  
July 2008





**Ministry of Children and Youth Services**  
**[www.children.gov.on.ca](http://www.children.gov.on.ca)**

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## PURPOSE OF GUIDELINES

These guidelines are intended to assist Student Nutrition Program (SNP) providers<sup>1</sup> in selecting nutritious foods for breakfasts, lunches and snacks. Serving nutritious foods and beverages promotes good health and healthy eating habits in children and youth, and helps them to be ready to learn.

## GUIDING PRINCIPLES

SNP providers across the province are encouraged to adopt these nutrition guidelines, review with SNP staff and volunteers and incorporate the following guiding principles:

### PROMOTE HEALTHY EATING

- Offer a variety of nutritious food and beverage choices for breakfasts, lunches and snacks that are consistent with Eating Well with Canada's Food Guide (2007) and the 2008 SNP Nutrition Guidelines selection criteria. Programs are encouraged to experiment with new recipes, try different flavours, textures and colour combinations, and add new food items when possible or in season.
- Avoid foods and beverages that are high in fat, salt and/or added sugar and low in nutrients. Food and beverage portions should at a minimum correspond to the serving sizes outlined in Canada's Food Guide. However, portion sizes should be adjusted when appropriate to reflect the age and developmental stage of the children and youth.
- Allow adequate time to eat and provide a pleasant eating environment. Plan a minimum of 20 minutes of eating time for children. Ideally children and youth will have a safe and pleasant eating area<sup>2</sup>, where they can interact with each other and the program providers.
- Do not serve foods with artificial trans fat to children in SNP.

### PREPARE HEALTHY FOOD

- Prepare foods and beverages using items that meet the selection criteria of the SNP nutrition guidelines.
- Prepare and cook food using healthy methods e.g. steaming, baking, roasting, poaching, with little or no added salt and/or fat (e.g. butter, margarine, mayonnaise, dressings, sauces).

<sup>1</sup> SNP defines providers as all who provide support, paid or volunteer, to SNP e.g. lead agencies, coordinators, parents, volunteers, school principals and staff, community members

<sup>2</sup> "A safe and pleasant eating area is one that provides a clean, safe, calm and enjoyable place to eat ..... Adult or senior supervision is provided while students eat..... Safe food handling training is encouraged for volunteers, lunchroom monitors and paid staff who help with school food service." *Nutrition Tools for Schools*©, 2007

## RESPECT DIVERSITY AND INDIVIDUAL NEEDS

- Welcome and respect every child and youth.
- Offer foods and beverages that appeal to children and youth and are inclusive and reflective of the faiths and cultures of the children, youth and their families.
- Respect the individual needs of children and youth, such as intolerances and sensitivities, in the preparation of snacks and meals, with alternatives provided.
- Adhere to the school board anaphylaxis policy when delivered in the school setting or the SNP anaphylaxis policy when SNP is delivered in community settings.
- Encourage children, youth, parents and volunteers to participate in menu planning and food selections.
- Respect that child and youth appetites can change for a variety of reasons. Children are encouraged to listen to their hunger and fullness cues. If a child is full but has not finished his/her food, no pressure will be exerted on the child to eat more. Likewise no food will be withheld from a child based on body size.
- Celebrate cultural diversity by serving healthy foods of different cultures.

## CONTRIBUTE TO SOCIAL DEVELOPMENT

- Provide a social environment for children and youth to interact with their peers and program providers.
- Sit down and eat with the children and youth. Children and youth are more likely to accept new foods when dining alongside their peers and adult role-models, tasting and enjoying the same foods.
- Encourage good table manners while eating.
- Positive social skills, community belonging and cooperation are demonstrated and fostered through relationships (peer to peer, adult to child and youth).

## CHOOSE ONTARIO FOOD FIRST

- Offer Ontario grown and/or produced foods when available and practical.
- Purchase food locally where possible e.g. local farmers markets, local grocery stores.

## BE ENVIRONMENTALLY CONSCIOUS

- Provide tap water at all times.
- Purchase and use reusable dishes and utensils when possible.
- Minimize waste from food, food packaging and disposable dishes and utensils.
- Recycle materials where recycling programs are available in the community.

## PRACTICE SAFE FOOD HANDLING AND STORAGE

- Prepare, store and serve foods and beverages, using safe food handling practices and in accordance with Ontario Food Premises Regulation, specifically Regulation 562/90 (as amended) of the Health Protection and Promotion Act.
- SNP providers must always wash their hands before and after preparing and serving food. Hand sanitizers are not recommended, as they do not remove all food allergens.
- Sanitize all surfaces where food is prepared and/or served or cover with a clean table cloth.
- All SNP sites are to be equipped with a separate handwashing sink with warm running water and soap, for children and youth.
- Encourage all children and youth to wash their hands with liquid soap and water prior to eating. Hand sanitizers are not recommended, as they do not remove all food allergens.
- Consult with your local health unit (Public Health Inspector) if any concerns arise about adhering to any of the food safety regulations.

## NUTRITION GUIDELINES

SNP providers are encouraged to adhere to the following guidelines when preparing snacks and meals:

- ✓ Vegetables and/or fruit will be offered with every meal and /or snack. Choose Ontario grown and/or produced foods. Celebrate cultural diversity by serving a variety of healthy foods from different cultures.
- ✓ A snack contains at least one serving from a minimum of two food groups of Canada's Food Guide with at least one serving from the Vegetables and Fruit food group. Nutritional value of a snack is improved by offering choices from three of the four food groups.
- ✓ A meal (i.e. breakfast and lunch) contains at least one serving from a minimum of three out of the four food groups of Canada's Food Guide with at least one serving from the Vegetables and Fruit food group and at least one serving from the Milk and Alternatives food group. Nutritional value of a meal is improved by offering choices from each of the four food groups.
- ✓ Tap water is always available.

The following charts provide serving size and selection criteria required for selecting nutritious foods and beverages for student nutrition programs. <sup>3,4</sup>

<sup>3</sup> The selection criteria for foods are based on Canada's Food Guide 2007 and on the nutrient or health claims in the Guide to Food Labelling and Advertising 2003,

<sup>4</sup> Serving sizes are based on information in Canada's Food Guide 2007, and the reference amounts given in the Guide to Food labelling and Advertising 2003

## VEGETABLES AND FRUIT

**Serve one serving at every meal and snack**

**Canada's Food Guide 2007 recommends the following tips:**

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.

