

Ecole Frank Ross Nutritional Policy

Healthy Eating and Good Nutrition impacts a child's physical well-being and ability to attend and learn in school. Therefore at Ecole Frank Ross, the following has been developed to align itself to the district policy.

- All foods sold to students shall adhere to the Foods from the Serve Most category and Serve Sometimes category. Our hot lunch program shall align itself to these categories
- PAC fundraising is normally done once or twice a year at Ecole Frank Ross. These fundraisers may include the sale of items from the Choose Least or Not Recommended categories such as the selling of Purdy's chocolates.
- Special Occasions are an integral part of Ecole Frank Ross. It has been decided by staff and parents that foods from the Serve Most and Serve Sometimes list will be allowed at Halloween, Christmas, Valentine's Day and Easter. Items from the Choose Least or Not Recommended categories will not be allowed.
- The school will not support the distribution of items from the Choose Sometimes, Choose Least and Not Recommended categories to celebrate a special day for a child. An example of this is, cakes or cupcakes, candies, licorice etc that are sent to school to celebrate a child's birthday. If this happens, we will ask parents to come to the school to pick up the items. To avoid such an unpleasant experience for both child, class and school, we ask that all parents adhere to this request. We understand how important a birthday is to a child, if you are sending items to school, please send items from the Serve Most Category only.
- We encourage parents to provide nutritional snacks, lunches and drinks for their children. Please avoid providing soft drinks, high sugar content juices, chips etc in lunches. So often, we see children coming to school with coffee lattes, slurpees etc. We would like to discourage these at school.

•Special Celebrations

At Ecole Frank Ross there are four special events that will allow items given to students or sold to students from Choose least and Not Recommended categories

- At Carnaval, the cultural tradition of making taffy out of maple syrup will be allowed and given to students so they could have a taste of French culture.
- At Tombola- a major fundraiser for French Speaking students, the cake walk will be allowed to take place. The French Café however will attempt to serve from the Serve Most Category and Serve Sometime Category.
- At the Grade 7 breakfast at the end of the year, foods served will be from the Serve Most and Serve Sometimes list (ie.-syrup for pancakes will be allowed)
- End of Year Track Meets/Fun Day- Fruit /popsicles will be allowed.

Physical Well Being of Children

Obesity in children is growing at an alarming rate.

We encourage all students to play outdoors before school, at recess and lunch during outside days. During inside days, activities in the gym are offered at recess and at lunch. Please ensure that your child(ren) are dressed appropriately for the weather as they leave home to go to school.

Ecole Frank Ross is adhering to the Ministry Guidelines of providing daily p.e. for our students in the form of physical education classes, daily bursts, intramurals and special events like Jump Rope for Heart

Lessons on Healthy Eating, Proper Nutrition and living a balance lifestyle are taught to students within the curriculums of Science, P.E. or Health and Careers.



