

The Corporation of the City of Temiskaming Shores

By-law No. 2019-152

Being a by-law to adopt a Healthy Eating in Municipal Recreation Settings Policy for the City of Temiskaming Shores

Whereas under Section 8 of the Municipal Act, 2001, S.O. 2001, c.25, as amended, the powers of a municipality shall be interpreted broadly to enable it to govern its affairs as it considers appropriate and to enhance the municipality's ability to respond to municipal issues;

And whereas under Section 9 of the Municipal Act, 2001, S.O. 2001, c.25, as amended, a municipality has the capacity, rights, powers and privileges of a natural person for the purpose of exercising its authority under this or any other Act;

and whereas under Section 10 (1) of the Municipal Act, 2001, S.O. 2001, c.25, as amended, a single-tier municipality may provide any service or thing that the municipality considers necessary or desirable for the public;

And whereas Council considered Administrative Report No. RS-015-2019 at the September 17, 2019 Regular Council meeting and directed staff to prepare the necessary by-law to adopt a Healthy Eating in Municipal Recreation Settings Policy for consideration at the October 1, 2019 Regular Council meeting;

Now therefore the Council of The Corporation of the City of Temiskaming Shores enacts the following as a by-law:

1. That Council for the City of Temiskaming Shores hereby adopts a Healthy Eating in Municipal Recreation Settings Policy, attached hereto as Schedule "A" and forming part of this by-law; and
2. That the Clerk of the City of Temiskaming Shores is hereby authorized to make any minor modifications or corrections of an administrative, numerical, grammatical, semantical or descriptive nature to the by-law and schedule, after its passage, where such modifications or corrections do not alter the intent of the by-law or its associated schedules.

Read a first, second and third time and finally passed on this 1st day of October, 2019.


Mayor – Carman Kidd


Clerk – David B. Treen



Schedule "A" to

By-law No. 2019-152

Healthy Eating in Municipal Recreation Settings Policy

Original Draft: July 2019
Final Draft: September 2019

**City of Temiskaming Shores
Healthy Eating in Municipal Recreation Settings Policy**

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1.0 Definitions

City means the Corporation of the City of Temiskaming Shores.

City Staff means City of Temiskaming Shores staff identified by the City as a contact for either Municipal Healthy Eating in Recreation Settings Policy purposes or the facility or premises in question as the context requires.

Energy Drink means a type of beverage containing stimulant drugs, usually caffeine, which is marketed as providing mental and physical stimulation

Event means any gathering of any kind whether social, business or otherwise, on City property.

Facility Manager means the City official, or designate, having operational jurisdiction over the facility, property, or area where an activity/event is taking place.

Healthy Eating refers to flexible patterns of eating that, over time, meet individuals' energy and nutrient needs, promoting optimal health and minimizing the risk of nutrition related conditions and diseases. [Canada's Food Guide](#) is the basis for this pattern of eating and its main recommendations include: eat vegetables and fruits, whole grain foods and protein foods; choose protein foods that come from plants more often; limit highly processed foods and if you choose these foods, eat them less often and in small amounts; make water your drink of choice.

Healthy Options products/ingredients categorized as "Sell Most" under the Nutrition Standards for Ontario Schools and does not include those categorized as "Sell Less" or "Not Permitted for Sale"

Municipal Property means any municipally-owned or leased lands, buildings, or structures.

Private Event means an event that is not open to the public and for which notification is limited to invited guests where the intent may not be to generate revenue.

Public Event means an event that is open to the public to attend and is conducted by a registered charity or not for profit entity or an event of municipal, provincial, national, or international significance where the intent may be to generate revenue.

Recreation Setting refers to municipal recreation facilities, parks and programs where concession contracts and/or vending machines are located namely the Don Shepherdson Memorial Arena, Shelley Herbert-Shea Memorial Arena, Rotary Farr Park, Harbourfront, Haileybury Beach, Waterfront Pool/Fitness Centre, New Liskeard Spurline, and Dymond Recreation Park.

Timiskaming Health Unit also referred to as **THU** is the regional public health provider in the district of Timiskaming. The vision of the THU is "Total wellness of our community" and the mission is "Promote health, prevent illness."

2.0 Purpose

The City of Temiskaming Shores recognizes the importance of access to healthy food options in municipal recreation settings for the health of all citizens and specifically for young children and youth who are the main users of recreation facilities. In the interest of public health and to promote the health and well-being of citizens, the municipality actively encourages and promotes recreation and municipal environments that support accessibility and consumption of food and beverages consistent with healthy eating, thereby making the healthy choice the easy choice.

