



HASTINGS PRINCE EDWARD
Public Health

Student Nutrition Program Guidelines

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These slides will help you to:

- Understand the importance of serving healthy food in SNP programs.
- Become familiar with the 2016 Student Nutrition Program guidelines.
- Recognize ways to develop and support healthy eating habits in children and youth.

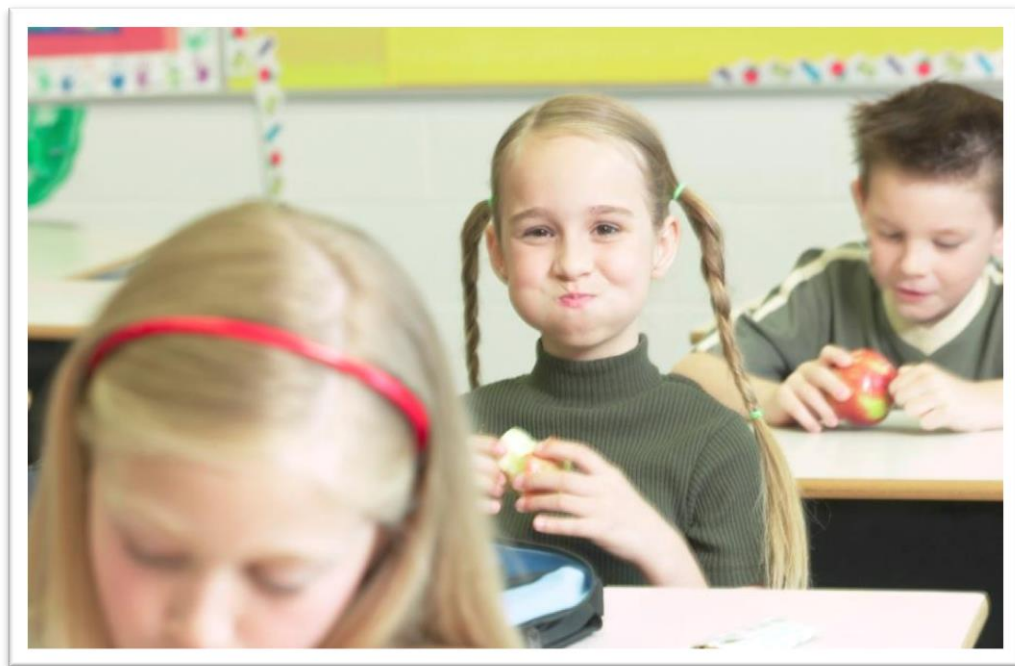
Student Nutrition Program guidelines model the most healthful foods for children and youth.



Why is healthy eating important for students?

Healthy Children Learn Better.

- Children and youth who eat well have improved memory and concentration.
- Students who eat well also have fewer school absences.
- More time in class and a better ability to concentrate result in better learning!



Eating well supports healthy growth and development.

Healthy food helps children and youth get the nutrients they need to become strong, healthy adults.



