

These guidelines apply to foods that may be sold in, or provided by, schools in Manitoba. They are not intended to evaluate the food students bring into schools, although the nutrition information may be helpful to parents and communities.

GRAIN PRODUCTS

- Choose whole grain and enriched products 50 per cent of the time.
- Whole grains including whole wheat flour, oats, oatmeal, oat bran, barley, rye, multigrains and pumpernickel are the best choices.
- Sugar, fat and salt should be closer to the end of the ingredient list.
- Choose grain products without trans fat.

SERVE MOST

- bread
- roll
- roti
- bun
- paposeco
- pittu
- English muffin
- bagel
- pita bread
- baked bannock (made with vegetable oil)
- corn bread
- pizza crust
- bread stick
- melba toast
- corn or wheat tortilla
- rice cake
- cracker
- low sugar breakfast cereal
- pasta and noodles
- barley
- rice – brown, parboiled, converted or wild
- oats, oatmeal, oatbran
- grain-based bar
- whole grain or fruit muffin
- popcorn



COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- biscuit
- muffin
- loaves
- scone
- pancake
- crouton
- sweetened cereal
- sweetened instant oatmeal
- cream of wheat
- granola
- granola bar, cereal bar (not dipped)
- cookies made with oatmeal, peanut butter or fruit
- graham cracker
- date square
- banana bread

OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

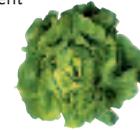
These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!

- pastry
- donut
- cake, cupcake, cake muffin
- sticky bun
- cookie with sweet filling or icing
- dipped granola bar
- flavored popcorn
- rice crispy cake
- puffed wheat cake
- instant noodles
- packaged noodle soup
- fried rice
- bread stuffing
- toaster pastry
- frozen waffle



VEGETABLES AND FRUIT

- Choose dark green vegetables and orange fruit more often.
- Vegetable or fruit should be listed as the first ingredient on the ingredient list.



SERVE MOST

- vegetables – fresh, frozen, canned
- baked fries – fresh potato wedges or slices, may be tossed in oil
- vegetable and tomato soup
- tomato sauce
- salsa
- 100 per cent vegetable and tomato juices
- fruit – fresh, frozen, canned, dried
- frozen fruit juice bar
- apple sauce, other fruit sauce
- 100 per cent fruit/vegetable bar
- 100 per cent fruit juice – 125 – 250 mL



COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- vegetables with sauce
- fruit crisp
- fruit in syrup
- sweetened fruit juice
- fruit/potato filled boiled perogies
- jams, jellies or marmalade

OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!

- deep fried vegetables
- fried perogies
- hash brown potato
- fruit flavored drink crystals, fruit beverages, cocktails, nectars, drinks, punches, blends, slushes
- fruit pies, pastries
- candy or chocolate coated fruit
- fruit gummies, fruit flavored-snacks
- gelatin fruit cup
- fruit leather
- fruit chips
- potato chips
- pickles



MILK PRODUCTS

- Choose lower-fat milk products more often.
- Milk, evaporated milk, skim milk powder, milk solids or modified milk solids should be listed as one of the first ingredients.

SERVE MOST

- white, strawberry, vanilla, banana, chocolate milk
- hot chocolate made with milk
- long-life (UHT) milk
- instant breakfast powder
- fortified soy, rice beverages
- yogurt
- yogurt tubes
- yogurt beverages
- milk/yogurt smoothies
- hard cheese
- cheese slices
- cottage cheese
- pudding made with milk
- custard
- milk based soup



COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- whole milk
- reduced-fat eggnog
- fruit shakes
- milkshakes
- yogurt and yogurt drinks over 2 per cent milk fat
- cheese and cracker packages
- high fat cheese
- reduced-fat processed cheese spread
- plain ice cream
- reduced-fat sour cream



OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

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- candy flavored, malted milk
- milks with coffee or tea
- hot chocolate made with water
- ice cream with candy
- sherbet
- cream
- sour cream
- whipping cream
- whipped topping
- cream cheese
- frozen ice cream treats
- non-dairy creamer
- coffee whitener

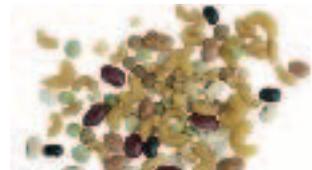
MEAT AND ALTERNATIVES

- Choose leaner meat, poultry and fish, as well as dried peas, beans and lentils more often.



SERVE MOST

- meat, poultry – baked, grilled, roasted, stir fried
- fish, seafood – baked, grilled, canned in water
- deli meats – lean turkey, chicken, roast beef, pork
- eggs – boiled, scrambled, poached
- legumes – peas, beans, lentils
- tofu, vegetarian meat alternatives
- nuts, seeds, nut butter (peanut butter)



COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- ham
- canned turkey, ham, chicken
- fish canned in oil
- jerky
- pizza
- fried eggs



OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!

- sausages
- smokies
- hot dogs
- bacon
- bacon bits
- pepperoni sticks
- pizza pops
- canned meats
- processed meats – bologna, salami, pepperoni, corned beef, pastrami
- chicken wings
- deep fried meat, fish, poultry
- pogo stick
- processed meat pie
- turkey roll
- gravy
- refried beans
- chocolate, yogurt covered nuts
- sesame snaps
- dessert tofu



Healthy Eating at School

In 2004, the provincial government launched the **Healthy Kids, Healthy Futures All-Party Task Force** to get Manitobans talking about how to promote healthy eating and active living for young people. The task force report was released in June 2005. As one strategy to address healthy eating, the task force recommended that government require all publicly funded Manitoba schools to have a written school food and nutrition policy as part of their school plan.

Why is this important?

- Eating well helps children grow, develop and do well in school.
- A healthy diet makes children more settled, attentive and ready to learn.
- Eating breakfast improves children's memories, concentration levels, problem-solving abilities and creative thinking.
- Poor nutrition is associated with poorer learning.
- Healthy eating helps prevent child and adolescent health problems such as obesity, diabetes and tooth decay.

Manitoba schools have a role in improving the nutrition of children

Over the course of a school year, a student may eat up to 190 lunches at school, eat in classroom parties, dances or cultural events, buy food and beverages from vending machines, attend a breakfast or snack program, receive food as a classroom reward, and sell food products for fundraising.

That adds up to around 100,000 eating events in Manitoba schools every day. Offering and promoting healthy food and drink choices throughout the school day is therefore a big step to improving the nutrition of children.

Manitoba School Nutrition Handbook

The Manitoba School Nutrition Handbook, a resource circulated to all schools in the province, promotes:

- healthy food choices, which should be available MOST often
- foods that are good choices, but higher in fat, salt and/or sugar and can be available SOMETIMES (3 - 4 times per month)
- foods which can be available RARELY (1 - 2 times per month or less) because they are not very nutritious

No foods are banned and it is acceptable to occasionally have "treats" at special events. However, the Manitoba School Nutrition Handbook promotes making healthy choices most of the time.

What can your FAMILY do to promote healthy eating?

- Offer a variety of foods at meals by following Canada's Food Guide.
- Provide a healthy breakfast.
- Save time by getting breakfast ready the night before.
- Pack a healthy lunch.
- Make time for mealtimes.
- Eat together as a family whenever possible.
- Involve children in planning and cooking meals.

Parents can teach children to eat well through their own example.

To learn more about the healthy eating guidelines for schools:

Call your local school, or call the toll free
Manitoba School Nutrition
support line at 1-888-547-0535

Visit the Food in Schools website
www.manitoba.ca/healthyschools/foodinschools