The policy is the result of the efforts of the Healthy Kids Community Challenge, hosted by the municipality from 2015 to 2019 that carried out a public consultation process and implemented healthier options at arena concessions. Survey results demonstrated 99% of respondents wanted to see healthy food and drinks available at the arena concessions, more than 75% said 50% or more of the menus should be healthy food and drinks, 46 % stated they were more likely to buy food at the arenas when healthier items were available and 56% were more likely to eat healthier options as a result of healthier options being made available.

The policy:

- 1) Supports the momentum around healthy eating across the province of Ontario and Canada
- 2) Compliments the general goal of municipal recreation programs and settings to improve the quality of life and health of citizens
- 3) Positively impacts future generations
- 4) Demonstrates a collaborative approach to policy development that allows consistency in delivering the message of healthy eating or healthy foods/beverages
- 5) Supports and promotes athletic performance
- 6) Compliments the Nutrition Standards for Ontario Schools
- 7) Provides the opportunity to practice eating well
- 8) Supports chronic disease prevention and healthy growth and development strategies

3.0 Implementation and Monitoring

- 3.1 The Healthy Eating in Municipal Recreation Settings Policy will be implemented November 1, 2019.

- 3.2 The Healthy Eating in Municipal Recreation Settings Policy will be submitted for review to the Timiskaming Health Unit every three (3) years.
- 3.3 The Healthy Eating in Municipal Recreation Settings Policy will be reviewed by the Mayor and Council of Temiskaming Shores every three (3) years.

4.0 Policy Objectives

To improve healthy eating in municipal recreation settings by:

- 4.1 Increasing healthy eating choices in municipal recreation settings
- 4.2 Increasing understanding of healthy eating by food and beverage providers and distributors
- 4.3 Improving the visibility/placement/affordability of healthy options
- 4.4 Improving the understanding/awareness of the users of recreation services of what constitutes healthy eating
- 4.5 Improving commitment to long term change that will have impact for citizens on an ongoing basis;
- 4.6 Improving the connections between eating well and recreation, the visual message matching the verbal message (walking the talk);
- 4.7 Increasing access to and enjoyment of health-promoting, safe food and beverages.

5.0 Scope

The policy applies to the food and beverages served and sold in the following:

- municipal recreation facilities, parks and programs where concession contracts and/or vending machines are located namely the Don Shepherdson Memorial Arena, Shelley Herbert-Shea Memorial Arena, Rotary Farr Park, Harbourfront, Haileybury Beach, Waterfront Pool/Fitness Centre, New Liskeard Spurline, and Dymond Recreation Park.
- Municipal recreation programs and events

The policy does **not** apply to:

- Food and beverages brought in for meals and snacks by employees
- Organizations and individuals who rent space/rooms for public and/or private events. However, they will be encouraged to follow the policy and offer more healthy food options
- Non-recreation municipal programs and events
- Alcohol is not included in the scope of this policy
- Coffee and Tea are permitted

6.0 Guidelines

- a) The guideline for healthy food and beverages served in municipal recreation settings to be used is the [Nutrition Standards for Ontario Schools](http://hs.curriculum.org/sb/nst) (Attached as Appendix No. 1 to the Policy), which divides foods and beverages in three (3) categories, according to their nutritional value: Sell Most (here referred to as Healthy Options), Sell Less and Not Permitted for Sale. <http://hs.curriculum.org/sb/nst>
- b) Prices for Healthy Options (Sell Most products from Standards above mentioned) to be the same or lower than the prices for similar menu options.
- c) Priority space should be given to the Healthy Options (i.e. eye-level shelves in the counter-top refrigerators, placement of fruits and vegetables on the counter). For more ideas please contact the Registered Dietitian at the Timiskaming Health Unit.
- d) Freggie Fuel branded materials must be used by concession operators to promote the Healthy Options available at all times. This includes: a posted menu board for Healthy Options, a sandwich menu board, a large Freggie cut-out and Freggie Fuel stickers to place on the Healthy Options (e.g. Smoothie cups). The Timiskaming Health Unit will provide promotional materials. The Proponent will include other branded materials suggested and provided by the City of Temiskaming Shores and the Timiskaming Health Unit
- e) Portion sizes are to reflect and support healthy eating behaviors – appropriate portions of food and beverages will be served and sold. Super-sized portions are not appropriate. Pre-packaged products sold must only be offered in regular-sized single serving packages. Non-packaged food (i.e. pizza, hot dogs, burgers, nachos) must be sold in single-serving size portions:
 - No king size candy, chocolate, or sugary drinks
 - No jumbo size hotdogs
 - No jumbo size potato chips
 - No jumbo size popcorn
 - Whenever possible, beverages should be sold in containers of 250ml or less, with exception for white milk and water.
- f) Fruit smoothies, fresh fruit and at least one (1) grilled sandwich made with healthy ingredients (Sell Most) are mandatory menu items and must be available at all times when the concessions are open.
- g) Commit to have drinking water available at all times. Provide reusable water bottles for retail sale and encourage use of municipal water bottle filling stations. No charge will be applied when requested to fill a reusable water bottle from the tap.

