



Student Nutrition Program

Nutrition Guidelines 2020

Ministry of Children, Community and Social Services

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Section 1: Purpose of the Nutrition Guidelines

Ontario's Student Nutrition Program (SNP) helps schools provide nutritious meals and/or snacks to children and youth. The SNP Nutrition Guidelines 2020 (Guidelines) will help SNP providers:

- create an environment where all children and youth feel welcomed
- encourage children and youth to pay attention to their hunger and fullness cues
- offer foods with the most nutritional value
- safely handle, store and prepare foods and beverages
- create simple menus for nutritious breakfasts, morning meals, lunches, and snacks

The Guidelines reflect current research and best practices in healthy eating. Programs are encouraged to use the Guidelines to help select and serve nutritious foods.



Section 2: Guiding Principles

The SNP Guidelines are consistent with Canada's Food Guide (CFG) and recognize that:

- good nutrition is important for healthy growth and development
- healthy children and youth are better prepared to learn
- good nutrition can reduce the risk of health problems in later years
- students can use what they learn about healthy eating in the classroom and experience in the SNP to make healthier choices throughout their day



Guiding principles for SNPs:

1. A meal is made up of at least:
 - one vegetable or fruit, **plus**
 - one protein food, **plus**
 - one whole grain food
2. A snack is made up of at least:
 - one vegetable or fruit, **plus**
 - one protein food **or** one whole grain food
3. A variety of vegetables, fruits, protein foods and whole grain foods are offered
4. Drinking water is always available
5. Meals and snacks emphasize minimally processed foods. This means offering fewer pre-packaged, ready-to-eat foods when possible
6. Safe food handling practices are used when handling, storing and preparing food
7. The school's anaphylaxis policy is consulted and followed
8. Environmentally friendly food service practices are used when possible, such as using reusable/recyclable dishes and utensils. Waste is minimized from food and packaging and disposable items. School practices are followed
9. A pleasant eating environment is encouraged, where children and youth are supported to respond to their internal cues for hunger and fullness
10. Ontario food and beverages are served when possible

Tips to help make the SNP the best it can be

- Work with the school's principal to determine how much time is available for children and youth to eat. At least 20 minutes for meals is ideal, when possible.
- Provide an eating environment that encourages pleasant conversation. Minimize distractions, such as screens.
- Test new **recipes**. Try different flavours, textures, and colour combinations.
- Offer different vegetables and fruits throughout the month. Serve seasonal food items when possible.
- Offer food choices that are inclusive of the faiths and cultures of the school community.
- Involve children, youth, parents and volunteers when planning menus and choosing foods.
- Involve children and youth with food preparation and clean up where possible. Use **safe food handling** practices to prepare food safely.
- Respect that the appetites of children and youth can change for a variety of reasons. Students are encouraged to listen to their hunger and fullness cues. If a student is full but has not finished their food, do not put pressure on them to eat more. Likewise, do not withhold food from a student if you think they have had enough.
- Avoid offering food as a reward or an incentive.
- Children and youth are easily influenced by casual comments and/or conversations about weight, body size and calories. Show a positive attitude when discussing food and health in front of students.
- Connect with your local community development coordinator, food and logistics coordinator or **lead agency** to learn how they can support your SNP (e.g. information on approved vendors, approved food products, menu design, etc.).
- Connect with your **local public health unit** for more information about nutrition and food safety.



Section 3: Food and Beverage Choice Tables

Food and beverage choices are divided into tables based on the **Canada's Food Guide Plate** from the **CFG**: vegetables and fruits, whole grain foods, protein foods.

Food choices are categorized as “serve” or “do not serve” in these tables.

There is also a table for “minor ingredients”, which are foods that do not fit on the Canada's Food Guide Plate.



Understanding “serve” and “do not serve”

Serve

Foods and beverages in this category:

- ✓ Have lower amounts of added sugar, salt and saturated fat. They are good sources of nutrients such as fibre, calcium and iron.
- ✓ Are minimally processed.
- ✓ Can be served at all meals and snacks
- ✓ Align with recommendations in CFG.
- ✓ Are safe to consume.

Do not serve

Foods and beverages in this category:

- ✗ Have higher amounts of added sugar and/or salt. They contain unhealthy fats and/or small amounts of nutrients such as fibre, calcium and iron.
- ✗ Are highly processed.
- ✗ Should not be offered in SNPs.
- ✗ Do not align with recommendations in CFG.
- ✗ May not be safe to consume (e.g. raw fish, sprouts or unpasteurized dairy).

Note: The food and beverage choice tables are not complete lists. If you have a question about an item that is not on the list, contact your **lead agency** or **local public health unit**.