Choose Most ✓✓

Grains Products	
<ul style="list-style-type: none"> Many - whole grain breads, buns, bagels, tortillas, English muffins, pancakes, etc. 	<ul style="list-style-type: none"> Some small baked items with whole grains, fibre, fruit or nuts such as sliced loaves, muffins, cookies, crackers
<ul style="list-style-type: none"> Most whole grain pastas 	<ul style="list-style-type: none"> Brown/wild rice
<ul style="list-style-type: none"> Some - whole grain cereals, cereals with fibre, fruit or nuts 	<ul style="list-style-type: none"> Some small bags of baked whole grain & corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc)
Vegetables & Fruits	
<ul style="list-style-type: none"> Most - fresh/frozen/dried vegetables & fruit, raw, cooked, lightly seasoned/dressed 	<ul style="list-style-type: none"> Fries: baked fresh potato wedges or slices, may be tossed in oil Fresh salsa, some jarred salsa
<ul style="list-style-type: none"> Canned vegetables or fruit (in water or juice) 	<ul style="list-style-type: none"> Some frozen fruit bars made with pureed fruit
<ul style="list-style-type: none"> Some - small bags of fruit chips, unsalted potato/vegetable chips (usually baked) 	
Milk Products	
<ul style="list-style-type: none"> Plain, unflavoured milk (skim, 1%, 2%) and fortified soy drinks 	<ul style="list-style-type: none"> Smoothies made with 'Choose Most' ingredients
<ul style="list-style-type: none"> Many milks modified with fatty acids 	<ul style="list-style-type: none"> Decaffeinated tea or coffee lattes
<ul style="list-style-type: none"> Small portions of some ice cream and frozen yogurts - simply flavoured (vanilla, chocolate, strawberry) 	<ul style="list-style-type: none"> Most - yogurt, plain or simply flavoured, most regular and light cheeses, cheese strings
<ul style="list-style-type: none"> Some puddings/custards, etc. 	<ul style="list-style-type: none"> Some processed cheese slices
<ul style="list-style-type: none"> Some - 'lite' egg-nogs, hot chocolate made with milk 	
Meat & Alternatives	
<ul style="list-style-type: none"> Chicken, turkey, eggs 	<ul style="list-style-type: none"> Some - chicken or tuna or egg salads
<ul style="list-style-type: none"> Lean meat (beef, bison, pork, lamb, venison, moose) 	<ul style="list-style-type: none"> Fish, seafood, fresh or canned in water/broth
<ul style="list-style-type: none"> Legumes (beans, lentils, peas) and most legume salads 	<ul style="list-style-type: none"> Peanut butter, other nut/seed butter e.g. tahini
<ul style="list-style-type: none"> Tofu, Dal, Falafel, Jerky (plain) 	<ul style="list-style-type: none"> Some lean wieners & refried beans
Mixed Foods	
<ul style="list-style-type: none"> Chili, burritos (bean or meat), falafel in pita with tomatoes & tzatziki, pilaf (with vegetables) 	<ul style="list-style-type: none"> Most sandwiches, short subs and burgers made with lean meats and lots of vegetables - whole grain breads/buns are preferred
<ul style="list-style-type: none"> Nut/seed bars & mixes with nuts/seeds as 1st ingredient & no candies or chocolate 	<ul style="list-style-type: none"> Most stir fries, stews, sushi, pasta with veg-based sauce
<ul style="list-style-type: none"> Some pizza with vegetables or frozen entrees or curries 	<ul style="list-style-type: none"> Soft tacos filled with 'Choose Most' ingredients
<ul style="list-style-type: none"> Some milk-based soup 	<ul style="list-style-type: none"> Some soups made with meat or beans/lentils
<ul style="list-style-type: none"> Some borscht if it includes meat, beans or lentils 	<ul style="list-style-type: none"> Some low-sodium canned soup made with meat, beans or lentils



Choose Least

Grains Products	
<ul style="list-style-type: none"> Medium sized baked items, e.g. some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants 	<ul style="list-style-type: none"> Some fried grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)
<ul style="list-style-type: none"> Some instant noodles (not enriched or containing fats) 	<ul style="list-style-type: none"> Some seasoned rice mixes
<ul style="list-style-type: none"> Some sugary cereals 	
Vegetables & Fruit	
<ul style="list-style-type: none"> Some canned vegetables, including regular sauerkraut 	<ul style="list-style-type: none"> Fries: small portions of deep fried potatoes, may be slightly salted
<ul style="list-style-type: none"> Some bags of fruit chips 	<ul style="list-style-type: none"> Some jarred salsa
<ul style="list-style-type: none"> Some fruit gummies with pureed fruit as 1st ingredient 	<ul style="list-style-type: none"> Coated/breaded & deep fried vegetables
<ul style="list-style-type: none"> Many small bags of potato/vegetable chips, salted (baked or fried) 	<ul style="list-style-type: none"> Seasoned vegetable juice
<ul style="list-style-type: none"> Some nectars or juice blends 	<ul style="list-style-type: none"> Most fruit smoothies made with any 'Choose Least' ingredients
<ul style="list-style-type: none"> 100% juice fortified with multivitamin/minerals 	
<ul style="list-style-type: none"> Slush drinks & frozen treats with concentrated juice 	
Milk Products	
<ul style="list-style-type: none"> Some higher fat cheeses 	<ul style="list-style-type: none"> Some puddings/custards, etc.
<ul style="list-style-type: none"> Some processed cheese slices & spreads 	<ul style="list-style-type: none"> Most candy flavoured or rich ice cream & frozen yogurts
<ul style="list-style-type: none"> Most candy flavoured milks 	<ul style="list-style-type: none"> Some milks containing tea products, (e.g. Chai)
<ul style="list-style-type: none"> Smoothies made with 'Choose Least' ingredients 	
Meat & Alternatives	
<ul style="list-style-type: none"> Some - breaded & fried chicken/fish/meat 	<ul style="list-style-type: none"> Most - cold cuts, deli meats, regular wieners/sausages, smokies/bratwurst
<ul style="list-style-type: none"> Fattier pepperoni/chicken sticks 	<ul style="list-style-type: none"> Some - seasoned chicken, tuna salad
Mixed Foods	
<ul style="list-style-type: none"> Most sandwiches or short subs made with deli or processed meats 	<ul style="list-style-type: none"> Some - pizza (e.g. meat lovers), personal size pan pizzas, pastry based pizza pockets, meat pot pies, sausage/vegetable rolls, pasta with a cream based sauce
<ul style="list-style-type: none"> Some nut/seed bars and mixes (e.g. sesame snaps) 	<ul style="list-style-type: none"> Many frozen entrees
"Other" Foods/Beverages	
<ul style="list-style-type: none"> Most very small packages of candies/chocolates 	<ul style="list-style-type: none"> Water (flavoured or not) with artificial sweeteners, diet soft drinks & non-carbonated drinks (decaf), most unfortified plain soy or potato drinks
<ul style="list-style-type: none"> Very small portions of - frozen novelties not based on milk or fruit ingredients; dessert gelatins 	<ul style="list-style-type: none"> Energy bars with sugars as 1st ingredient, artificially sweetened bars, many "low-carb" bars



