

Healthy Foods for Healthy Schools Act (Bill 8)

Are You Wondering About the New School Nutrition Standards?

The Ontario government passed Bill 8 in 2008. There are two parts that all Ontario Schools must follow:

Resources:

Eat Right Ontario
www.eatrightontario.ca

Ministry of Education, Healthy Schools
www.ontario.ca/healthyschools

Simcoe Muskoka District Health Unit www.smdhu.org

Trans Fat Standards (PPM 135):

The trans fat standards have been in place since September 1, 2008 and require schools to ensure food and beverages that are sold in schools meet prescribed amounts of trans fat. Schools are allowed to designate up to ten (10) special event days where the trans fat standards do not apply.

Refer to Ministry of Education Healthy Schools Website:
www.edu.gov.on.ca/eng/healthyschools/healthier.html

School Food and Beverage Policy (PPM 150):

The School Food and Beverage Policy outlines nutrition standards for foods and beverages *sold in schools*, effective September 2011. The nutrition standards will make it easier for schools to determine which foods they can and cannot sell. Each school board must meet these minimum requirements:

- Eighty per cent of food sold must include products with maximum nutritional value.
- Non-healthy food and beverages, such as deep-fried foods, caffeinated beverage, pop, candy, etc. will no longer be sold in schools
- Applies to all venues and events on school property such as bake sales, and sporting events, and in all programs, including catered lunch programs.
- Up to ten (10) special event days annually, to be determined by Principals, where the nutrition standards do not apply.

Why has the government released a School Food and Beverage Policy?

The Ontario government amended the Education Act to introduce the Healthy Food for Healthy Schools Act in April 2008 to make schools healthier places for students to learn.

The Ministry of Education wants to create an environment where the healthiest choices are the easiest choices for students to make.

This policy is an important step in enhancing students' health. It reinforces the knowledge, skills, and attitudes regarding healthy eating developed through the Ontario curriculum. The policy will also help reduce students' risks of developing serious, chronic diseases, such as heart disease, Type 2 diabetes and certain types of cancer.

For resources, tools and supports:

Refer to Ministry of Education, Healthy Schools website www.ontario.ca/healthyschools for links to the policy and resources

For assistance with interpreting nutrition standards contact a Registered Dietitian at Eat Right Ontario
1-877-510-5102
www.eatrightontario.ca

or

Your Health Connection
(705) 721-7520 or
1-877-721-7520
www.simcoemuskokahealth.org

For more information related to implementation at your school board, contact your principal or school board representative.