How to use the food and beverage choice tables

Most packaged foods and beverages have a food label. This information is needed to know if a food or beverage can be served (or not served) in your SNP. It is important to understand how to use the **nutrition facts table** and the **ingredient list** on foods and beverages. Here are some things you will need to know:

- Foods such as fresh vegetables and fruits do not have food labels because they have nothing added to them. All fresh vegetables and fruits are found in the serve category of the food and beverage choice tables (except for raw sprouts, for food safety reasons).
- Information in the **nutrition facts table** is based on a quantity called **servicing size**. It is listed at the top of the table. The serving size tells you the amount of food used to calculate the numbers in the nutrition facts table. It may or may not be the amount that you choose to serve in your SNP.
- The **%DV (daily value)** shows how much (or how little) of a nutrient is in a food or beverage. 5%DV or less means there is a little of a nutrient and 15%DV or more means there is a lot of a nutrient in the food or beverage⁵. %DV is found on the right-hand side of the nutrition facts table.
- CFG recommends having less sodium. Bread products, cereals, packaged snacks and processed meats, etc. can have a lot of sodium. Look for foods and beverages with less than or equal to 10%DV (daily value) of sodium to serve in your SNP.
- CFG recommends choosing foods and beverages with less added sugar¹. Items such as bakery products, sweetened

cereals, packaged snacks and flavoured yogurts can have a lot of added sugar.

- Look for whole grain products with **less than or equal to 8 grams of sugar per 30 gram serving**.
- Look for flavoured yogurts with **less than or equal to 11 grams of sugar per 100 gram serving**.
- CFG recommends eating **whole grain foods**. Whole grain foods are a good source of dietary fibre. Examples include whole wheat flour, buckwheat, barley, corn, oats, quinoa, spelt, bulgur, farro, whole wheat couscous, wheat berries, and brown rice.
- The **ingredient list** shows all the ingredients in a packaged food in order of weight. It begins with the ingredient that weighs the most. Look for grain products with whole grain as the first ingredient on the ingredient list.
- It can take some practice to learn to read and understand food labels. You may also need to do some manual calculations to see if a food or beverage meets the criteria to 'serve' or 'do not serve'. Visit **Understanding Food Labels in Canada—UnlockFood.ca** and **Health Canada** for more information on reading food labels.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Vegetables and Fruits

Serve vegetables and/or fruits at every meal and snack.

	Serve	Do not serve
Vegetables	<ul style="list-style-type: none"> ✓ Fresh vegetables ✓ Frozen vegetables with no added salt or sauce ✓ Potatoes, boiled, baked or mashed with no added salt ✓ Canned vegetables with sodium less than or equal to 10% DV (daily value) per serving, drained and rinsed to lower the sodium content further ✓ Canned tomatoes and tomato-based pasta/pizza sauces with less than or equal to 10% DV (daily value) sodium per serving 	<ul style="list-style-type: none"> ✗ Vegetable juice, including 100% juice ✗ Packaged potato products (e.g. french fries, hash browns, instant potatoes) ✗ Battered or deep-fried vegetables ✗ Vegetable chips (e.g. potato, carrot) ✗ Canned vegetable soup, canned tomatoes and tomato-based pasta/pizza sauces with more than 10% DV (daily value) sodium per serving ✗ Cream-based vegetable soups ✗ Raw sprouts (e.g. alfalfa sprouts, bean sprouts, clover, radish and mung beans), due to food safety concerns



	Serve	Do not serve
Fruits	<ul style="list-style-type: none"> ✓ Fresh fruits ✓ Frozen fruits with no added sugar ✓ Unsweetened applesauce or fruit purées ✓ Canned fruit in water or 100% juice, drained ✓ Dried fruit with no added sugar 	<ul style="list-style-type: none"> ✗ Fruit juice, including 100% juice ✗ Fruit flavoured drinks such as fruit beverages, punches, cocktails ✗ Unpasteurized juice or cider ✗ Fruit leathers ✗ Sweetened applesauce or fruit purées ✗ Canned fruit in syrup ✗ Dried fruit with sugar added ✗ Battered or deep-fried fruits ✗ Jellied desserts that contain fruit ✗ Fruit flavoured candies (e.g. gummies, fruit rolls) including those made with juice ✗ Fruit chips (e.g. banana, plantain)

💡 Good to Know!

Dried fruit (with no sugar added) can be part of healthy eating, but it can stick to teeth and cause cavities. If you choose to offer dried fruit, serve it as part of a meal together with water and crunchy fruits and vegetables or cheddar cheese⁶.

Whole Grain Foods

	Serve	Do not serve
Whole Grain Foods	<ul style="list-style-type: none"> ✓ Whole grain, whole wheat or bran is first on the ingredient list AND ✓ Sodium is less than or equal to 10% DV (daily value) per serving AND ✓ Sugar is less than or equal to 8 grams per 30 gram serving 	<ul style="list-style-type: none"> ✗ Whole grain, whole wheat or bran is not first on the ingredient list OR ✗ Sodium is more than 10% DV (daily value) per serving OR ✗ Sugar is more than 8 grams per 30 gram serving
Bread Products	<ul style="list-style-type: none"> ✓ Whole grain or whole wheat breads, buns, bagels, rolls, English muffins, pitas, tortilla, flatbreads, roti, naan, bannock, chapatti, lavash, challah ✓ Whole grain or whole wheat pancakes or waffles ✓ Whole grain or whole wheat pizza crust or dough 	<ul style="list-style-type: none"> ✗ Enriched wheat flour or multigrain bread, bagel, buns, English muffins, pancakes, waffles and tortillas ✗ Flavoured or sugar-coated breads, naan and bagels (e.g. cinnamon, raisin, blueberry) ✗ White pizza crust or dough including frozen/purchased pizza
Cereals	<ul style="list-style-type: none"> ✓ Oatmeal (e.g. quick cooking or large flake) ✓ Oatmeal, instant (lightly sweetened) ✓ Whole grain cereals 	<ul style="list-style-type: none"> ✗ Cereal with chocolate, candies, marshmallows or sugar-coated pieces ✗ Oatmeal, instant (regularly sweetened)