- h) Consider offering less sugar sweetened beverages (i.e. pop, iced tea, fruit juice) and, when available, purchase smaller bottles/containers. Ensure white, unsweetened milk is available at all times and, if wanting to sell chocolate milk, purchase only the smaller size (250ml). Reference: https://brightbites.ca/wp-content/uploads/TRG_Key-Messages-and-Guide-to-Making-Healthy-Drink-Choices.pdf
- i) Fruit smoothies and healthy grilled sandwiches must be prepared following the recipes provided/approved by the Timiskaming Health Unit Registered (THU) Dietitians. Preparing fruit smoothies with fruit juice and/or flavored syrup is not permitted.
- j) Vending Machines must include at least 20% (1 Healthy Option for each 4 other options available) of Healthy Options. This applies to foods and beverages separately (20% of beverages and 20% of foods must be Healthy Options). Appendix No. 1 includes online tools that can be used to ensure chosen products fit in the nutrition standards (<http://hs.curriculum.org/sb/nst>). If in doubt about what other Healthy Options can be included in the vending machines please contact the Registered Dietitians at the Timiskaming Health Unit.
- k) Additional Healthy Options – Adding other Healthy Options to the menu is encouraged by the City of Temiskaming Shores. Refer to Appendix No. 1 (nutrition standards) to ensure they fall in the "Sell Most" category. Any new proposed Healthy Options to be submitted to the Timiskaming Health Unit for approval.
- l) Food safety: Each concession area serving food for public consumption are required to have one person with a Food Handler's Certificate on the premises.
- m) Energy drinks (i.e. Red Bull, Monster Energy, Vitaminwater Energy, NOS Energy Drink, Full Throttle, 28 Black, Rockstar, Zevia Zero Calorie Energy, Mountain Dew – Amp & Amp Game Fuel & Kickstart, MiO Energy water enhancers.) are not permitted to be served or sold at municipal recreation settings.
- n) It is recommended that fundraising activities organized by and through municipal and recreation programs and settings focus primarily on Non Food items (i.e. sports equipment, entertainment experiences).
- o) Special Events: All events will be encouraged to follow the leadership example set by the municipality and work toward providing more healthy food options at community events.

7.0 Implementation Schedule

Year 1 (2019)	3 Mandatory Healthy Options (Fruit smoothies, fresh fruit, healthy grilled sandwich)
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Year 2 (2020) 6 Mandatory Healthy Options
(list above + 3 NEW Healthy Options, operators choice)

Year 3 and Onward 9 Mandatory Healthy Options
(list above + 3 NEW Healthy Options, operators choice)

Note: the counting of healthy items is based on the type of product they are, and not the brand. For example, a granola bar and chili are considered two (2) new Healthy Options. Adding 2 granola bars, from different brands, and chili, is still considered 2 new Health Options (different brands of granola bar, but the same product being sold).

8.0 Accountability Inspection

The City of Temiskaming Shores and the Timiskaming Health Unit reserve the right to have a representative attend any concession area identified in the policy to inspect concession operations and adherence to the Healthy Eating in Municipal Recreation Settings policy. The THU representative will monitor items at least once during each operating season to ensure percentage goals and healthy option requirements are being met. The THU representative will contact the concession operator prior to the visit and will communicate the results to municipal staff.

9.0 Enforcement Procedures and Penalties

Upon receiving a complaint of non-compliance to the policy, a designated municipal representative will contact the Operators and review the policy. Failure to comply with the policy may result in the termination of a lease agreement.