Choose Sometimes ✓

Grains Products	
<ul style="list-style-type: none"> Many - enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc 	<ul style="list-style-type: none"> Some small baked items e.g. sliced loaves or muffins, cookies, crackers
<ul style="list-style-type: none"> Most pastas (including those with added egg, spinach or tomato) 	<ul style="list-style-type: none"> Some small bags of fried grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)
<ul style="list-style-type: none"> Most - pasta salads, cereals 	<ul style="list-style-type: none"> Rice, rice noodles and wraps
Vegetables & Fruit	
<ul style="list-style-type: none"> Most canned vegetables in broth, including low sodium sauerkraut 	<ul style="list-style-type: none"> Most fresh/frozen/dried vegetables & fruit, raw, cooked, moderately seasoned/dressed
<ul style="list-style-type: none"> Fries: baked frozen fries (without trans fats) may be lightly salted 	<ul style="list-style-type: none"> Some very small bags of potato/vegetable chips, very lightly salted (baked or fried)
<ul style="list-style-type: none"> Avocado - ¼ to 1/3 	<ul style="list-style-type: none"> Some - jarred salsa, small bags fruit chips
<ul style="list-style-type: none"> Fruit canned in light syrup 	<ul style="list-style-type: none"> Vegetables, breaded and baked
<ul style="list-style-type: none"> 100% juice (fruit, low sodium vegetable or combination) 	<ul style="list-style-type: none"> 100% juice fortified with only calcium AND/OR vitamin C
<ul style="list-style-type: none"> Most fruit smoothies made with any 'Choose Sometimes' items 	<ul style="list-style-type: none"> Slush drinks and frozen treats made with 'Choose Sometimes' items
Milk Products	
<ul style="list-style-type: none"> Some sweet yogurts 	<ul style="list-style-type: none"> Yogurt with artificial sweeteners
<ul style="list-style-type: none"> Many puddings/custards, etc. including those with artificial sweeteners 	<ul style="list-style-type: none"> Small portions of some ice creams & frozen yogurt - simply flavoured (vanilla, chocolate, strawberry)
<ul style="list-style-type: none"> Some flavoured fortified soy drinks 	<ul style="list-style-type: none"> Most basic flavoured milks
<ul style="list-style-type: none"> Many small milkshakes made with milk & ice cream 	<ul style="list-style-type: none"> Smoothies made with 'Choose Sometimes' ingredients
<ul style="list-style-type: none"> Many regular egg nogs 	<ul style="list-style-type: none"> Most hot chocolates made with milk
Meat & Alternatives	
<ul style="list-style-type: none"> Some - marinated poultry, fish canned in oil, refried beans 	<ul style="list-style-type: none"> Marbled or fatty meats, cold cuts (lean), ham
<ul style="list-style-type: none"> Some - chicken or tuna or egg salads 	<ul style="list-style-type: none"> Some - breaded & baked chicken/fish/meat, dessert tofus
<ul style="list-style-type: none"> Some - lean wieners, sausages 	<ul style="list-style-type: none"> Marbled or fatty game meats
<ul style="list-style-type: none"> Lean pepperoni/chicken sticks 	<ul style="list-style-type: none"> Jerky (lean, seasoned)
Mixed Foods	
<ul style="list-style-type: none"> Nut/seed bars & mixes with nuts/seeds as the 1st ingredient, may contain candy, 'yogurt' or chocolate if sugar is not the 2nd and 3rd ingredient 	<ul style="list-style-type: none"> Some - soups without meat, or beans/lentils; borscht if low in salt, low-sodium soups
<ul style="list-style-type: none"> Most sandwiches, short subs & burgers with lean roasted meats but few vegetables 	<ul style="list-style-type: none"> Some - sushi, meat pot pies, frozen entrees, curries with few vegetables, pasta with a milk based sauce
<ul style="list-style-type: none"> Some - cheese or meat pizzas, or pizzas with ½ the amount of cheese 	<ul style="list-style-type: none"> Some - hard tacos with meat or bean filling
<ul style="list-style-type: none"> Pilaf (rice and meat) 	<ul style="list-style-type: none"> Hard tacos with meat or bean filling
<ul style="list-style-type: none"> Baked - pizza pockets, pizza pretzels, pizza bagels 	