	Serve	Do not serve
Baked goods	<ul style="list-style-type: none"> ✓ Whole grain muffins and scones 	<ul style="list-style-type: none"> ✗ Toaster pastries, pastries, croissants ✗ Muffins and scones with chocolate, caramel or candy ✗ Cakes, cupcakes, donuts, pies, cookies and squares
Grain-based snacks	<ul style="list-style-type: none"> ✓ Whole grain granola or cereal-type bars without chocolate, candy or marshmallows and not dipped in chocolate or yogurt ✓ Whole grain crackers, breadsticks ✓ Popcorn (air popped, unsalted, no butter) ✓ Brown rice cakes, unflavoured and unsweetened 	<ul style="list-style-type: none"> ✗ Chocolate or yogurt dipped granola or cereal-type bars or those containing marshmallows, candy or chocolate pieces ✗ Non-air popped popcorn (e.g. microwaveable popcorn) and/or popcorn with added flavours ✗ Pretzels ✗ Tortilla chips ✗ Pita chips ✗ Chip-like snack foods (including seasoned mini-rice cakes, nachos) ✗ Brown rice cakes, flavoured/sweetened
Noodles, rice and other grains	<ul style="list-style-type: none"> ✓ Whole grains (e.g. quinoa, oats, bulgur, buckwheat, barley, farro, whole wheat couscous) ✓ Brown rice, wild rice ✓ Whole wheat or whole grain noodles, soba, udon, vermicelli ✓ Polenta 	<ul style="list-style-type: none"> ✗ White rice (converted, parboiled), rice noodles and enriched white pasta ✗ Flavoured, pre-packaged grains, rice and pasta (e.g. garlic, herb, chicken, vegetable, macaroni and cheese) ✗ Instant noodle soup

Protein Foods

	Serve	Do not serve
Milk	<ul style="list-style-type: none"> ✓ Plain skim, 1%, or 2% cow's milk ✓ Skim milk or partly skimmed milk powder ✓ Canned, evaporated milk, used in cooking and baking ✓ Buttermilk, used in cooking and baking 	<ul style="list-style-type: none"> ✗ Flavoured milk (e.g. chocolate milk, strawberry milk) ✗ Hot chocolate ✗ Milkshakes ✗ 3.25% cow's milk (homogenized milk), table cream, coffee cream, whipping cream, non-dairy whipped cream toppings ✗ Unpasteurized milk (e.g. raw milk)
Milk Alternatives	<ul style="list-style-type: none"> ✓ Unsweetened/unflavoured, fortified soy beverage ✓ Unsweetened/unflavoured plant-based beverages with at least 6 grams protein per 250 ml and at least 30%DV for calcium and 30%DV for vitamin D per 250 ml <p>Note: Unsweetened plant-based beverages that do not meet the criteria for protein, calcium and vitamin D (e.g. coconut, rice, almond, potato, oat) may be served to accommodate children with allergies ONLY if unsweetened soy beverage (or equivalent) is not an option.</p>	<ul style="list-style-type: none"> ✗ Unfortified plant-based beverages ✗ Flavoured/sweetened plant-based beverages

	Serve	Do not serve
Yogurt	<ul style="list-style-type: none"> ✓ Plain yogurt, soy yogurt and kefir with less than or equal to 2% milk fat ✓ Flavoured/sweetened yogurt, soy yogurt and kefir with less than or equal to 11 grams of sugar per 100 gram servings and less than or equal to 2% milk fat 	<ul style="list-style-type: none"> ✗ Yogurts with added sugar/candy/chocolate ✗ Frozen yogurt ✗ Drinkable yogurt ✗ Yogurts made from unpasteurized milk
Cheese	<ul style="list-style-type: none"> ✓ Hard and soft, non-processed cheese made from pasteurized milk (e.g. cheddar, mozzarella, parmesan, monterey jack, havarti, gouda, swiss, paneer, feta, ricotta, cottage cheese) with less than or equal to 20% milk fat (when possible) ✓ Cheese strings, cheese curds with less than or equal to 20% milk fat (when possible) and less than or equal to 10%DV sodium per servings 	<ul style="list-style-type: none"> ✗ Processed cheese slices ✗ Cheese made from unpasteurized milk ✗ Soft cheeses made from unpasteurized milk (e.g. brie, camembert, and blue-veined cheese like roquefort and gorgonzola) ✗ Breaded or fried cheese (sticks), cheese curds with more than 10%DV sodium per servings
Eggs	<ul style="list-style-type: none"> ✓ Eggs purchased from an approved source (or 'graded' eggs) ✓ Plain pasteurized liquid whole egg ✓ Pre-boiled hard cooked eggs 	<ul style="list-style-type: none"> ✗ Eggs purchased from an unapproved source (or ungraded eggs) ✗ Unpasteurized eggs ✗ Seasoned or flavoured liquid egg product ✗ Raw or lightly cooked eggs and egg dishes that contain undercooked eggs such as mousse, dressings, and sauces made on-site

