STUDENT NUTRITION PROGRAMS NUTRITIOUS FOOD OPTIONS

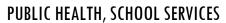
Nutritious foods are an important component of Student Nutrition Programs (SNP). Offering a variety of nutritious foods will help maximize your program's impact on student learning and health. Serving nutritious foods means offering foods and beverages that align with the Ministry of Children, Community,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

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 <u>vork.ca/foodsafety</u>.

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
 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 	 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 	 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 *In accordance with your school's allergy and anaphylaxis policy



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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.

		7
Fruits and Vegetables	Whole Grain Foods	Protein Foods
Fruits and vegetables prepared on-site, such as:	Whole grain foods prepared and/or portioned on-site, such as: 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	Protein foods prepared and/or portioned on-site, such as: 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

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.