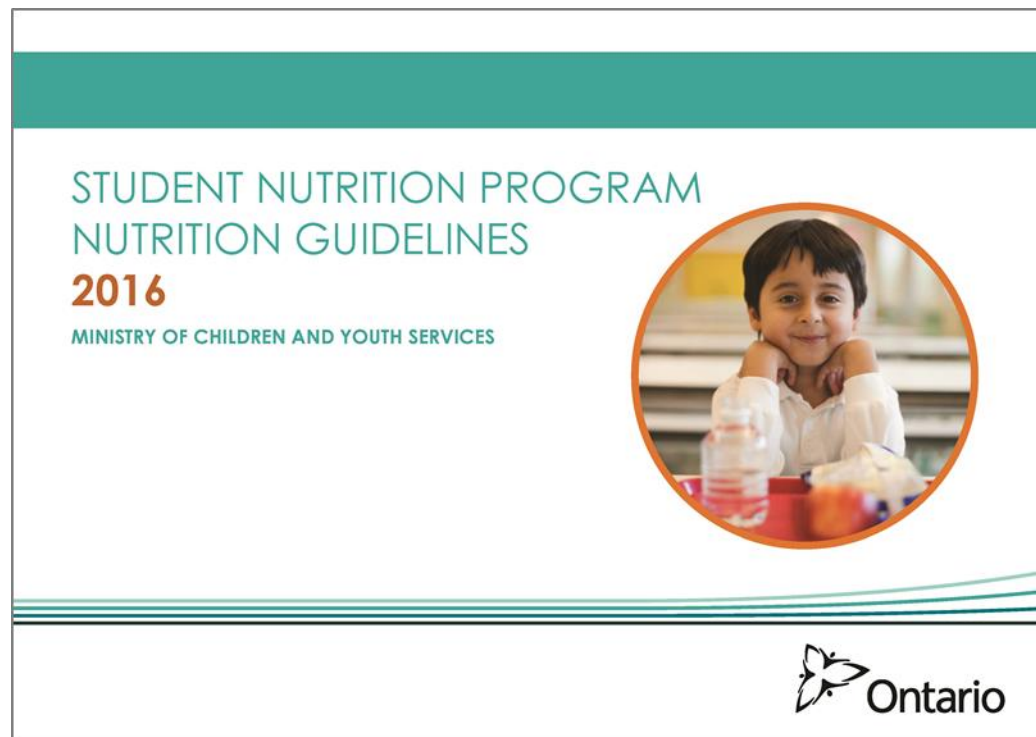
The school environment may be the only place children and youth can access healthy food.



Student Nutrition Programs ensure that ALL students have access to healthy food.

The New SNP Nutrition Guidelines

- The revised SNP guidelines were released in September 2016, to be rolled out over the school year.
- Programs will need to follow the updated guidelines by September 2017.



Why Were the SNP Guidelines Updated?

- Program coordinators and agencies wanted guidelines that were user-friendly and relevant.
- There has been new research since the last update in 2008.
- The new guidelines better align with other nutrition guidelines (like PPM 150).



Connection to the Food Guide



- The SNP guidelines reflect Canada's Food Guide.
 - * Categories are based on the four food groups:
 - ✓ Vegetables & Fruit
 - ✓ Grain Products
 - ✓ Milk & Alternatives
 - ✓ Meat & Alternatives
- Serving sizes are the same as those recommended in Canada's Food Guide.

Guidelines for Meals & Snacks

- A meal contains one serving from three of the four food groups, including:
 - ✓ 1 serving of Vegetables & Fruit
 - ✓ 1 serving of Milk & Alternatives
- A snack contains one serving from two of the four food groups, including:
 - ✓ 1 serving of Vegetables & Fruit
- Water should be available and offered at every meal and snack.



2016 SNP Categories - Definitions

- **Serve:** The items in this category are the healthiest options from each food group.
 - * Good sources of essential nutrients.
 - * Lower in fat, sugar, and salt.
- **Do Not Serve:** The items in this category are less healthy options from each food group, or may not fit into any of the four food groups.
 - * Have fewer essential nutrients.
 - * Higher in fat, sugar, and salt.

2016 SNP Categories - Definitions

- **Minor Ingredients:** These foods do not fit into any of the four food groups, and should be used in small amounts when served:
 - * Condiments
 - * Gravies/sauces
 - * Dips
 - * Oils, dressings, mayonnaise
 - * Toppings and extras
 - * Honey, jellies/jams, marmalade, fruit butter, syrup

Food and Beverage Choice Tables

PASTA, RICE AND OTHER GRAINS	SERVE	DO NOT SERVE
	<p><i>Whole grain or whole wheat is first on ingredient list.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Whole grains (e.g., quinoa, oats, bulgur, buckwheat, whole wheat couscous) • Brown rice, wild rice • Whole wheat or whole grain pasta • Polenta 	<p><i>Whole grain or whole wheat is <u>not</u> first on ingredient list <u>and</u> has added sugar and/or salt.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • White rice (converted, parboiled), rice noodles and enriched white pasta • Instant or flavoured, pre-packaged grains, rice and pasta (e.g., garlic, herb, chicken, vegetable, macaroni and cheese) • Instant noodle soup

- These tables list the guidelines for each section and examples of food items that fall into the Serve and Do Not Serve categories

* A survey was done to make sure that foods in the Serve category are available and affordable in both small and large stores.