	Serve	Do not serve
<p>Nut, seed, and legume butters</p> <p>Follow your school's anaphylaxis policy.</p>	<ul style="list-style-type: none"> ✓ Nut, seed and legume butters (including peanut, almond, walnut, sesame, sunflower, pea and soy butters) ✓ Whole nuts and seeds (dry roasted or unroasted, with no added salt, sugar, oil) 	<ul style="list-style-type: none"> ✗ Nut, legume or seed butters that have added sugar (e.g. chocolate, chocolate hazelnut, honey, berry) ✗ Salted or coated nuts or seeds
<p>Tofu, beans and lentils</p>	<ul style="list-style-type: none"> ✓ Dried beans, lentils, peas ✓ Hummus or other bean dips with sodium less than or equal to 10% DV per <u>serving</u> ✓ Baked chickpeas with sodium less than or equal to 10% DV per <u>serving</u> ✓ Lentil, chickpea and other plant-based pastas with less than or equal to 10% DV sodium per <u>serving</u> ✓ Canned beans, lentils, chickpeas with less than or equal to 10% DV sodium per <u>serving</u>, drained and rinsed to lower sodium content further ✓ Tofu, tempeh, textured vegetable protein with less than or equal to 10% DV sodium per <u>serving</u> ✓ Plant-based burgers and meatballs with less than or equal to 10% DV sodium per <u>serving</u> 	<ul style="list-style-type: none"> ✗ Canned baked beans, in tomato sauce, with pork, molasses or maple syrup ✗ Store-bought breaded and fried meat alternatives ✗ Simulated meat strips ✗ Plant-based hotdogs, sausages, bacon ✗ Frozen and prepared tacos/burritos ✗ Tofu dessert

	Serve	Do not serve
Fish	<ul style="list-style-type: none"> ✓ Fresh, frozen, or canned fish with less than or equal to 10% DV sodium per serving, drained and rinsed to lower sodium content further, and low in mercury (e.g. cod, sole, haddock, salmon, tilapia, trout, canned light tuna, whitefish) 	<ul style="list-style-type: none"> ✗ Store-bought breaded or battered fried fish ✗ Fresh, frozen or canned fish high in mercury (e.g. canned albacore tuna) ✗ Cold smoked fish
Meat	<ul style="list-style-type: none"> ✓ Fresh, frozen, ground or pre-cooked with less than or equal to 10% DV sodium per serving: <ul style="list-style-type: none"> • Lean cuts of beef, pork loin, traditional meats and wild game • Patties or meatballs • Skinless chicken and turkey ✓ Canned chicken/turkey, drained and rinsed to lower sodium content ✓ Pre-cooked chicken/turkey 	<ul style="list-style-type: none"> ✗ Prepared/cured meats (for example, wieners/hotdogs, sausages, pepperoni sticks) ✗ Deli meats (for example, bologna, salami, summer sausage, deli roast beef/turkey/chicken) ✗ Store-bought breaded and fried meats ✗ Ham ✗ Ribs ✗ Side bacon, back bacon, turkey/chicken bacon, imitation bacon bits ✗ Meat pies

💡 Good to Know!

Health Canada advises that young children have specific limits on canned albacore (white) tuna due to its high mercury content.⁷ There is no limit on canned light tuna for young children, as it is low in mercury.



Miscellaneous items not to be served

These foods and beverages contain few or no essential nutrients, and/or contain high amounts of added salt, sugar or unhealthy fats.

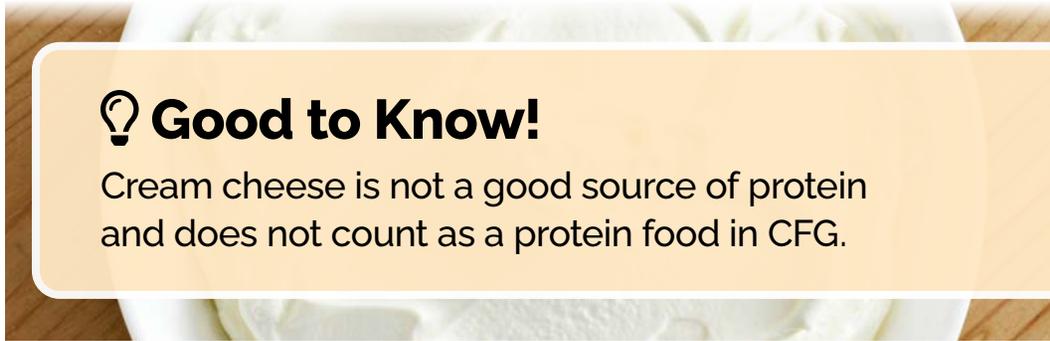
Do not serve:

- ✗ food and beverages containing caffeine such as coffee, tea and iced tea
- ✗ diet and regular pop
- ✗ energy drinks or sports drinks
- ✗ flavoured or vitamin water
- ✗ protein or meal replacement drinks and bars (except when indicated by a parent/caregiver for medical reasons)
- ✗ candy (including yogurt covered, gummy-type, licorice, fruit flavoured)
- ✗ chocolate, chocolate bars (including energy and protein-type bars)
- ✗ marshmallows
- ✗ jellied type desserts
- ✗ frozen treats such as ice cream, freezie-type, popsicles, slushies or frozen juice snacks
- ✗ hard margarines
- ✗ lard or shortening
- ✗ palm oil
- ✗ foods with artificial trans fat
- ✗ foods with sugar substitutes or sweeteners
- ✗ pudding

Minor ingredients

The following items can be used in small amounts (as indicated below) and served on the side, when necessary, or used in the preparation of mixed dishes.