Food Category	Serving Size	Selection Criteria Per Serving
Fresh / frozen vegetables or fruit	1 medium size vegetable or fruit, 125 mL (1/2 cup) raw or cooked, 250 mL (1 cup) of raw leafy green vegetables	<ul style="list-style-type: none"> <li>• Select a variety of fresh and frozen vegetables and fruit that contain no added sugar or salt</li> <li>• Choose Ontario grown and/or produced foods when available</li> <li>• Select fresh local foods when in season</li> </ul>
Canned/jarred vegetables and tomato sauce	125 mL (1/2 cup)	<ul style="list-style-type: none"> <li>• Sodium: 480mg or less</li> </ul>
Canned/jarred fruit and fruit sauces	125 mL (1/2 cup)	<ul style="list-style-type: none"> <li>• Preferably packed in juice and contains no added sugar</li> <li>• Vitamin C: 30% Daily Value (DV) or more OR</li> <li>• Vitamin A: 15% DV or more</li> </ul>

## VEGETABLES AND FRUIT

**Only one food item from among the following category may be served one time per week or less**

Food Category	Serving Size	Selection Criteria Per Serving
Fruit juice	125 mL (1/2 cup)	<ul style="list-style-type: none"> <li>• Choose only 100% unsweetened juice</li> <li>• Choose juice with no artificial flavours or colours added</li> </ul>
Vegetable and tomato juices	125 mL (1/2 cup)	<ul style="list-style-type: none"> <li>• Vitamin C: 30% DV or more OR</li> <li>• Vitamin A: 15% DV or more</li> <li>• Sodium: 480mg or less</li> </ul>
Dried fruit e.g. apricots, apples, raisins, 100% fruit leather and fruit bars	60 mL (¼ cup)	<ul style="list-style-type: none"> <li>• Fruit is listed as the first ingredient</li> <li>• No added sugar or fat</li> <li>• Vitamin C: 30% DV or more OR</li> <li>• Vitamin A: 15% DV or more</li> <li>• Fibre: 2g or more</li> <li>• If offered, dried fruit should be consumed as part of a meal. Brushing teeth should be encouraged after eating dried fruit</li> </ul>

## GRAIN PRODUCTS

### Serve food with whole grain as the first ingredient

Canada's Food Guide 2007 recommends the following tips:

- Make at least half of your grain products whole grain each day.
- Choose grain products that are low in fat, sugar or salt.

Food Category	Serving Size	Selection Criteria Per Serving
<b>Breads (e.g. bread, bagels, rolls, pita, roti, chapatti, bannock, naan, tortilla)</b>	1 slice of bread; ½ bagel, pita, bun or English muffin, ¼ naan, ½ or 35g tortilla, chapatti, 35g or 2x2x1" piece bannock	<ul style="list-style-type: none"> <li>• Preferably select 100% whole grain breads e.g. whole wheat, whole oats, rye</li> <li>• Fibre: 2g or more</li> <li>• Iron: 5% DV or more</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free</li> </ul>
<b>Cereals (cold and hot)</b>	30g (½ – 1 ¼ cups) cold cereal, 175mL (¾ cup) hot cereal	<ul style="list-style-type: none"> <li>• Fibre: 2g or more</li> <li>• Iron: 5% DV or more</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free</li> </ul>
<b>Rice and other grains (e.g. brown, wild, parboiled or converted rice, couscous, barley, bulgur, millet, buckwheat, cornmeal)</b>	125mL (½ cup) cooked rice or grain	<ul style="list-style-type: none"> <li>• Select whole grains</li> <li>• Sodium: 480mg or less, (if using packaged mix)</li> </ul>
<b>Pasta</b>	125mL (½ cup) cooked pasta	<ul style="list-style-type: none"> <li>• Fibre: 2g or more</li> <li>• Enriched</li> </ul>
<b>Crackers (e.g. crackers, hard bread sticks)</b>	30g crackers, approximately 10 saltine crackers	<ul style="list-style-type: none"> <li>• Fibre: 2g or more</li> <li>• Iron: 5% DV or more</li> <li>• Sodium: 480mg or less</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free</li> </ul>

## GRAIN PRODUCTS

**Only one food item from among the following category may be served one time per week or less**

Food Category	Serving Size	Selection Criteria Per Serving
Muffins	1 small muffin or 2 mini's	<ul style="list-style-type: none"> <li>• Fibre: 2g or more</li> <li>• Iron: 5% DV or more</li> <li>• Sodium: 480mg or less</li> <li>• Fat: 5g or less</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free</li> </ul>
Grain-based bars	1 bar (30g)	
Cookies	2 oatmeal (30g), 4 small arrowroot type (25g), 3 graham type crackers (20g),	
Pancakes/waffles	1 pancake/waffle (35g prepared);	<ul style="list-style-type: none"> <li>• If possible, make from scratch using whole wheat flour and 2%,1% or skim milk</li> <li>• If using a mix, select brands that require additional ingredients such as milk (use 2%,1% or skim) and eggs</li> <li>• Offer fresh fruit or canned unsweetened fruit as topping instead of syrup</li> <li>• Fibre: 2g or more</li> <li>• Saturated fat: 2g or less</li> <li>• Fat: 5g or less</li> <li>• Trans fat free</li> </ul>

## GRAIN PRODUCTS AND SNACK PROGRAMS

**Only one food item from among the following category may be served one time per week or less for a snack program (not to be served at breakfast or morning meal programs)**

Food Category	Serving Size	Selection Criteria Per Serving
Popcorn	50 g	<ul style="list-style-type: none"> <li>• Air popped, preferred</li> <li><i>If microwave popcorn:</i></li> <li>• Fibre: 2g or more</li> <li>• Iron OR Calcium OR Vitamin A OR Vitamin C: 5 % DV or more</li> <li>• Fat : 3g or less</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free</li> </ul>
Pretzels	50 g	<ul style="list-style-type: none"> <li>• Fibre: 2g or more</li> <li>• Iron OR Calcium OR Vitamin A OR Vitamin C: 5 % DV or more</li> <li>• Sodium: 480mg or less</li> <li>• Fat: 3g or less</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free</li> </ul>
Baked tortilla chips	50 g	

## MILK AND ALTERNATIVES

**Provide one serving with every breakfast and lunch meal**

Canada's Food Guide 2007 recommends the following tips:

- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.