Vegetables & Fruit

- Vegetables and fruit contain important like vitamins and fibre.
- Canada's Food Guide recommends choosing a variety of vegetables and fruit each day, including:
 - ✓ One dark green vegetable, such as spinach, kale, and romaine lettuce.
 - ✓ One orange vegetable, such as carrots, squash, pumpkin, and sweet potatoes.
- Whole vegetables and fruit are a better choice than 100% juice.



2016 SNP Guidelines: Vegetables & Fruit

- 1 serving from this group should be every meal and snack.
- Focus on serving foods that are lower in salt.
 - * “Low in sodium” means a food product has 140 mg or less of sodium per serving.
- Foods that were in the in old *Once a Week* category have been moved to the Serve or Do Not Serve categories based on the revised criteria



Portion Size Guide: Vegetables & Fruit

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Whole fruit

1 fruit = 1 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



Leafy vegetables

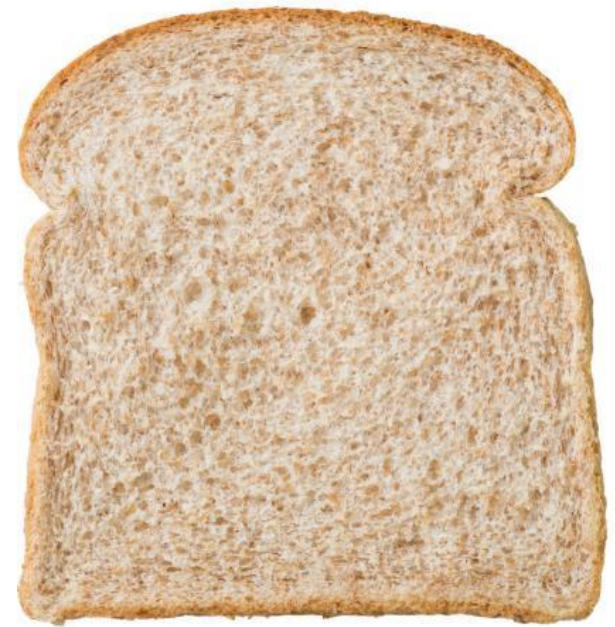
1 cup (250 mL) = 1 fist



- These are examples of serving sizes that meet Canada's Food Guide.
- Portion sizes served should be adjusted to reflect the age and developmental stage of the children or youth you are serving.

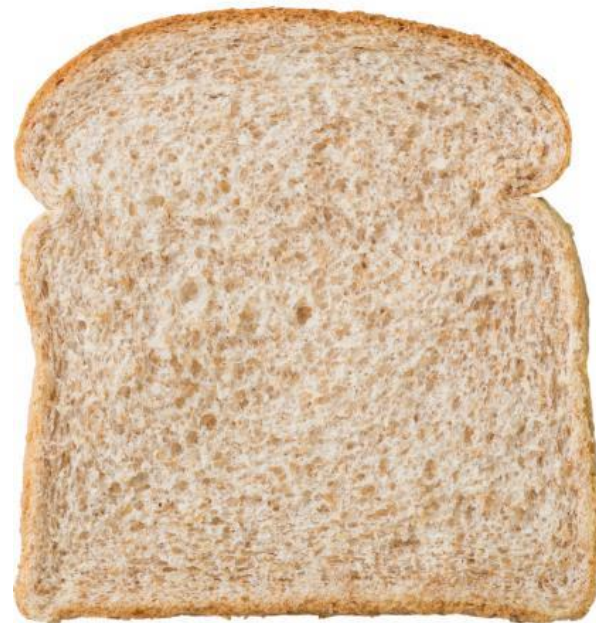
Grain Products

- This food group can be a great source of fibre – especially whole grains.
 - * Fibre keeps us full and helps keep our digestive system moving well.
- Whole grain foods have all three layers of the grain: bran, endosperm, and germ.
- Whole grain is not the same as multigrain.
- Multigrain means that a product contains more than one grain – they may or may not be whole grains.