- **Condiments** e.g. ketchup, relish, mustard, cream cheese (approximately 1-2 tsp/student), e.g. salsa (approximately 3 tbsp/student)
- **Gravies, sauces** (approximately 1-2 tbsp/student)
- **Dips** e.g. salad dressings, sour cream (approximately 1-2 tbsp/student), e.g. baba ganoush, spinach dip (approximately 3 tbsp/student)
- **Oils, non-hydrogenated margarines, dressings, mayonnaise** e.g. canola, olive, safflower, soybean, sunflower, non-hydrogenated margarine, traditional fats that are liquid at room temperature, butter (approximately 1-2 tsp/student)
- **Toppings and extras** e.g. coconut, parmesan cheese (approximately 2-3 tsp/student), e.g. olives (approximately 4-5/student), pickles (approximately 1 medium/student)
- **Honey, jam, jelly, marmalade, fruit butter, or syrup** (approximately 1-2 tsp/student)



💡 Good to Know!

Cream cheese is not a good source of protein and does not count as a protein food in CFG.

Section 4: Food and Nutrition Information

Canada's Food Guide

CFG advises Canadians to:

- eat a variety of healthy foods each day including vegetables and fruits, protein foods and whole grain foods
- choose protein foods that come from plants more often
- make water your drink of choice

CFG also says that healthy eating is more than the foods you eat. It says to:

- be mindful of your eating habits
- cook more often
- enjoy your food
- eat meals with others
- use food labels
- limit foods high in sodium, sugars or saturated fat
- be aware of food marketing

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Protein foods

Protein foods are good sources of protein and certain vitamins and minerals (e.g. vitamin D and calcium) that are needed for overall health.

Dairy foods are good choices for SNPs. Cow's milk is an excellent source of calcium and vitamin D. Yogurt and cheese are good sources of calcium. These foods are nutritious and well accepted by most children and youth. They are easily included in meals and snacks.

Some **plant-based beverages** such as unsweetened fortified soy beverage, are similar to cow's milk in nutrition and can be offered in SNPs. Other plant-based beverages such as unsweetened/unflavoured almond milk, oat milk, coconut milk, cashew milk, flax milk, hemp milk and rice milk are not good sources of protein and should not be served in SNPs. There are exceptions for students with food allergies. Look in the **milk section of the food and beverage choice tables** for more information.

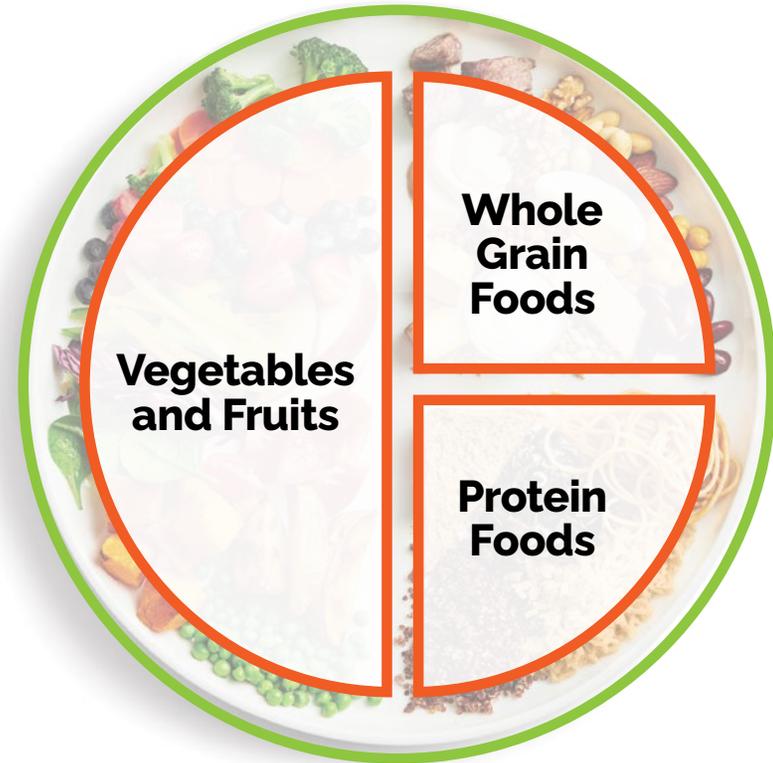
Plant-based protein foods are also good choices for SNPs. They have more fibre and less saturated fat than other types of protein foods, which is beneficial for overall health.

