

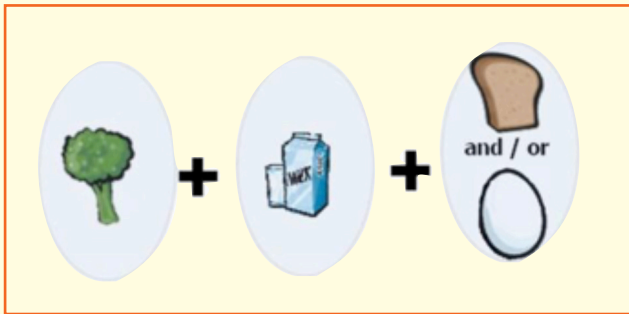
Nutrition Guidelines for Student Nutrition Programs (SNP)

What is a healthy SNP meal?

Breakfast, morning meal, lunch

Includes 3 food groups:

- 1 serving of Vegetables and Fruit
- 1 serving of Milk and Alternatives
- 1 serving of Grain Products *and/or* Meat and Alternatives

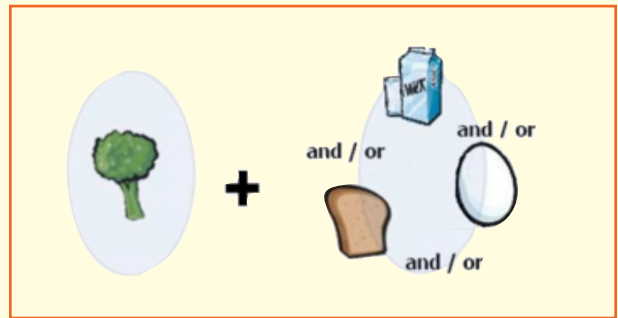


What is a healthy SNP snack?

Snack

Includes 2 food groups:

- 1 serving of Vegetables and Fruit
- 1 serving of Milk and Alternatives *and/or* Grain Products *and/or* Meat and Alternatives



Examples of one full serving

Fresh vegetables, fruit

- 125 mL, ½ cup
- fruit: 1 medium



Bread

- 35 g, 1 slice



Milk, fortified soy beverage

- 250 mL, 1 cup



Legumes

- 175 mL, ¾ cup

Important Principles

Always:

- Follow your school or centre's Allergy and Anaphylaxis Policy.
- One person who has attended the Food Safety and Nutrition Workshop within the last 2 years must be on-site when the program is running.
- Practice safe food handling.
- Offer tap water at every meal or snack.
- Offer serving sizes that are appropriate to the appetites of the participants. Have extra servings available when possible.
- Minimize food and packaging waste as much as possible.

Vegetables and Fruit

Key Message: Serve a full serving of vegetables and/or fruit at every meal or snack.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • fresh, frozen vegetables and fruit with no added sugar, salt or sauce • unsweetened fruit sauce, blends • canned fruit in water or juice • canned vegetables low sodium[▲], no salt or drained • dried fruit with no added sugar • 100% juice, fruit or vegetable[▲]: maximum once a week 	<ul style="list-style-type: none"> • fruit-flavoured drink, cocktail, punch • fruit rolls, snacks, gummies • vegetable and fruit chips • French fries, hash browns, battered potato or vegetable • sweetened fruit sauce • fruit canned in syrup • raw sprouts, unpasteurized juice

Grain Products

Key Message: Choose products with whole grain and/or whole wheat listed first on the ingredients list.

Examples: Whole grain whole wheat, whole grain couscous, whole grain rye, barley, wild or whole grain brown rice, brown rice, whole oats, rolled oats, corn and corn meal

Bread products, Grain-based snacks, Pasta, Rice and Grains

Key Message: Choose products with whole grain and/or whole wheat listed first on the ingredients list.

Serve (examples)	Do Not Serve (examples)
<p>Whole grain bread products:</p> <ul style="list-style-type: none"> • bread, English muffins, pita, buns, bagels, rolls, tortilla, roti, pizza crust, flatbread • pancakes <p>Whole grain grain-based snacks, pasta, rice and grains:</p> <ul style="list-style-type: none"> • crackers, brown rice cakes • popcorn (plain, unsalted) • rice, grains (quinoa, oats, couscous) • pasta 	<p>Bread-products:</p> <ul style="list-style-type: none"> • flavoured, sugar coated breads, bagels <p>Grain-based snacks, pasta, rice and grain high in sodium[▲]:</p> <ul style="list-style-type: none"> • instant ramen and soups • instant flavoured rice and noodle dishes • rice chips, potato chips, snack chips

Cereals and Baked Goods

Key Messages:

- Choose products with whole grain and/or whole wheat listed first on the ingredients list.
- Products should have less than or equal to 8 g of sugar per 30 g serving.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • whole grain cold/dry cereals • oatmeal, porridge • whole grain muffins, biscuits, granola bars 	<ul style="list-style-type: none"> • any item with chocolate, candy, marshmallow or yogurt dip or pieces • croissants, pastries, toaster pastries • cakes, donuts, pies, squares

[▲]Low sodium products have less than or equal to 140 mg of sodium on the Nutrition Facts label.