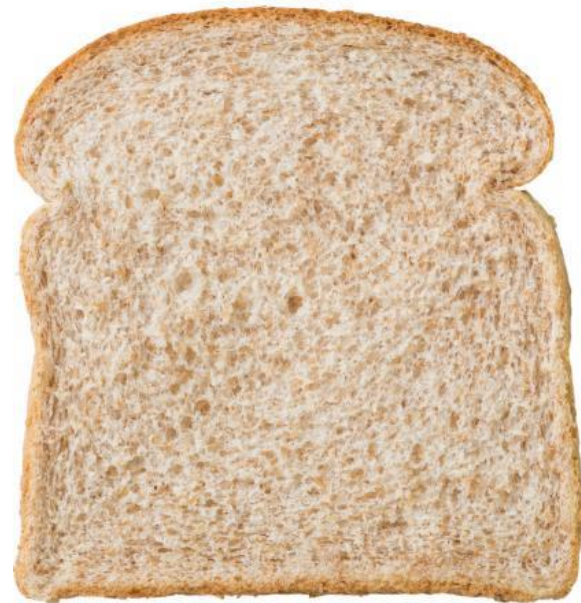


Grain Products

- There are many different names for whole grains, including:
 - Barley
 - Buckwheat
 - Bulgur
 - Corn
 - Corn meal
 - Cracked wheat
 - Flaxseed
 - Millet
 - Quinoa
 - Whole grain rye
 - Whole grain whole wheat
 - Whole oats



2016 SNP Guidelines: Grain Products



- For Bread Products, Grain-based Snacks, and Pasta, Rice, or other grains:
 - * Whole grain or whole wheat must be first on the ingredient list.
 - For Hot or Cold Cereals and Baked Goods:
 - * Whole grain, whole wheat, or bran must be first on the ingredient list.
- AND**
- * The product must have 8 grams or less of sugar per 30 gram serving.

Reading the Nutrition Facts Table: Sugars

Step 1:

Look at the serving size (reference amount).

All of the information on the table relates to this amount.

Nutrition Facts Valeur nutritive	
Per 1 cup (55 g)/Par 1 tasse (55 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 220	

Reference amount

Reading the Nutrition Facts Table: Sugars

Step 2:

Look at the sugars (located under Carbohydrate)

- There should be less than 8g of sugar per 30g serving

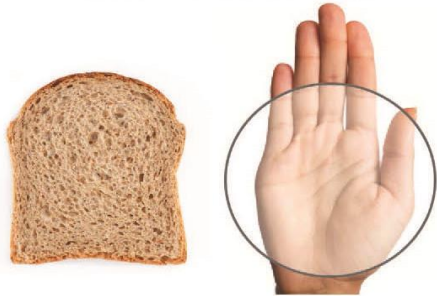
Carbohydrate / Glucides 34 g 11 %	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 8 g	
Protein / Protéines 3 g	
<hr/>	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Hot and cold cereals, baked goods and granola bars should have **less than or equal to 8 g** of sugar per 30 g serving.

Portion Size Guide: Grain Products

Bread

1 slice = Size of hand



Cold Cereal

30g = 1 fist



Rice

1/2 cup (125 mL) = 1/2 fist



- These are examples of serving sizes that meet Canada's Food Guide
- Portion sizes served should be adjusted to reflect the age and developmental stage of the children or youth you are serving

Milk and Alternatives

- This food group provides nutrients like calcium, vitamin D, and protein.
- Unsweetened fortified soy beverage is a good alternative to cow's milk.
- Almond, coconut, rice, hemp, or flax beverages are not similar enough to be milk alternatives.
- Canada's Food Guide recommends drinking 2 cups (500 ml) of milk or fortified soy beverage each day to get enough vitamin D.