Food Category	Serving Size	Selection Criteria Per Serving
<b>Milk</b> (fresh, reconstituted, powdered, evaporated or UHT milk)	250mL (1 cup) fresh, UHT or reconstituted milk. 125mL (1/2 cup) evaporated milk	• M.F.: 2%, 1%, or skim milk (white or chocolate)
<b>Milk alternative beverages</b> (e.g. fortified soy or UHT soy)	250mL (1 cup)	• Calcium: 25% DV or more • Vitamin D: 25% DV or more • Fat: 5g or less
<b>Cheese</b>	50g (1 ½ oz)	• Calcium: 15% DV or more • M.F.: 20% or less, preferred
<b>Yogurt, Kefir</b>	175g (¾ cup)	• Calcium: 15% DV or more • M.F.: 2% or less

## MILK AND ALTERNATIVES

**Only one food item from among the following category may be served one time per week or less**

Food Category	Serving Size	Selection Criteria Per Serving
<b>Processed cheese slices</b>	42 g (2 thin slices)	• Reduced fat or fat free, made from skim milk • Calcium: 5% DV or more • Sodium: 480mg or less
<b>Processed cheese spread</b>	30g (2 Tbsp)	• Fat: 6g or less (equivalent to 20% MF) • Calcium: 5% DV or more • Sodium: 480mg or less
<b>Custards, puddings and frozen desserts</b> (e.g. frozen yogurt)	125mL (½ cup)	• Calcium: 5% DV or more • Saturated fat: 2g or less

## MEAT AND ALTERNATIVES

**Provide one serving with every breakfast and lunch meal**

**Canada's Food Guide 2007 recommends the following tips:**

- Have meat alternatives such as beans, lentils, and tofu more often.
- Eat at least 2 servings of fish each week. Choose fish such as salmon, mackerel, herring, sardines, trout, char which are a healthy source of omega 3 fatty acids.
- Select lean meat alternatives prepared with little or no added fat or salt.

Food Category	Serving Size	Selection Criteria Per Serving
<b>Fresh or frozen meats</b> (poultry, fish, pork, beef, lean back bacon)	75g (2½ oz), 125 mL (½ cup), fresh or frozen meats, cooked	<ul style="list-style-type: none"> <li>• Lean or extra lean meats</li> <li>• Sodium: 480mg or less</li> </ul>
<b>Frozen prepared meats</b> (e.g. baked chicken or fish strips and pieces, hamburger patty)	75g (2½ oz), 125 mL (½ cup), frozen meats, cooked	<ul style="list-style-type: none"> <li>• Lean or extra lean beef products OR</li> <li>• Fat: 5g or less for chicken, pork or fish</li> <li>• Sodium: 480mg or less</li> </ul>
<b>Canned meat or fish</b> (chicken, fish, ham, beef)	75g (2½ oz), 125mL (½ cup), canned meat or fish	<ul style="list-style-type: none"> <li>• Select light tuna, not albacore or white</li> <li>• Packed in water, not oil</li> <li>• Sodium: 480mg or less</li> <li>• Fat: 3g or less for meats (Note: fish, such as salmon is naturally high in fat, and is considered a healthy choice if sodium requirement is met)</li> </ul>
<b>Eggs (whole or liquid)</b>	2 eggs 100g whole liquid egg	<ul style="list-style-type: none"> <li>• Sodium: 480mg or less</li> </ul>
<b>Legumes</b> (e.g. lentils, chickpeas, black beans)  Roasted legumes	175 mL (¾ cup), canned, frozen or rehydrated, cooked  30g of roasted legumes	<p><i>If in a sauce or dressing:</i></p> <ul style="list-style-type: none"> <li>• Iron: 5% DV or more</li> <li>• Sodium: 480mg or less</li> <li>• Fat: 3g or less</li> <li>• Trans fat free</li> </ul>
<b>Seeds shelled</b> (e.g. sunflower)	60 mL (¼ cup)	<ul style="list-style-type: none"> <li>• Sodium: 480mg or less</li> <li>• Trans fat free</li> </ul>
<b>Tofu</b>	150g, 175 mL (¾ cup)	<ul style="list-style-type: none"> <li>• Iron: 5% DV or more</li> <li>• Sodium: 480mg or less</li> <li>• Saturated fat: 2g or less</li> <li>• Trans fat free or less</li> </ul>
<b>Other meat alternatives</b> (e.g. veggie dogs, soy burgers, soy ground round)	75g (2½oz) , 125 mL (½ cup)	<ul style="list-style-type: none"> <li>• Iron: 5% DV</li> <li>• Sodium: 480mg or less</li> <li>• Fat: 3g or less</li> <li>• Trans fat free</li> </ul>

## MEAT AND ALTERNATIVES

**Only one food item from among the following category may be served one time per week or less**

Food Category	Serving Size	Selection Criteria Per Serving
Deli meats (e.g. turkey, chicken, ham, roast beef)	75g (2½ oz), 125mL (½ cup)	<ul style="list-style-type: none"><li>• Lean or extra lean</li><li>• Sodium: 480mg or less</li></ul>

## MISCELLANEOUS

**Program providers may use only one of the following food items per snack/meal: (e.g. when serving toast, jam or butter should be offered, not both)**

The following items should only be used in small quantities.

- Jams, jellies, marmalades, syrup, fruit butters, light cream cheese;
- Sauces, salsas, dips, gravy and condiments e.g. pickles, relish, mustard; and
- Soft margarine (0g trans fat), vegetable oils (e.g. olive, canola, soybean), butter, salad dressings, mayonnaise.

Fats and oils are part of a healthy diet in small quantities. Choose healthy fats (e.g. soft margarine (0g trans fat), vegetable oil, fat found in nuts, seeds, and fatty fish, etc.) as part of healthy eating patterns.