Not Recommended

Grain Products	
<ul style="list-style-type: none"> Very high fat/sugary/salty baked goods e.g. some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants - especially if big 	<ul style="list-style-type: none"> Most saltier grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)
<ul style="list-style-type: none"> Most seasoned noodle mixes 	<ul style="list-style-type: none"> Most seasoned rice mixes
<ul style="list-style-type: none"> Some sugary cereals 	<ul style="list-style-type: none"> Some seasoned breads, commercial pancakes, biscuits, etc.
Vegetables & Fruit	
<ul style="list-style-type: none"> Fries: if moderately salted, or medium/large size, or if fried in fat containing trans fat 	<ul style="list-style-type: none"> Most potato/vegetable chips, some fruit chips (baked or fried) especially saltier flavours
<ul style="list-style-type: none"> Pickles 	<ul style="list-style-type: none"> Most candy and chocolate coated fruit
<ul style="list-style-type: none"> Most 'drinks', 'blends', cocktails', and 'beverages' 	<ul style="list-style-type: none"> Most fruit smoothies made with any 'Not Recommended' ingredients
<ul style="list-style-type: none"> Slush drinks and frozen treats with added sugars 	
Milk Products	
<ul style="list-style-type: none"> Frozen 'yogurt' not based on milk ingredients 	<ul style="list-style-type: none"> Some candy flavoured ice creams and frozen yogurt
<ul style="list-style-type: none"> Most cream cheese & light cream cheeses & spreads, most regular sized sundaes 	<ul style="list-style-type: none"> Many milks containing coffee products or other caffeine ingredients, especially larger portions
<ul style="list-style-type: none"> Some regular egg nogs 	
Meat & Alternatives	
<ul style="list-style-type: none"> Some wieners with more filler than meat 	<ul style="list-style-type: none"> Many products deep fried in hydrogenated or partially hydrogenated oils or shortening
<ul style="list-style-type: none"> Most chocolate or 'yogurt' covered nuts 	
Mixed Foods	
<ul style="list-style-type: none"> Some pizzas, e.g. with double cheese 	<ul style="list-style-type: none"> Some - pastry based pizza pockets, meat pot pies
<ul style="list-style-type: none"> Many canned soups, broth or milk based 	
"Other" Foods/Beverages	
<ul style="list-style-type: none"> Candies, chocolate, super-sized energy bars, low protein energy bars 	<ul style="list-style-type: none"> Most - drinks with sugars as the 1st ingredient, e.g. iced teas, fruit 'ades', pops; unfortified rice, soy or potato drinks; caffeinated drinks, sport drinks, hot chocolate mixes made with water

Note: Some foods will be found in more than one category depending on size, cooking method, ingredients, etc. See the guidelines on-line for details. Contact your Community Nutritionist or Dial-A-Dietitian for help in classifying foods.