
SCHOOL NUTRITION POLICIES

A number of school nutrition policies have been developed to address the foods and beverages available on school property. For grain products offered in the school setting, these policies provide guidance based on nutrient composition of foods and beverages. Foods that can be sold often (e.g., identified as choose most, or sell most) must have whole grain as the first ingredient as well as have levels of fat, sugar and sodium that are below certain criteria. Foods that can be sold sometime (e.g., identified as choose sometime, or sell sometime) have more flexibility but still have limits on the sugar, sodium and fat content.

In Canada, all provinces have school policies in place that dictate the quality of food and beverages sold in schools. In addition, the Federal Provincial Territorial Group on Nutrition has developed a national guidance document with nutrient criteria for food and beverages sold in schools with the hope that it will be used across the country for provincial groups to use in developing and/or revising their school policies and for industry to use to develop new and reformulated products that meet the criteria.

BAC participates on providing consultation and feedback to these groups specifically on grain products in order to ensure that the criteria are feasible for companies that supply schools with products.