Serving sizes

CFG no longer gives guidance on the number of **servings** of foods and beverages people should eat each day. Instead, Canada's Food Guide Plate advises that Canadians (over the age of 2 years) use the concept of proportions to help plan healthy meals and snacks.

The **Canada's Food Guide Plate** is designed to help Canadians understand recommended proportions. It is meant to show that half of what we eat in the day should be vegetables and fruits. A quarter of what we eat should be whole grain foods and a quarter should be protein foods, with water being the drink of choice. The Canada's Food Guide Plate applies to any type of dish or meal. It can even be used when foods are mixed together, like in a soup, stir-fry or casserole.

It is not meant to show the amount of food Canadians should eat or that we should only use plates for our food.



The amount of food a child or youth eats on any given day can vary. It depends on many things including their age, stage of growth, activity level, general health and genes. It is important to trust that children and youth know how much they need to eat to best satisfy their appetite. All children and youth should be encouraged to pay attention to these natural hunger and fullness cues.

See **menu planning and food purchasing** for help with determining quantities of food to purchase and serve.

Food labels

Food labels are important sources of information for SNPs. The **nutrition facts table** and the ingredient list can help you to make informed choices and find products that meet the SNP Guidelines.

You can learn more about reading food labels from **Health Canada**.

Percent daily value (%DV)

The **%DV (daily value)** is found on the right-hand side of a nutrition facts table. It helps to see if a food or beverage has a little or a lot of a nutrient. 5%DV or less means there is 'a little' of a nutrient and 15%DV or more means there is 'a lot' of a nutrient⁵.

The Guidelines use %DV as a way to choose foods that are lower in sodium (i.e. less than or equal to 10% DV sodium). You can learn more about %DV from **Health Canada**.

Frequently asked questions

How can we reduce the amount of sugar served in our SNP?

CFG recommends limiting foods and drinks that are high in **sugar** to limit the amount of sugar Canadians consume. High intakes of sugar increase the risk of negative health effects. The Guidelines encourage eating less sugar by having:

- a sugar limit of 8 grams or less per 30 gram **servings** for ready-to-eat cold and hot cereals and other whole grain foods

- a sugar limit of 11 grams per 100 gram **servings** of sweetened/flavoured yogurt

To add sweetness to foods and beverages, try these suggestions:

- top whole grain waffles or pancakes with unsweetened pureed fruit (e.g. applesauce) instead of syrup
- serve unsweetened pureed, whole or frozen fruit as a cereal topper
- add spices like cinnamon to plain oatmeal
- make homemade smoothies with milk (or a plant-based alternative from the 'serve' category), yogurt and fruit (not juice)
- serve plain yogurt with fruit (e.g. frozen berries, sliced banana, pineapple tidbits, etc.) instead of sweetened yogurt

What should we look for when choosing yogurts to offer?

Currently, most flavoured yogurts have high amounts of sugar added. This is especially true of yogurts marketed to children such as yogurt tubes and drinks. Some yogurt tubes can have as much as 60% of its energy from sugar. A small amount of this is natural sugar and the rest is added. Look for yogurts that have less than or equal to 11 grams sugar per 100 gm **servings**.

Plain yogurt is a good source of calcium. Other yogurts have different amounts of calcium. Compare the **nutrition facts table** and choose one with more **%DV** for calcium per **servings**, when possible.

Some yogurts have extra ingredients to give a certain colour, flavour or texture. Compare the list of **ingredients** and choose one with less of these extra ingredients, when possible.

Is sodium the same as salt?

Sodium is a nutrient found in salt. Foods low in sodium or with no added salt should be served when possible. Most Canadian children consume too much sodium. This increases their risk for negative health outcomes. All types of salt are high in sodium. Kosher salt, sea salt, fleur de sel, Himalayan salt, gourmet salt and smoked salt all have the same amount of sodium as table salt. They are not healthier choices.

What is the difference between refined, enriched, multigrain and whole grain?

Whole grains contain all portions of the grain's kernel: the germ, bran, and endosperm. Some sources of whole grains are whole wheat flour, buckwheat, barley, corn, oats, quinoa, spelt, bulgur, farro, whole wheat couscous, wheat berries, and brown rice. Whole grain foods are a healthier choice because they contain nutrients and fibre from all three parts of the kernel of grain.

Refined grains have undergone a refining process that removes the germ and bran, which gives it a smoother texture. Some common refined grains include white flour and white rice.

Enriched grains have gone through a refining process that removes the germ and the bran, but has nutrients added back. Although many of the vitamins lost in the refining process can be added back, the lost fibre is not replaced.

Multigrain means that many kinds of grains are in the product, but these grains may be refined.

Learn how to find **whole grain foods**.

Why are deli meats in the “do not serve” category?

Processed meats like cold cuts, ham, bacon, sausages and hot dogs contain nitrates and nitrites. These are added to meat to prevent them from spoiling and to improve colour and flavour. Nitrates and nitrites are not cancer causing alone but can be changed in our bodies to form compounds associated with an increased risk of cancer. These types of meats are also typically high in sodium.

How can we know if a recipe meets the Guidelines?