Nutrition Standards for Ontario Schools

APPENDIX: NUTRITION STANDARDS FOR ONTARIO SCHOOLS

Read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria outlined below in order to determine whether a food or beverage may be sold at the school.

Products in the "Sell Most" category must make up *at least 80 per cent* of all food choices and *at least 80 per cent* of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

Products in the "Sell Less" category must make up *no more than 20 per cent* of all food choices and *no more than 20 per cent* of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

Nutrition Standards for Food

All food sold in schools must meet the standards set out in Ontario Regulation 200/08, "Trans Fat Standards", made under the Education Act.

Vegetables and Fruit

<ul style="list-style-type: none"> • Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label. • See the section "Nutrition Standards for Beverages" for the nutrition criteria for vegetable and fruit juices and juice blends. • Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. 			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Fresh, Frozen, Canned, and Dried Vegetables and Fruit	Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 3g and Sodium: ≤ 360mg <i>Examples:</i> <ul style="list-style-type: none"> • Fresh or frozen vegetables with little or no added salt • Fresh or frozen fruit with no added sugar • Canned vegetables • Canned fruit packed in juice or light syrup • Unsweetened apple sauce • Some low-fat frozen potato products, including French fries • Some dried fruit and 100% fruit leathers* 	Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some dried fruit and 100% fruit leathers • Lightly seasoned or sauced vegetables and fruit • Some prepared mixed vegetables 	Sugar** is the first item on the ingredient list or Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables • Some packaged frozen and deep-fried potato products, including hash browns and French fries • Some fruit snacks made with juice (e.g., gummies, fruit rolls)

Policy Program Memorandum No. 150, "School Food and Beverage Policy", October 4, 2010

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Vegetables and Fruit (cont.)

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Canned Tomatoes and Tomato-Based Products	Fat: ≤ 3g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some whole, crushed, or diced tomatoes • Some pasta sauce 		Fat: > 3g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Whole, crushed, or diced tomatoes that are higher in fat or sodium • Pasta sauce that is higher in fat or sodium
Vegetable and Fruit Chips	Fat: ≤ 3g and Sodium: ≤ 240mg <i>Examples:</i> <ul style="list-style-type: none"> • Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot) • Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear) 	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some vegetable chips (e.g., potato, carrot) • Some fruit chips (e.g., banana, apple, pear) 	Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some vegetable chips that are higher in fat or sodium • Some fruit chips that are higher in fat or sodium

*Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

**Look for other words for sugar, such as *glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey, and concentrated fruit juice*

Grain Products

• Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
• Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Bread	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Sodium: ≤ 240mg and Fibre: ≥ 2g <i>Examples:</i> • Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock • Whole grain pizza dough and flatbread	Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> • White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock • White (enriched) pizza dough	Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> • White breads that are higher in fat or sodium • Some cheese breads, scones, and biscuits
Pasta, Rice, and Other Grains	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg <i>Examples:</i> • Whole wheat or white (enriched) pasta, including couscous • White, brown, and wild rice, rice noodles, and soba noodles • Quinoa, bulgur, wheat berries, spelt, and other whole grains	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> • Some pasta, rice, and other grains	Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> • Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium
Baked Goods	Fat: ≤ 5g and Saturated fat: ≤ 2g and Fibre: ≥ 2g <i>Examples:</i> • Some muffins, cookies, grain-based bars • Some whole grain waffles and pancakes	Fat: ≤ 10g and Saturated fat: ≤ 2g and Fibre: ≥ 2g <i>Examples:</i> • Some muffins, cookies, grain-based bars, snacks • Some waffles and pancakes	Fat: > 10g or Saturated fat: > 2g or Fibre: < 2g <i>Examples:</i> • Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries • Some cookies and squares

Grain Products (cont.)

	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Grain-Based Snacks	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg <i>Examples:</i> • Some whole grain crackers, pita chips, and flatbreads • Some packaged crackers and popcorn	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> • Some crackers, pretzels, and popcorn	Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> • Crackers, pretzels, and popcorn higher in fat and sodium • Most corn chips and other snack mixes
Cereals	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Fibre: ≥ 2g <i>Examples:</i> • Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre		Whole grain is <i>not</i> the first item on the ingredient list or Saturated fat: > 2g or Fibre: < 2g <i>Examples:</i> • Some breakfast cereals

