

# OSNP Gold Standard Student Nutrition Program

## BADGE PROGRAM



How to get started:

1. Complete the suggested actions listed on this checklist
2. Each time your program has achieved the actions within a pillar, visit the OSNP-SW Gold Standard Badge Program page on our website and apply for the affiliated badge <https://osnp.ca/badge-program/>  
*Applications will be reviewed by the 15th of each month to receive a badge at the end of the month*
3. If your program is successful at achieving the badge, your Community Development Coordinator will send along an electronic badge, feel free to print it off to display within your school!
4. Once you have received a badge for each pillar, apply for the Gold Standard badge
5. If successful, your program will receive a hard copy Gold Standard Badge to post within your school and will be celebrated on OSNPs social media and website!
6. Make it a goal each school year to be recognized as a Gold Standard program by reapplying!

**We are excited to share OSNP Southwest's Gold Standard Badge Program! OSNP-SW encourages programs to encompass all seven characteristics of a "gold standard" Student Nutrition Program. By striving to achieve the suggested actions set out in each of the pillars, your program will become an exemplary program!**

## NUTRITION

- Offers a variety of nutritious foods that meet the MCCSS Nutrition Guidelines.
- The snack or meal program (depending on what the school is funded for) provides 2-3 food groups and includes a serving of vegetables and/or fruit.
- Offers new and different flavours, textures, and colour combinations. Encourages students to try new items. Serves seasonal and local (Ontario grown) food items when possible.



- Participate in a webinar or workshop
- Program receipts reflect MCCSS guidelines (receipt audits could take place)
- Offer a minimum of three new or Ontario grown or produced food items (reflected in your receipts) throughout the school year.

## PROGRAM PLANNING

- Engages a knowledgeable, well-trained and committed School Program Lead.
- Uses environmentally friendly practices whenever possible, such as using reusable or recyclable dishes and utensils. Waste is minimized from food, packaging and disposable items.
- Determines how much time is available for children and youth to eat, providing at least 20 minutes for meals, when possible.
- Includes program budgeting, monitoring and evaluation on a regular basis. Completes and submits accurate reports on time.



## PROGRAM SUSTAINABILITY

- Operates as a financially sustainable, cost shared model. Program receives funding and donations from diverse, safe and reliable sources (eg OSNP, parental contributions, school raised funds, grants and community donors).
- Has strong partnerships between students, parents, school administration, teachers, volunteers, CDC, local community groups (businesses, religious institutions, etc.), school board level staff, and public health.
- Utilizes sufficient volunteers to share the workload to avoid "volunteer burnout".



- Follow OSNP on social media.
- Has a copy of the Ministry guidelines available and references when menu and program planning.
- Follows boards eco policies and implement waste management strategies when possible (ex: recycle and composting)
- Providing adequate time for food consumption that reflects your schools daily schedule
- Webtracker reports are completed by the 15th of every month. All OSNP evaluation tools (surveys) are completed in a timely manner.
  
- Lancez au moins une collecte de fonds ou une subvention par an pour soutenir votre OSNP (voir le site Web de l'OSNP pour les ressources de collecte de fonds).
- Fournissez à votre CDC des exemples de partenariats solides qui soutiennent votre programme.
- Les heures de bénévolat sont enregistrées sur Webtracker/rapport mensuel en ligne et reflètent le partage de la charge de travail.

## EQUITY, DIVERSITY & INCLUSION



- Universal and non-stigmatizing. SNP is offered to all students within a school who can benefit from the program (since schools offer a key opportunity for intervention), or in a nearby community -based environment
- All students are aware of the program. The environment encourages a sense of community and is welcoming and inclusive for all.
- Offers food choices that are inclusive of the faiths and cultures of the school community.

## ENGAGEMENT STRATEGIES



- Involves children, youth, parents and volunteers with program planning. Involves children and youth with food preparation and clean up where possible.
- Provides an eating environment that is positive and encourages pleasant conversation. Minimize distractions, such as screens.
- Emphasizes a positive relationship between program supervisors and students. Adequate supervision is provided.

- Not placing judgement on the food that's being offered. Promotion of OSNP resources at a school community event.
- Food offered in a common space. School identifies to students to how and where the student nutrition program can be accessed (example: announcements, signage).
- Connecting school food programs to opportunities for cultural celebration and education.
- Students are offered opportunities for active participation and to lend their voices to program planning (ex: clean up, food prep, menu planning, feedback is welcomed).
- Students are involved in designing safe and welcoming spaces for school food programs. Staff and community volunteers foster a positive eating environment.
- Students are aware of who to connect with at the school when there are concerns or ideas regarding their program.

## FOOD SAFETY



- Has clean and adequate kitchen facilities and equipment in the food preparation area, food serving area, food storage area.
- Uses safe food handling practices to prepare food safely. Has at least one volunteer who is trained/certified in safe food handling. Consults with CDC and local health unit for information about how to safely handle, store and prepare food.
- The school's anaphylaxis policy is consulted and followed.

## FOOD LITERACY



- Integrates food and nutrition knowledge into SNP via curriculum links and experiential learning opportunities
- Respects that the appetites of children and youth can change for a variety of reasons. Encourages students to listen to their hunger and fullness cues. If a student is full but has not finished their food, they are not pressured to eat more. Likewise, food is not withheld from a student if it's thought they have had enough.
- Avoid offering food as a reward or an incentive.

- SFH Certificate Completed
  
- Participate in celebrations/activities or experiential learning opportunities that promote nutrition knowledge (ex: Great Big Crunch, school garden, growing tower).
- Staff and volunteers have an understanding of hunger cues and maintain a positive school food culture.
- Provide a supportive food environment, where the food culture and activities reflect positive messages and practices, shows young people how food supports their physical, social, and mental well-being, and influences attitudes and behaviours that will last a lifetime.
- Ensure the SNP remains universal and open to all.
- Food is not something to use as a reward or punishment as that does not lead to a healthy relationship with food.