

STUDENT NUTRITION PROGRAMS

NUTRITIOUS FOOD OPTIONS

Nutritious foods are an important component of Student Nutrition Programs (SNP). Offering a variety of nutritious foods will help maximize your program's impact on student learning and health. Serving nutritious foods means offering foods and beverages that align with the Ministry of Children, Community, and Social Services [SNP Nutrition Guidelines](#).

It is also important to follow safe food handling practices when offering foods in your program. For information about food safety and Food Handler Certification programs, visit york.ca/foodsafety.

SERVING FOODS THAT DO NOT REQUIRE PREPARATION

Below are some examples of foods to serve in your SNP that do not require preparation from each food grouping. These options are ideal for programs that have limited food preparation facilities and/or volunteers to prepare foods. Please refer to the [SNP Nutrition Guidelines](#) 'Serve' and 'Do Not Serve' criteria when choosing foods to offer in your program.

Fruits and Vegetables	Whole Grain Foods	Protein Foods
<ul style="list-style-type: none"> • Apple • Banana • Baby carrots • Blueberries • Cherry tomatoes • Fruit cup • Grapes • Green beans • Mini cucumber • Mini sweet peppers • Orange, clementine or mandarin • Pear • Peach or nectarine • Plum • Prepackaged cut vegetables and/or fruit • Raspberries • Snap peas • Strawberries • Unsweetened apple or fruit sauce cup 	<ul style="list-style-type: none"> • Whole grain or whole wheat bread • Regular or mini whole grain or whole wheat bagel • Individual packages of whole grain cereal or granola • Mini whole grain or whole wheat pita, naan, or roti • Whole wheat English muffins • Premade whole wheat muffins or scones • Whole grain bars • Whole grain crackers or breadsticks • Whole grain or whole wheat bun • Plain brown rice cakes 	<ul style="list-style-type: none"> • Yogurt cups or tubes • Individual pre-packaged portions of cheese • Individual hummus cups • Pre-cooked, packaged boiled eggs • Unflavoured milk or soy beverage carton • Individual packets of sunflower or pumpkin seeds* • Individual nut-free butter packets* • Individual canned light tuna or salmon <p>*In accordance with your school's allergy and anaphylaxis policy</p>

SERVING FOODS THAT REQUIRE PREPARATION

If your program has at least one Certified Food Handler volunteer, you can serve foods that involve preparation in your SNP. Below are some examples of foods that involve preparation from each food grouping. These options are ideal for programs that have adequate on-site food preparation facilities and volunteers to prepare foods. These items can be served in addition to the examples of foods that do not require preparation outlined above. Please refer to the [SNP Nutrition Guidelines](#) 'Serve' and 'Do Not Serve' criteria when choosing foods to offer in your program.

Fruits and Vegetables	Whole Grain Foods	Protein Foods
<p>Fruits and vegetables prepared on-site, such as:</p> <ul style="list-style-type: none"> • Apple slices • Avocado slices • Banana slices • Bell pepper strips or rings • Broccoli florets • Canned fruit • Cantaloupe slices or cubes • Carrot sticks • Cauliflower florets • Cucumber sticks or coins • Celery sticks • Frozen fruit, portioned for parfaits, smoothies, etc. • Fruit salad or kebabs • Guacamole • Honeydew melon slices or cubes • Kiwi slices • Mango slices or cubes • Orange wedges • Peach or nectarine slices • Pear slices • Pomegranate • Pineapple slices or cubes • Strawberry slices • Watermelon slices or cubes • Zucchini sticks or coins 	<p>Whole grain foods prepared and/or portioned on-site, such as:</p> <ul style="list-style-type: none"> • Oatmeal • Granola • Whole grain cereal, portioned from bulk • Whole wheat muffins or scones • Whole wheat pancakes, waffles, or French toast • Whole wheat or whole grain naan, pita, or roti cut into wedges • Sandwiches or wraps using whole grain bread, bagels, tortillas, etc. • Whole grain bars • Bannock • Cooked whole wheat pasta, brown or wild rice, quinoa, couscous, etc. • Plain air-popped popcorn 	<p>Protein foods prepared and/or portioned on-site, such as:</p> <ul style="list-style-type: none"> • Yogurt, portioned from a tub (e.g., for parfaits or smoothies) • Chickpea, bean, or lentil salad • Cooked eggs (e.g., boiled, scrambled, baked, etc.) • Cheese, sliced, cubed, or grated • Hummus or bean dip • Nut-free butter used from a tub for toast, bagels, wraps, etc.* • Unflavoured milk or soy beverage, poured from a carton or bag • Sunflower or pumpkin seeds, portioned to add to parfaits, trail mix, etc.* • Roasted chickpeas or beans • Tuna, salmon, or chicken salad • Lentil or chickpea pasta • Tofu <p>*In accordance with your school's allergy and anaphylaxis policy</p>

For more Student Nutrition Program-related information and resources, visit foodforlearning.com. To request support with choosing nutritious foods and menu planning in your Student Nutrition Program, please contact HealthySchools@york.ca or call 1-877-464-9675 ext. 74407. For information on safe food handling practices and food safety training requirements, please visit york.ca/foodsafety.