## Do Not Serve in Student Nutrition Programs

**The following foods and beverages are not recommended for Student Nutrition Programs:**

<ul style="list-style-type: none"> <li>• Foods containing artificial trans fat e.g. hydrogenated oils, partially hydrogenated oils, shortenings, hydrogenated (hard) margarines <sup>6</sup></li> <li>• Soft drinks, sports drinks, energy drinks, coffee and caffeinated tea based drinks</li> <li>• Fruit-flavoured beverages that are not 100% fruit juice</li> <li>• Ice cream treats and popsicles</li> <li>• Flavoured jellos</li> <li>• Cakes, cupcakes and doughnuts</li> <li>• Toaster pastries</li> <li>• Chocolate or yogurt covered granola bars or granola bars with candy, chocolate or marshmallows in them</li> <li>• Candy, chocolate and marshmallows</li> <li>• Full fat sour cream and cream cheese, table cream and coffee cream</li> <li>• Unpasteurized milk or milk alternatives</li> <li>• Unpasteurized apple ciders and juices</li> </ul>	<ul style="list-style-type: none"> <li>• Home preserves: home canned foods, particularly meat, fish, vegetables and combination foods (e.g. antipasto)</li> <li>• Peanuts, nuts, nut and seed butters <sup>**</sup></li> <li>• High fat, salty snacks (e.g. potato chips, nacho chips, cheese puffs, etc.)</li> <li>• Deep-fried foods (e.g. chicken nuggets, French fries, fish sticks, samosas, spring rolls, etc.)</li> <li>• Hot dogs, sausages and bacon (regular side bacon, turkey bacon, chicken bacon)</li> <li>• Cured meats (e.g. salami, pepperoni, bologna)</li> <li>• Cream, whipped cream, non-dairy whipped cream toppings and creamers</li> <li>• Instant noodle soups</li> <li>• Fruit flavoured candy, gummies, rolls or chews</li> <li>• Foods which are not in their original container</li> <li>• Jars or packages which have seals broken (the top has popped)</li> <li>• Expired food or food after the best before date</li> </ul>
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The Appendices section of this document contains a “Quick Reference Guide” that provides the above information in a simple format and can be posted by SNP providers.

<sup>6</sup> Trans fats (processed) have been identified as a health concern and efforts are underway to reduce or eliminate trans fat, in the food supply.

<sup>\*\*</sup> It is strongly recommended that foods containing peanuts and other nuts not be made available by SNP providers since some children and youth may have life-threatening allergies to nuts. A copy of the school board or SNP anaphylaxis policy is to be on file and posted at each SNP site for program providers.

## CHOOSE ONTARIO FOOD FIRST

Choosing Ontario grown and produced food supports the local economy.

- Choose Ontario vegetables and fruits. Look for the Foodland Ontario symbol when shopping.



E.g. Ontario greenhouse vegetables (tomatoes, cucumbers, coloured peppers), apples, carrots and mushrooms are available year round. Seasonal choices include: peaches, pears, strawberries, celery, lettuce, broccoli, asparagus, and cauliflower. For more information on what is in season locally:

<http://www.foodland.gov.on.ca/availability.htm>

- Choose Ontario meats, dairy, cheeses and Ontario produced foods. Read the label; ask your grocery store or foodservice supplier for local food. Shop in season and at farmers markets. Select whole wheat crackers produced at an Ontario facility as your first choice.

## ACCEPTING FOOD DONATIONS

SNP providers are to ensure that:

- Donated food meets the SNP Nutrition Guidelines selection criteria.
- Donated food is fresh and not spoiled.
- Donated food meets the safe storage and handling guidelines.
- The “best-before date” on pre-packaged donated food is clearly visible and has not passed and can be safely stored and consumed before the “best-before-date”.
- There are no conditions on accepting food donations e.g. no marketing or advertising of products, no distribution of materials, toys etc. to children and youth.
- Donated food does not originate from the emergency food system i.e. food banks.

## SAFE FOOD STORAGE and HANDLING

SNP providers are to ensure that:

**Shelf Stable Foods:** E.g. pre-packaged foods, canned products and dry goods such as flour, pasta

- Cans are free from rust and dents especially at the rim and seam.
- Leaking or swollen cans are not to be used and are safely disposed.
- Packaged foods<sup>7</sup> and beverages are properly stored, labelled and display a “best before date” or expiry date that has not passed.
- Packaged foods are unopened upon receipt.
- All food is dated when received and rotated to maintain optimal nutrients and freshness by using older foods items first before newer ones.

**Perishable Foods:** E.g. fruits, vegetables, breads and baked goods

- Only food that can be reasonably consumed or frozen in the appropriate timelines is accepted or purchased.
- Partially spoiled (spots or soft mushy parts) vegetables and fruits or stale breads and baked goods should not be used.
- Fresh vegetables and fruits should be accepted from a source that is safe.

**Refrigerated Foods:** E.g. milk or milk alternatives, egg and egg products, tofu products, meat and meat products, fish, and poultry

- All food that is purchased or received is promptly refrigerated.
- Where food is refrigerated, it is critical that foods are kept at a temperature of 4°C (40°F).
- Thermometers should be used to check the temperature of these foods when they are received.
- Milk and milk products including yogurt and similar foods should be pasteurized, held and distributed in their original unopened containers.
- Vegetables and fruits and that have been sliced or have had their natural coating removed should be refrigerated (e.g. 4°C/40°F or less) or kept frozen.

**Cooked Foods:**

- Cooked foods are maintained at a temperature of > 60°C/140°F until ready to use.

<sup>7</sup> Packaged foods and beverages refers to canned, jarred, boxed, packaged, bagged foods and beverages

## PLANNING AND SHOPPING

Follow these steps to maximize your food dollars while ensuring nutrition content:

### Step 1: Plan ahead

- Prepare menus at least one week in advance (see menu template and sample menus in Appendices section).
- Take an inventory of your staples, such as milk or milk alternatives, fresh fruit and whole grains (brown rice, cereals and pasta).
- Determine the number of food items you will need for breakfasts, lunches and snacks.

### Step 2: Make a list

- Use a list to help you shop more efficiently.
- Try to follow what is on your list, but
- Look for or try new healthy foods especially vegetables and fruits.
- Use your menu as a guide.

### Step 3: Shop with strategies

- Choose Ontario grown and/or produced foods.
- Shop at local produce stores or farmers markets when available.
- Shop along the walls of the store for fresh foods: generally the fresh fruits and vegetables section, meat and seafood departments, and dairy are located along the walls of the store, not in the aisles.
- Purchase in bulk quantities (but not from open bulk bins, due to the risk of cross contamination) to reduce cost.
- Read the food labels.

### Nutrition Facts:

- Check the Nutrition Facts table to help make healthy food choices.
- Use the at-a-glance method for verifying the nutritive value of food, to determine if the food meets the SNP Nutrition Guidelines and selection criteria.
- Check food labels to compare the nutritional qualities of similar products and to choose the healthier product.
- Always read the Nutrition Facts table, not just the claims on the main label.
- Use the Nutrition Facts table to compare brand name products to non-brand products.