Milk and Alternatives

<ul style="list-style-type: none"> • Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label. • See the section "Nutrition Standards for Beverages" for the nutrition criteria for fluid milk and fluid milk alternatives. 			
	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Yogurt/Kefir	Fat: ≤ 3.25% M.F.* or ≤ 3g <i>Examples:</i> <ul style="list-style-type: none"> • Plain and flavoured yogurt, yogurt tubes 		Fat: > 3.25% M.F. or > 3g <i>Examples:</i> <ul style="list-style-type: none"> • Yogurt higher in fat, such as Balkan-style
Cheese**	Fat: ≤ 20% M.F. and Sodium: ≤ 360mg and Calcium: ≥ 15% DV*** <i>Examples:</i> <ul style="list-style-type: none"> • Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta 	Sodium: ≤ 480mg and Calcium: ≥ 15% DV <i>Examples:</i> <ul style="list-style-type: none"> • Most hard and soft, non-processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda, cottage cheese, cheese curds, and cheese strings 	Sodium: > 480mg or Calcium: < 15% DV <i>Examples:</i> <ul style="list-style-type: none"> • Some processed cheese products • Most cream cheese
Milk-Based Desserts		Fat: ≤ 5g and Sodium: ≤ 360mg and Calcium: ≥ 5% DV <i>Examples:</i> <ul style="list-style-type: none"> • Some frozen yogurt, puddings, custards, ice milk, gelato 	Fat: > 5g or Sodium: > 360mg or Calcium: < 5% DV <i>Examples:</i> <ul style="list-style-type: none"> • Some puddings • Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches

*M.F. = Milk Fat. The amount can be found on the front of the food label.
 **Encourage selection of lower-fat cheese options.
 ***DV = Daily Value.

Meat and Alternatives

<ul style="list-style-type: none"> • Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label. • Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. 			
	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Fresh and Frozen Meat	Fat: ≤ 10g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Extra-lean ground meat • Lean beef, goat, lamb, pork, or poultry • Some breaded chicken strips and nuggets • Some lean meatballs • Some lean hamburger patties 	Fat: ≤ 14g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Lean ground meat • Beef, goat, lamb, pork, or poultry • Some breaded chicken strips and nuggets • Some meatballs • Some hamburger patties 	Fat: > 14g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs • Some wieners • Most pepperoni sticks • Most beef/turkey jerk products
Deli (Sandwich) Meat	Fat: ≤ 5g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some lean deli meat 	Fat: ≤ 5g and Sodium: ≤ 600mg <i>Examples:</i> <ul style="list-style-type: none"> • Some lean deli meat 	Fat: > 5g or Sodium: > 600mg <i>Examples:</i> <ul style="list-style-type: none"> • Deli meat higher in fat or sodium
Fish	Fat: ≤ 8g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Fresh, frozen, or canned fish 	Fat: ≤ 12g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some frozen, breaded fish (e.g., fish sticks) • Fresh, frozen, or canned fish 	Fat: > 12g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some breaded or battered fish higher in added fat or sodium • Fresh or frozen fish with a higher mercury content¹
Eggs	Fat: ≤ 7g and Sodium: ≤ 480mg		Fat: > 7g or Sodium: > 480mg

Meat and Alternatives (cont.)

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Nuts, Protein Butters, and Seeds	Not coated with candy, chocolate, sugar, or yogurt and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (papas) 		Coated with candy, chocolate, sugar, and/or yogurt or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> Coated nuts Some roasted and salted nuts
Meat Alternatives, such as Tofu, Beans, and Lentils	Fat: ≤ 8g and Sodium: ≤ 480mg and Protein: ≥ 10g <i>Examples:</i> <ul style="list-style-type: none"> Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu and tempeh Beans and lentils 		Fat: > 8g or Sodium: > 480mg or Protein: < 10g <i>Examples:</i> <ul style="list-style-type: none"> Some vegetarian products high in sodium Some meat alternatives that are higher in fat or sodium or lower in protein

*Certain types of fish may contain levels of mercury that can be harmful to human health. Fish caught in local lakes and streams may have different levels of mercury from those found in stores. Canned "light" tuna contains less mercury than "white" or "albacore" tuna, and salmon generally has low levels of mercury. See Health Canada's website for continually updated information and a list of fish with low levels of mercury, at <http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/envirom/mercur/cons-adv-etud-eng.php>

Mixed Dishes

Note: Mixed dishes are products that contain more than one major ingredient.