Milk and Alternatives

Key Message: Serve milk or milk alternatives at every meal.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • milk and fortified soy beverage • yogurt, yogurt drink • hard cheese, cheese strings • chocolate/flavoured milk: maximum once a week 	<ul style="list-style-type: none"> • unfortified soy beverage • hot chocolate, milkshakes, cream • processed cheese slices and spreads • unpasteurized/raw milk and milk products

Meat and Alternatives

Key Message: Serve meat alternatives such as eggs, beans, lentils more often.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • eggs • hummus • dried or canned beans, lentils (drained, rinsed) • veggie burgers • canned light tuna • fresh or frozen fish, meat • nuts*, seeds*, nut butter* 	<ul style="list-style-type: none"> • bacon, hot dogs (meat/poultry or soy) • pre-frozen breaded products (fish, meat or soy) • frozen or prepared meat pies, flaky meat patties • deli meats • canned white, albacore tuna • salted, candied or coated nuts* or seeds*

*For nut and seed foods: always follow your school or centre's Allergy and Anaphylaxis Policy

Minor Ingredients

May be served in small amounts

<ul style="list-style-type: none"> • condiments (e.g. cream cheese, ketchup, mustard) • dips (e.g. salad dressing, sour cream, baba ganoush, spinach dip) • sweets and spreads (e.g. honey, jam, jelly, fruit butter, syrup) • oils, dressings, spreads (e.g. butter, non-hydrogenated margarine, mayonnaise, salad dressing) • toppings and extras (e.g. hot/pickled peppers, olives, pickles, parmesan) • gravies and sauces
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Do Not Serve

Beverages	Snack Foods
<ul style="list-style-type: none"> • caffeinated beverages including coffee, tea • energy drinks, sports drinks • pop (diet or regular), iced tea • protein or meal replacement drinks • vitamin and flavoured waters 	<ul style="list-style-type: none"> • energy or meal replacement bars • candy, chocolate, marshmallows, gummies, jelly desserts • frozen treats (e.g. popsicles, ice cream, frozen yogurt, slushies, frozen juice snacks)
Ingredients	
<ul style="list-style-type: none"> • hard margarine • palm oil 	<ul style="list-style-type: none"> • lard or shortening • foods with artificial trans fats (e.g. hydrogenated oil)

How to Read Nutrition Labelling

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
Calories 220	
Fat 9 g	14 %
Saturates	0 %
+ Trans 0 g	
Cholesterol 0 mg	0 %
Sodium 310 mg	13 %
Carbohydrate 38 g	13 %
Fibre 12 g	48 %
Sugars 8 g	
Protein 9 g	
Vitamin A 25%	Vitamin C 45 %
Calcium 15%	Iron 25 %

Nutrition labelling is information found on the labels of packaged foods. It includes the Nutrition Facts table and ingredients list. Use the information found there to choose the right foods to serve.

Reference Amount

Sodium

“Low in sodium” means **less than or equal to 140 mg of sodium** per reference amount.

Sugar

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

Ingredients List

The first ingredient on grain products must be whole grain or whole wheat.

Ingredients: Whole Wheat Flour, Water, Vegetable Oil, Yeast, Salt, Sugar, Peanuts

The ingredients list is where you will find allergen information.

Additional resources and tips for programs

- Student Nutrition Toronto www.studentnutritiontoronto.ca/snt-program-portal
- Toronto Public Health www.toronto.ca/health/student_nutrition_program
- Canada’s Food Guide, ‘What is a Food Guide Serving?’ Health Canada. 2007. www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php
- Ontario Ministry of Children and Youth Services, ‘Student Nutrition Program Nutrition Guidelines 2016’. Province of Ontario, 2016. www.children.gov.on.ca/htdocs/English/professionals/studentnutrition/toc.aspx

If you have questions about nutrition or food safety, call your Registered Dietitian or your Public Health Inspector, or reach them through Toronto Public Health at 416-338-7600.

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416.338.7600 toronto.ca/health

 **TORONTO** Public Health