First, check to see if the recipe provides **nutrition** facts. If so, use that information along with the list of **ingredients** to see which category the recipe fits into (i.e. serve or do not serve). If there are no nutrition facts for the recipe, use the list of ingredients to decide which category it is more likely to fit into. For most recipes (e.g. soups, smoothies, casseroles) the main ingredients should come from the serve category. Check with your **lead agency** or **local public health unit** if you are still unsure if your recipe meets the Guidelines.



How can our SNP reduce the impact on the environment?

There are a number of ways SNPs can positively impact the environment. Here are a few suggestions:

- learn how to sort recyclables, garbage and organic waste in your area
- include plant-based foods more often in your SNP menus. In general, these foods use fewer resources such as land and water. They also make less greenhouse gases compared to animal-based foods
- use clean, reusable bags or containers if purchasing food from retail outlets
- reflect on how food is produced, packaged, processed and transported before purchasing
- choose foods that are **in season** and produced **locally**. This can help reduce carbon emissions produced during transportation. In season produce is usually cheaper, providing an added benefit for SNPs
- keep track of when you purchase foods and **store them properly** in the fridge or freezer. If you have extra vegetables and fruits, find ways to use them before they spoil. For example, bell peppers can be used for a snack with hummus or a bean dip or can be frozen and used in a stir fry, wrap/sandwich or bean salad at a later date. **Here are more tips** on how to reduce food waste.

Can we serve food purchased at a farm or farmer's market in our SNP?

Contact your **lead agency** or **local public health unit** for information about buying food from a farm or farmer's market.



Section 5: Food Safety

It is important to handle food safely so that people do not get **sick** from food offered in SNPs.

Food safety requirements

SNPs are food premises and must comply with **Ontario Food Premises Regulation 493/17**. In January 2020, some changes were made to the Regulation that affects SNPs. These changes affect programs that offer low-risk or ready-to-eat, pre-packaged foods only.

You should consult with your **lead agency** or **local public health unit** to find out how the Regulation applies to your program.

Food handler training

SNPs are able to offer a greater variety of foods and beverages if they have at least one volunteer trained/certified in **safe food handling**.

Food handler training is available in-person and online. Check with your **lead agency** or **local public health unit** to learn more about training in your area. They may have food handler training specifically for SNPs.

High-risk foods

High-risk foods are more likely to cause **food-borne illness** than low-risk foods. The more steps involved in preparing and serving a food increases the chances of bacteria growing in the food.

Some foods are always high-risk (e.g. uncooked meat, uncooked eggs) and other foods become high-risk because of how they are prepared or served. For example, pouring milk, cutting cheese, or portioning out yogurt from a large container into bowls makes these foods high-risk. Examples of high-risk foods include cut vegetables, fruits and cheese, cereal with milk, cooked oatmeal, etc.

SNPs that serve any high-risk foods need to have at least one person trained/certified in safe food handling. A person trained/certified in safe food handling can help to ensure that all the program volunteers handle food safely and that the requirements of **Ontario Food Premises Regulation 493/17** are met. This person needs to be in the building when the food is prepared and served.

Low-risk or pre-packaged, ready-to-eat foods

Low-risk food is food in a form or state that cannot grow micro-organisms that can cause illness. Ready-to-eat food is food that has no extra processing steps before eating. Pre-packaged food is food that is packaged at a location other than where it is offered for sale. Examples of low-risk or pre-packaged, ready-to-eat foods include whole vegetables, whole fruits, single-serve yogurts, etc.

SNPs that serve only low-risk and ready-to-eat, pre-packaged foods do not need to have someone trained/certified in safe food handling on site¹⁵. However, they should practice safe food handling using the tips below.

Safe food handling tips for SNPs

The tips below are not intended to replace the information provided in safe food handler training programs.

1. Keep hands clean

- Hand washing is required before handling any food item. It is an important step to make sure food remains safe to eat.
- **Wash your hands** often when you prepare and handle food. Use hot and cold running water and liquid soap. Use an air dryer or paper towels from a dispenser to dry your hands.
- Do not use alcohol-based hand sanitizers. They are not the same as handwashing.
- Wash your hands after using the toilet, sneezing, coughing, or blowing your nose. Ask students to do the same.
- Wear gloves if you have a cut or burn on your hands, artificial nails or rings that can't be removed. Change your gloves often. Always wash your hands when you change your gloves to make sure they are always clean.
- Do not touch your hair, face or other parts of the body with your hands when you're handling food. If you do, wash your hands.
- Make sure your hair, jewelry or other things do not fall into food.

2. Buy and offer food that is safe

- Make sure that all the food you offer in your SNP has been handled safely before you get it. Ask your **lead agency** and **public health inspector** for more information.
- Companies that handle food must be inspected and certify that the food they sell is safe. These include grocery stores, food caterers, restaurants, wholesalers, community food hubs and distributors.
- Do not offer food prepared in someone's home.
- Only use cans that are free from rust and dents and are not leaking or swollen.
- Do not offer vegetables and fruits that are partly spoiled (e.g. have mould or soft mushy parts).
- You may serve food a few days after the **best before date**. After this date, food starts losing its taste, quality, etc. but is still safe to eat.
- Make sure food is not mouldy or stale. This can happen before or after the best before date if food is not handled properly.