Mixed Dishes With a Nutrition Facts Table			
<ul style="list-style-type: none"> Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list provided by the supplier. Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. 			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10g and Saturated fat: ≤ 5g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 10g	Fat: ≤ 15g and Saturated fat: ≤ 7g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 7g	Fat: > 15g or Saturated fat: > 7g or Sodium: > 960mg or Fibre: < 2g or Protein: < 7g
Soups	Fat: ≤ 3g and Sodium: ≤ 720mg and Fibre: ≥ 2g	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 720mg	Fat: > 5g or Saturated fat: > 2g or Sodium: > 720mg
Side Dishes (e.g., grain and/or vegetable salads)	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg and Fibre: ≥ 2g	Fat: ≤ 7g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg	Fat: > 7g or Saturated fat: > 2g or Sodium: > 360mg

Mixed Dishes (cont.)

Mixed Dishes Without a Nutrition Facts Table			
<ul style="list-style-type: none"> For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups. Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. 			
	Sell Most (≥ 80%) Nutrition Criteria	Sell Less (≤ 20%) Nutrition Criteria	Not Permitted for Sale Nutrition Criteria
Entrées (e.g., pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the "Sell Most" category.	One or more major ingredients are from the "Sell Less" category.	Cannot be sold if prepared with any ingredients from the "Not Permitted for Sale" category.
Soups	All major ingredients are from the "Sell Most" category.	One or more major ingredients are from the "Sell Less" category.	Cannot be sold if prepared with any ingredients from the "Not Permitted for Sale" category.
Side Dishes (e.g., grain and/or vegetable salads)	All major ingredients are from the "Sell Most" category.	One or more major ingredients are from the "Sell Less" category.	Cannot be sold if prepared with any ingredients from the "Not Permitted for Sale" category.

*A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is, Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. All pizza toppings are considered major ingredients.

Miscellaneous Items

Minor Ingredients	
<ul style="list-style-type: none"> The following are considered minor ingredients and are to be used in limited amounts, as defined under "Serving Size". Choose products that are lower in fat and/or sodium. 	
Ingredients	Serving Size
Condiments and Spreads	≤ 15ml (1 tbsp)
Gravies and Sauces	≤ 60ml (4 tbsp)
Dips	≤ 30ml (2 tbsp)
Fats	≤ 5ml (1 tsp)
Oils and Dressings	≤ 15ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15ml (1 tbsp)

Not Permitted for Sale: Confectionery (Examples)
Candy Chocolate Energy bars Licorice Gum Gummies Popsicles and freezies, if not prepared with 100% juice

Nutrition Standards for Beverages

Separate beverage standards are provided for elementary and secondary schools.

All beverages sold in schools must meet the standards set out in Ontario Regulation 200 08, "Trans Fat Standards", made under the Education Act.

Beverages – Elementary Schools

Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Water	Plain		
Milk and Milk-Based Beverages (Plain or Flavoured)	Fat: ≤ 2% M.F.* or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV** and Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml
Yogurt Drinks	Fat: ≤ 3.25% M.F. or ≤ 3g and Container size: ≤ 250ml		Fat: > 3.25% M.F. or > 3g or Container size: > 250ml
Soy/Milk Alternative Beverages (Plain or Flavoured)	Fortified with calcium and vitamin D and Container size: ≤ 250ml		Unfortified or Container size: > 250ml
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added and Container size: ≤ 250ml		< 100% juice, pulp, or purée or Sugar in the ingredient list or Container size: > 250ml
Hot Chocolate	Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV and Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml
Coffee and Tea			All Coffee and Tea
Iced Tea			All Iced Tea
Energy Drinks			All Energy Drinks
Sports Drinks			All Sports Drinks
Other Beverages (e.g., soft drinks; flavoured water; "juice-ades", such as lemonade, limeade)			All Other Beverages

*M F = Milk Fat. The amount can be found on the front of the food label

**DV = Daily Value.

The full Policy/Program Memorandum No. 150 can be found at

<http://www.edu.gov.on.ca/extra/eng/ppm/150.html> and
<http://www.edu.gov.on.ca/extra/eng/ppm/Appendix150.pdf>

You can also use the website below to see if a new food or beverage fits the PPM150 standards. You just have to select the category for the product (i.e. mixed dishes for chili) and then enter the nutrition information for the product.

<http://hs.curriculum.org/sb/nst>

If the product does not have a label (i.e. chili made in the concession store, following a recipe), you can check the nutrition information for the recipe at EaTracker Recipe Analyzer.

(https://www.eatracker.ca/recipe_analyzer.aspx)