2016 SNP Guidelines: Milk and Alternatives

- 1 serving from this group should be offered at every meal.
- Milk and alternatives no longer have to meet criteria for calcium, vitamin D, or % milk fat in the new guidelines.
- Limit flavoured milk or soy beverages (like chocolate milk) to 1 cup (250ml) per child or youth, per week.
 - * These drinks contain added sugar, which should be limited for good health.



Portion Size Guide: Milk & Alternatives

Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



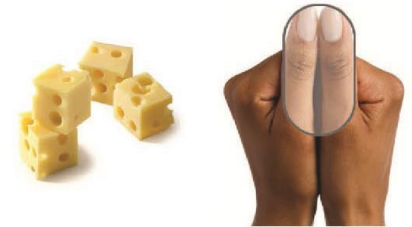
Yogurt

3/4 cup (175 mL) = 1 fist



Cheese

1½ oz (50g) = 2 thumbs



- These are examples of serving sizes that meet Canada's Food Guide
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Meat and Alternatives

- This group provides protein, iron, and B vitamins.
- Canada's Food Guide recommends choosing meat alternatives like eggs, beans, lentils, and tofu more often.
- Beans, chickpeas and lentils are also a very high source of fibre.



2016 SNP Guidelines: Meat and Alternatives

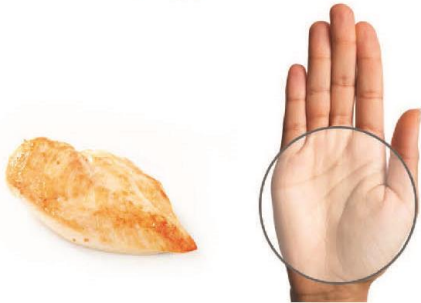


- Changes were made to promote healthier options in this group.
- The meat alternatives appear first in the new SNP guidelines.
- Prepared, cured, and deli meats are now in the Do Not Serve category.
 - * The nitrates/nitrites used to preserve these meats are associated with a higher risk of cancer.
 - * These meats are also typically high in salt.

Portion Size Guide: Meat & Alternatives

Meat and Poultry

2½ oz (75g) = Palm of hand



Nuts and seeds

1/4 cup (60 mL) = Cupped hand



Legumes

3/4 cup (175 mL) = 1 fist



- These are examples of serving sizes that meet Canada's Food Guide.
- Portion sizes served should be adjusted to reflect the age and developmental stage of the children or youth you are serving.

STUDENT NUTRITION PROGRAM

Nutrition Guidelines

2016

Ministry of Children and Youth Services



POCKET GUIDE



Pocket Guide to the 2016 SNP Guidelines

- Summarizes the guidelines in a user friendly, portable guide.
- Can be used when shopping or placing food orders.
- Contains a complete list of Serve and Do Not Serve items.
- Also contains a menu planning checklist.

Sustainability

- SNP programs should aim to be as environmentally conscious as possible.
- If possible, use reusable or recyclable dishes and utensils.
- Try to minimize waste from packaging and disposable items wherever possible.



Creating Healthy Eating Habits

- SNP programs can help develop and support healthy eating habits that will stay with children and youth for life.
- Get students involved when possible – they can prep or deliver food, assist with set-up or clean-up, or provide feedback on food.
 - * Involving students connects them to the program and the food that you are serving.
- Create a pleasant, welcoming, and safe eating environment to get children and youth excited about meals and snacks.



Creating Healthy Eating Habits

- Allow enough time for students to sit and socialize – this creates meaningful interactions that build social skills.
- Ensure that all program staff and volunteers respect hunger and fullness cues.
 - * Children and youth should not be pressured to eat if they are full, and food should not be restricted based on body size if a student is hungry.
- Don't use food as a reward or punishment, as this can affect relationships with food.



Healthy Habits are Formed Through Both Actions and Words

- Role modeling is important.
 - * When adults model healthy eating and attitudes toward food, it reinforces healthy habits for children and youth.
- Even casual comments about food, eating, or weight can have a negative effect.
- Selling unhealthier food, like chocolate almonds, to raise funds can send inconsistent messages.
 - * Consider selling healthy food (healthy bake sale, fresh produce) or having non-food fundraisers (gift cards or a dance-a-thon).

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