Each label contains the following information:

- ① Serving size;
- ② Calories (energy) per stated serving size;
- ③ 13 Core Nutrients: total fat (broken down further into saturated and trans fat), sodium, fibre, iron, calcium, vitamin A and C are most commonly identified in SNP Nutrition Guidelines selection criteria;
- ④ % Daily Values (DV): tells you if a product has a little of a lot of a certain nutrient for most of the core nutrients.

For more information on label reading contact your local public health unit or [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
<b>Per 100g serving / par portion de 100g</b>	
<b>Amount</b>	<b>% Daily Value</b>
<b>Teneur</b>	<b>% valeur quotidienne</b>
<b>Calories / Calories</b> 260	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 6 g + Trans / trans 0.4 g	<b>32 %</b>
<b>Cholesterol / Cholestérol</b> 85 mg	<b>28 %</b>
<b>Sodium / Sodium</b> 350 mg	<b>15 %</b>
<b>Carbohydrate / Glucides</b> 9 g	<b>3 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 7 g	
<b>Protein / Protéines</b> 24 g	
Vitamin A / Vitamine A	<b>2 %</b>
Vitamin C / Vitamine C	<b>0 %</b>
Calcium / Calcium	<b>2 %</b>
Iron / Fer	<b>20 %</b>

#### Ingredient list:

- Identifies the ingredients that make up the food.
- Ingredients are listed in order of weight with the heaviest first.
- Helps to determine if there are culturally appropriate ingredients or the presence of food allergens e.g. peanuts.

#### “Produced in” or “Product of”:

- Tells you where the product is grown or produced.
- Fresh vegetables and fruits often have a label to show the country they come from.

## SPECIAL DIET CONSIDERATIONS

**Vegetarian diet:** The SNP Nutrition Guidelines are aligned with Canada's Food Guide. To ensure adequate nutrient intake, vegetarians can choose either milk or fortified soy beverages as part of the Milk and Alternatives food group; and a variety of meat alternatives from the Meat and Alternatives food group. For more information visit:

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) or your local public health unit or department.

**Faith based diet:** Given the variety of faith and cultural groups within Ontario, attention is required to ensure the foods and beverages provided to students is in keeping with their faith requirements, while still meeting the SNP Nutrition Guidelines. The parents are the best source of information. Speak with the parents for further information or contact your health unit if further assistance is required.

**Medically directed diet:** The parents are the best source of information for their child's specific needs. Particular attention is required when providing food to students with medical issues.

Should any other special dietary requirements arise, contact a registered dietitian from local public health units or Eat Right Ontario at [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight) or toll free at 1-877-510-5102.

## NUTRITION RESOURCES

Keeping current with nutrition information can be a challenge. Registered dietitians are your source for credible, current nutrition information.

For more info on healthy eating refer to Canada's Food Guide 2007. Canada's Food Guide is now available in ten additional languages including: Arabic, Chinese, Farsi (Persian), Korean, Punjabi, Russian, Spanish, Tagalog, Tamil and Urdu. These documents can be obtained from local public health units/departments or directly through Health Canada's web site: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).

Program providers are encouraged to contact their local health unit to seek assistance in planning and preparing meals and snacks and to obtain information on safe food handling practices and Ontario Food Premises Regulation. To find your local public health unit, visit the Association of Local Public Health Agencies at: [http://www.alphaweb.org/ont\\_health\\_units.asp](http://www.alphaweb.org/ont_health_units.asp).

Additional nutrition questions can be answered by calling EatRight Ontario, where a registered dietitian can answer your questions. Call: toll free at 1-877-510-5102, Monday to Friday, 9am -5pm or online at: [www.eatrightontario.ca](http://www.eatrightontario.ca)

Program providers that operate programs in schools must also consult and adhere to all policies developed by the school board and school, including those related to healthy eating, food preparation and food allergies.

## CONTRIBUTORS

The guidelines were developed by the Ministry of Children and Youth Services in consultation with a number of its partner ministries and key stakeholders including the Ministry of Education, the Ministry of Health Promotion, OMAFRA (Ontario Ministry of Agriculture, Food and Rural Affairs), Dietitians of Canada, the Ontario Society of Nutrition Professionals in Public Health, Public Health Units and the Department of Family Relations and Applied Nutrition at the University of Guelph.

## APPENDICES

The following tools have been designed to aid program providers in implementing the SNP Nutrition Guidelines.

**Appendix 1.** SNP Quick Reference Guide

**Appendix 2.** Sample Menus

**Appendix 3.** Blank Menu Templates

## **APPENDIX 1**

The SNP Quick Reference Guide assists all program providers to offer food and beverages that meet the SNP Nutrition Guidelines. The guide is designed to be posted at the SNP site so all volunteers involved with SNP have quick access to the information.

The SNP Quick Reference Guide is provided as part of the SNP Nutrition Guidelines document.

## APPENDIX 2

### SAMPLE MENUS:

Program providers need to use the revised nutrition guidelines to develop their menus or to review any existing menus and make changes as necessary. The review process supports implementation of the revised nutrition guidelines in menu planning and strengthens shopping strategies. In doing so program providers will assist children and youth participating in SNP to receive the essential nutrients:

- to be well nourished;
- for healthy growth and development; and
- to be ready to learn.

The local health unit can be contacted to provide consultation, education and additional resources in this review process.

Sample menus illustrate how the SNP Nutrition Guidelines, apply to menu planning. The Sample Menus provide a number of food ideas and show a two-week menu cycle for breakfast or morning meals, snacks and lunch programs. Program providers may choose to use the sample menus as they are or they may use them to create their own menus to meet their local needs.

There are also breakfast and snack menu options for SNPs offered in sites that have limited facilities (e.g. no stove, toaster, and microwave). If minimal equipment is available then the menu can be altered (e.g. if toaster oven is available may be able to offer toasted bagels or melts). The sample menus designed for limited facilities incorporate the SNP Nutrition Guidelines.

### Notes for review or use of the sample menus:

Foods that may be served one time a week or less:

- Foods that may be served one time a week or less can easily be identified in the sample menus by the use of the asterisk and a reminder that appears in red font in the Tips and Suggestions section of the menu.

## SERVING SIZES:

- Where a food item is optional, a full serving size may not be indicated. However, the other items of the snack/meal do meet the minimum criteria for the number of food groups for a snack/meal and the required serving size. Therefore, the optional food does not need to equal a full serving (e.g. sunflower seeds to sprinkle on yogurt, or a slice of ham on a ham and pineapple bagel melt).
- Most portion sizes meet the serving sizes as indicated in Canada's Food Guide. However there are some instances where the portion size may be greater than Canada's Food Guide serving size (e.g. the berry smoothie is made with two servings of fruit for best results, or a sandwich would be made with two slices of whole wheat bread). The number of servings is appropriate in helping children and youth consume the required number of servings per food group.
- While Canada's Food Guide outlines what a serving size is for each food, some children and youth may not eat a whole serving in one sitting. How much they eat could depend on their age, activity level, and individual circumstance. Children and youth experience growth spurts at different times particularly in adolescence, so the number of servings or portion size offered may need to reflect these changing demands (e.g. ½ cup of rice is a serving size but for a growing teenager may require a cup or more to be satisfied).

## ADDITIONAL SERVINGS OF FOOD:

- A section at the bottom of the sample menu asks about the availability of additional servings of food. If the answer is "yes" additional servings are available then there is a line to write in what foods are offered.

## SEASONAL FOODS:

- Seasonal refers to fruits and vegetables that are available at certain times of the year (e.g. asparagus and strawberries in the spring, beans and peaches in the summer, corn and grapes in the fall). Some Ontario grown vegetables and fruits (e.g. tomatoes and cucumbers) are available from greenhouses throughout most of the year and many vegetables and fruits are available (e.g. apples, carrots, potatoes, turnip and squash) from storage all winter.

## Breakfast or Morning Meal Menu For \_\_\_\_\_

<b>Week 1</b>	<b>Day 1</b> Cold Cereal & Fruit	<b>Day 2</b> Egg & Cheese Wrap		<b>Day 3</b> Hawaiian Bagel Melt		<b>Day 4</b> Muffin & Fruit		<b>Day 5</b> Yogurt & Fruit Parfait	
<b>Vegetables/ Fruit:</b>	100 % Pure Unsweetened Juice *	Seasonal Fruit	125 mL (½ cup)	Pineapple Rings	2 rings	Apple Slices	125 mL (½ cup)	Frozen Mixed Berries	125 mL (½ cup)
<b>Grain Product:</b>	Whole Wheat Tortilla Spread with 30 mL Salsa	Whole Grain Cereal	30 g (½ - 1 ¼ cup)	Multigrain Bagel with 15 mL Light Cream Cheese	½ each 45 g (1½ oz)	Whole Grain Mini Muffins *	2 mini size	Low Fat Granola	60 mL (¼ cup)
<b>Milk/ Alternative:</b>	Shredded Reduced Fat Cheddar Cheese	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Vanilla Yogurt	175 g (¾ cup)
<b>Meat/ Alternative:</b>	Scrambled Egg			Sliced Deli Ham (optional)	28 g (1 oz)			Sunflower Seeds (optional)	30 mL (2 Tbsp)
<b>Tips and Suggestions:</b>	Place cheese and egg in tortilla and heat to melt cheese. Fold burrito style.  * Serve fruit juice 1x per week or less			Toast bagel and spread with cream cheese and top with ham and pineapple rings. Place top half of bagel on top. Serve ½ of bagel as one portion.		* Serve muffins 1x per week or less		Place yogurt in bowls and top with frozen berries, granola and sunflower seeds.	

### Requirements:

- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
- Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Breakfast or Morning Meal Menu For \_\_\_\_\_

Week 2	Day 1 Waffle & Fruit		Day 2 Hot Cereal & Fruit		Day 3 Berry Smoothie & Toast		Day 4 Grilled Cheese		Day 5 Cold Cereal & Fruit	
	<b>Vegetables/ Fruit:</b>	Fruit Cup	125 mL (½ cup)	Orange	1 medium 125 mL (½ cup)	Frozen Strawberries	250 mL (1 cup)	Pear	1 medium 125 mL (½ cup)	Dried Fruit *
<b>Grain Product:</b>	Whole Grain Waffle Served with 15 mL Syrup	1 each (35 g)	Hot Oatmeal	175 mL (¾ cup)	Whole Wheat Toast Served with 5 mL Jam	1 slice	Whole Wheat Bread Spread with 5 mL margarine	1 slice	Whole Grain Cereal	30 g (½ - 1¼ cup)
<b>Milk/ Alternative:</b>	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Yogurt Low Fat Milk	250 mL (1 cup) total	Cheddar Cheese	50 g (1 ½ oz)	Low Fat Milk	250 mL (1 cup)
<b>Meat/ Alternative:</b>										
<b>Tips and Suggestions:</b>			If serving unsweetened oatmeal, may offer 15 mL fruit jam as a garnish.		Berry smoothie - In a blender, puree all ingredients together Note: Seasonal / frozen fruits can be substituted for strawberries.		Grilled cheese – place cheese on bread and grill until cheese is melted.			<b>* Serve dried fruit 1x per week or less</b>

### Requirements:

- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
- Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Breakfast or Morning Meal Menu For Limited Facilities

Week 1		Day 1 Cold Cereal		Day 2 Cheese & Salsa Wrap		Day 3 Hawaiian Bagel		Day 4 Muffin & Fruit		Day 5 Yogurt & Fruit Parfait	
<b>Vegetables/ Fruit:</b>	Banana	1 small	100 % Pure Unsweetened Juice *	125 mL (½ cup)	Pineapple Rings	2 rings	Seasonal Fruit	125 mL (½ cup)	Frozen Mixed Berries	125 mL (½ cup)	
<b>Grain Product:</b>	Whole Grain Cereal	30 g (½ – ¼ cup)	Whole Wheat Tortilla Spread with 30 mL Salsa	1 small	Multigrain Bagel with 30 mL Light Cream Cheese	½ each 45 g (1½ oz)	Whole Grain Mini Muffins *	2 mini size	Low Fat Granola	60 mL (¼ cup)	
<b>Milk/ Alternative:</b>	Low Fat Milk	250 mL (1 cup)	Shredded Reduced Fat Cheddar Cheese	50 g (1½ oz)	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Vanilla Yogurt	175 g (¾ cup)	
<b>Meat/ Alternative:</b>					Sliced Ham (optional)	28 g (1 oz)			Sunflower Seeds (optional)	30 mL (2 Tbsp)	
<b>Tips and Suggestions:</b>			Place cheese and egg in tortilla and heat to melt cheese. Fold burrito style. <b>* Serve fruit juice 1x per week or less</b>	Spread bagel with cream cheese and top with ham slice and pineapple rings. Place top half of bagel on top.				<b>* Serve muffins 1x per week or less</b>		Place yogurt in bowls and top with frozen berries, granola and sunflower seeds.	

### Requirements:

- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
- Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Breakfast or Morning Meal Menu For Limited Facilities

Week 2	Day 1 Cheese Pita & Fruit		Day 2 Cold Cereal & Fruit		Day 3 Banana Wrap		Day 4 Yogurt & Berries		Day 5 Hot Cereal & Fruit	
	<b>Vegetables/ Fruit:</b>	Apple Slices	125 mL (½ cup)	Seasonal Fruit	1 each 125 mL (½ cup)	Banana	1 small	Frozen Mixed Berries	125 mL (½ cup)	Peaches
<b>Grain Product:</b>	Whole Wheat Pita Pocket	½ pita	Whole Grain Cereal	30 g (½ - 1 ¼ cup)	Whole Wheat Tortilla with 10 mL Jam	1 small	Raisin Bread	1 slice	Instant Hot Oatmeal	175 mL (¾ cup)
<b>Milk/ Alternative:</b>	Cheddar Cheese	50 g (1½ oz)	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Vanilla Yogurt	175 g (¾ cup)	Low Fat Milk	250 mL (1 cup)
<b>Meat/ Alternative:</b>										
<b>Tips and Suggestions:</b>	Place cheese in pita pocket.				Spread jam on tortilla. Top with whole banana and roll up.		Note: Seasonal fruit/ other frozen fruits can be substituted for berries.			

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
  - Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
  - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
  - Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Snack Menu For \_\_\_\_\_

Week 1	Day 1		Day 2		Day 3		Day 4		Day 5	
	<b>Vegetables/ Fruit:</b>	Cucumber Slices and Baby Carrots	125 mL (½ cup)	Seasonal Fruit	125 mL (½ cup)	Fruit Cup	125 mL (½ cup)	Bell Pepper Strips	125 mL (½ cup)	Apple
<b>Grain Product:</b>	Whole Wheat Pita Wedges	½ small pita			Soft Whole Wheat Bread Stick	1 each	Whole Wheat Crackers	30 g (1 oz)	Oatmeal Cookies *	2 each
<b>Milk/ Alternative:</b>			Low Fat Kefir or Yogurt	175 g (¾ cup)			Mozzarella Cheese Cubes	50 g (1½ oz)		
<b>Meat/ Alternative:</b>	Hummus Dip	60 mL (¼ cup)								
<b>Tips and Suggestions:</b>	Cut pitas into 4 wedges.									* Serve cookies 1x per week or less

**Requirements:**  Minimum of 1 serving vegetables and/or fruit at every snack

Minimum of 2 food groups (a serving from three food groups is ideal)

Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate

Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Snack Menu For \_\_\_\_\_

Week 2	Day 1		Day 2		Day 3		Day 4		Day 5	
	<b>Vegetables/ Fruit:</b>	Grapes 125 mL (½ cup)	Cantaloupe Chunks 125 mL (½ cup)	Pear 1 medium 125 mL (½ cup)	Baby Carrots and Grape Tomatoes Served with 30 mL Tzatziki or Light Dip	125 mL (½ cup)	Unsweetened Apple Sauce 125 mL (½ cup)	<b>Grain Product:</b>	Whole Grain Cereal Bar * 1 each	Whole Wheat Pita Bread ½ pita
<b>Milk/ Alternative:</b>		Low Fat Yogurt 175 g (¾ cup)		Mozzarella Cheese Cubes 50 g (1½ oz)			<b>Meat/ Alternative:</b>	Hummus Dip 60 mL (¼ cup)		Mozzarella Cheese String 2 each
<b>Tips and Suggestions:</b>	* Serve cereal bars 1x per week or less									

**Requirements:**  Minimum of 1 serving vegetables and/or fruit at every snack

Minimum of 2 food groups (a serving from three food groups is ideal)

Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate

Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Snack Menu For Limited Facilities

Week 1		Day 1		Day 2		Day 3		Day 4		Day 5	
<b>Vegetables/ Fruit:</b>		Baby Carrots	125 mL (½ cup)	Fruit Cup	125 mL (½ cup)	Seasonal Fruit	125 mL (½ cup)	Raw Veggies	125 mL (½ cup)	Unsweetened Apple Sauce	125 mL (½ cup)
<b>Grain Product:</b>					30 g (½ - 1 ¼ cup)	Whole Grain Cereal	30 g (½ - 1 ¼ cup)	Whole Wheat Crackers	30 g (1 oz)	Oatmeal Cookies *	2 each
<b>Milk/ Alternative:</b>				Pudding Cup *	125 mL (½ cup)			Mozzarella Cheese	50 g (1½ oz)		
<b>Meat/ Alternative:</b>		Hummus Dip	60 mL (¼ cup)								
<b>Tips and Suggestions:</b>		Carrots to be dipped into the hummus.									* Serve cookies 1x per week or less

**Requirements:**  Minimum of 1 serving vegetables and/or fruit at every snack

Minimum of 2 food groups (a serving from three food groups is ideal)

Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate

Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Snack Menu For Limited Facilities

Week 2	Day 1		Day 2		Day 3		Day 4		Day 5	
	<b>Vegetables/ Fruit:</b>	Orange	1 medium	Seasonal Fruit	125 mL (½ cup)	Apple Slices	125 mL (½ cup)	Banana	1 small	Veggie Sticks with 30 mL Low Fat Dip
<b>Grain Product:</b>	Veggie Sticks with 30 mL Low Fat Dip	1 small			Whole Grain Mini Muffin *	2 mini size	Low Fat Popcorn *	50 g (1½ oz)	Whole Wheat Pita Bread	½ pita
<b>Milk/ Alternative:</b>			Low Fat Yogurt	175 g (¾ cup)	Cheddar Cheese	50 g (1½ oz)				
<b>Meat/ Alternative:</b>	Hard Boiled Egg	1 each								
<b>Tips and Suggestions:</b>					* Serve muffins 1x per week or less		* Serve popcorns 1x per week or less			

**Requirements:**  Minimum of 1 serving vegetables and/or fruit at every snack

Minimum of 2 food groups (a serving from three food groups is ideal)

Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate

Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Lunch Menu For \_\_\_\_\_

Week 1		Day 1 Tofu & Veggie Noodle Bowl		Day 2 Roast Beef Sandwich & Soup		Day 3 Veggie Pizza		Day 4 Bean, Rice and Veggie Bake		Day 5 Tuna Wrap & Veggie Sticks								
<b>Vegetables/ Fruit:</b>	Sautéed vegetables (broccoli, carrots, etc.) in Sweet and Sour Sauce	125 mL (½ cup)	60 mL (¼ cup)	Vegetable Soup	Lettuce Leaf	250 mL (1 cup)	1 leaf	Veggies with 30 mL Light Ranch Dip	Tomato or Pizza Sauce	125 mL (½ cup)	30 mL (2 Tbsp)	Stewed Tomatoes	Green Peppers and Corn (mixed)	125 mL (½ cup)	125 mL (½ cup) total	Cucumber Slices and Bell Pepper Strips	125 mL (½ cup)	
<b>Grain Product:</b>	Asian Noodles (cooked)	125 mL (½ cup)		Whole Wheat Kaiser		1 small		Whole Wheat Pizza Crust		1/8 crust		Brown Rice		125 mL (½ cup)		Whole Wheat Tortilla	1 small	
<b>Milk/ Alternative:</b>	Low Fat Milk	250 mL (1 cup)		Low Fat Milk		250 mL (1 cup)		Shredded Mozzarella Cheese		50 g (1½ oz)		Low Fat Milk Shredded Cheddar Cheese		250 mL (1 cup)	28 g (1 oz)	Low Fat Milk	250 mL	
<b>Meat/ Alternative:</b>	Firm Tofu Cubes	75 g (2½ oz)		Shaved Roast Beef *		57 g (2 oz)						Black Beans Cooked, Drained & Rinsed		125 mL (½ cup)		Tuna Salad * made with 15mL Light Mayo	75 g (2½ oz)	
<b>Tips and Suggestions:</b>	Saute vegetables. Add tofu. Add sweet and sour sauce. Toss with cooked noodles and heat through.			Place roast beef and lettuce on Kaiser. Offer small amount of mustard or mayo. * Use deli meats as per guidelines				Place tomato sauce and cheese on pizza crust and bake according to directions. Cut 16" crust into 8.					Combine black beans, corn, tomatoes, peppers and cooked brown rice. Top with cheddar cheese and heat.				Spread tuna salad on whole wheat tortilla and roll up. * Use light canned tuna as per guidelines.	

### Requirements:

- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
- Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Lunch Menu For \_\_\_\_\_

Week 2	Day 1 Egg Salad Sandwich & Soup		Day 2 Veggie Pasta Salad		Day 3 Chicken & Salad Pita		Day 4 Soft Beef Tacos		Day 5 Baked Beans	
	<b>Vegetables/ Fruit:</b>	Tomato Soup (1 cup)	250 mL (1 cup)	Diced Celery Diced Bell Pepper Grated Carrots	125 mL (½ cup) in total	Seasonal Tossed Salad mixed with 30 mL Light Salad Dressing	250 mL (1 cup)	Shredded Lettuce Diced Tomato Veggie Sticks	60 mL (¼ cup) of each 125 mL (½ cup)	Baby Carrots
<b>Grain Product:</b>	Whole Wheat Bread	2 slices	Whole Wheat Pasta tossed with 30 mL Light Italian Dressing	250 mL (1 cup)	Whole Wheat Pita Pocket	½ pita (35 g)	Whole Wheat Tortilla spread with 10 mL light Sour Cream	1 small	Whole Grain Roll	1 small
<b>Milk/ Alternative:</b>	Pudding Cup *	125 mL (½ cup)	Low Fat Milk	250 mL (1 cup)	Low Fat Milk	250 mL (1 cup)	Shredded Cheddar Cheese Low Fat Milk	45 mL (3 Tbsp) 250 mL (1 cup)	Low Fat Milk	250 mL
<b>Meat/ Alternative:</b>	Egg Salad made with Light Mayo	75 g (2½ oz)			Cooked Chicken Strips	57 g (2 oz)	Ground Beef mixed with reduced sodium taco seasoning	57 g (2 oz)	Baked Beans	175 mL (¾ cup)
<b>Tips and Suggestions:</b>	Mix cooled cooked eggs with small amount of light mayonnaise (10 mL per sandwich) <b>* Serve pudding 1x/week</b>		Pasta Salad – Mix vegetables and pasta together. Serve cold. Other seasonal /frozen vegetables can be used.		Chicken Pita - Place salad inside pita. Top with cooked chicken strips.		Beef Tacos – Cook beef according to package directions. Place on tortilla, top with lettuce, tomato and cheese.		Heat beans according to instructions. Serve with roll and carrots.	

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
  - Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
  - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
  - Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## APPENDIX 3

### MENU TEMPLATES:

Blank menu templates are available for breakfast or morning meal, snack and lunch menus to help program providers plan menus that meet the nutrition guidelines. The requirements for a healthy meal/snack are at the bottom of each template as a quick reference and reminder for menu planners.

The format for the print version of the templates is in an 8 1/2 by 11 inch, letter size page. A larger version, 8 1/2 by 14 inch, legal size page will be made available on the Ministry of Children and Youth Services website. This larger format may be more practical to use when writing in the menu items and for posting the completed menu at the SNP site.

## Breakfast or Morning Meal Menu For \_\_\_\_\_

Week _____	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Vegetables/ Fruit:</b>					
<b>Grain Product:</b>					
<b>Milk/ Alternative:</b>					
<b>Meat/ Alternative:</b>					
<b>Tips and Suggestions:</b>					

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
  - Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
  - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
  - Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Snack Menu For \_\_\_\_\_

Week _____	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Vegetables/ Fruit:</b>					
<b>Grain Product:</b>					
<b>Milk/ Alternative:</b>					
<b>Meat/ Alternative:</b>					
<b>Tips and Suggestions:</b>					

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit at every snack
  - Minimum of 2 food groups (a serving from three food groups is ideal)
  - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
  - Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

## Lunch Menu For \_\_\_\_\_

Week _____	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Vegetables/ Fruit:</b>					
<b>Grain Product:</b>					
<b>Milk/ Alternative:</b>					
<b>Meat/ Alternative:</b>					
<b>Tips and Suggestions:</b>					

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
  - Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
  - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
  - Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