3. Handle and store foods carefully

- Your **lead agency** will give you all the information you need to handle and store food safely.
- Keep re-usable storage/delivery containers and grocery bags clean. Wash them regularly with hot soapy water and rinse. They do not need to be sanitized if they have only been used with pre-packaged foods.

- Write the date on all foods when you get them. Serve the older foods first. Do not offer stale bread or baked goods.
- Seal packages after they are opened (e.g. bread, cereal). If a food is close to its best before date, freeze it so that you can use it later.
- Keep food off the floor.
- Keep cleaning supplies and other chemicals away from food and away from students. If student volunteers will be using cleaners, make sure they are trained to use them safely.

Tips for SNPs that serve only low-risk or pre-packaged, ready-to-eat foods

1. Prepare to serve foods safely

Contact your **lead agency** or **local public health unit** to learn how to set up your site and how to get the equipment and supplies you will need to serve low-risk or ready-to-eat, pre-packaged foods safely. Ask your school principal which sanitizer your school has approved for use on eating surfaces. Find out where to purchase it. Read and follow the instructions for its use.

- Always **wash your hands** before handling food. There should be a sink close to where the food is prepared and served.
- Clean and sanitize sinks, work surfaces and eating surfaces with hot, soapy water, rinse and let air dry. Once dry, spray sanitizing solution and let air dry again.
- Rinse whole fruits and vegetables under running water and let air dry on paper towels before serving.

2. Wash and sanitize utensils and surfaces properly

SNPs serving low-risk or ready-to-eat, prepackaged foods may use a domestic dishwasher or the **two-sink or three-sink method** for cleaning and sanitizing utensils and dishes (e.g. bowls for serving whole fruits or vegetables) that come into contact with food.

- If there is not a separate sink for hand washing, then make sure the sink is cleaned and sanitized before dishwashing.
- The rinse and sanitize step should be done in a second or third sink. If this is not available, you can use a **dishwash container or bin** in place of the second or third sink.
- Let dishes and utensils air dry or use paper towels. Dish cloths are not recommended for drying dishes and utensils.
- Sanitize cloths daily, after washing them. Soak the cloths in the sanitizer used to clean surfaces, then air dry. Sponges are not recommended.



Section 6: Menu Planning and Food Purchasing

Menu planning and food purchasing tips

- Know your budget and use it to plan your menus and purchases
 - Plan menus in advance and use the menu planning checklist. Offer a variety of foods every week.
 - Make a purchasing plan using the menus. Include food vendors that meet your budget. This planning can reduce the number of deliveries vendors need to make to your site (or trips to the local grocery store).
 - Make a list of the things you need to buy by taking an inventory of what you already have on hand.
 - Organize your purchases and buy in bulk as much as possible.
 - Use the online SNP centralized food purchasing system (if available in your region). It offers a variety of foods and beverages that meet the SNP Guidelines, along with many other benefits (e.g. delivery, traceability, recalls, safe transport and storage). Check with your local community development coordinator, food and logistics coordinator or lead agency for more information.
- Check online and store flyers for sales, coupons and specials that will help reduce food costs. Use price matching if allowed at your grocery store.
 - Choose Ontario grown vegetables and fruits, and other Ontario-made products. Look for the Foodland Ontario symbol.
 - Choose fresh vegetables and fruits in season. Frozen and canned vegetables and fruits are also nutritious choices.
 - Choose local foods when possible. Some centralized food purchasing vendors feature local produce. Check with your local community development coordinator, food and logistics coordinator or lead agency for more information.
 - If you have an indoor or outdoor school garden and would like to serve these foods in your SNP, check with your lead agency and local public health unit to learn more about safe food handling practices specific to your situation.
 - Read food labels to compare products. When looking for sodium, use the percent daily value (%DV) on the nutrition facts table. The limit for sodium in the Guidelines is less than or equal to 10% DV per serving size. The limit for sugar for grain products is 8 grams per 30 gram serving and 11 grams per 100 gram serving of flavoured yogurt.
 - When shopping at a store, choose the lowest price options when possible. Store brand and name brands are just as nutritious.



How to know how much to buy

Check with your local community development coordinator, food and logistics coordinator or **lead agency** to see if they have tips for calculating how much food to buy for your program. Amounts will vary from program to program depending on the number of students, their ages, time of year and other factors specific to each school community.

Use the **serving size** from the food labels of protein foods and whole grain foods as a rough estimate of the amount to buy per student meal or snack. Then multiply by the number of student meals or snacks you will offer for the week.

For vegetables and fruits, use the charts below to estimate the weight of different vegetables and fruits to buy based on the number of student meals or snacks you offer.

Keep records of your food purchases and take an inventory each week of what is leftover. This will help you to know if you need to increase or decrease the amounts you buy.

Use these **tips to help reduce food waste**.



A guide to buying vegetables and fruits in quantity

Vegetables		How many pounds do I need for		
Vegetable type and suggested serving sizes	One pound = (approximately)	10 students	25 students	50 students
Asparagus (fresh) 1 serving = ½ cup or 6 spears	1 bunch (16 - 20 spears) or 3 cups	2	4	8
Green beans 1 serving = ½ cup	3 cups	2	4	8
Broccoli 1 serving = ½ cup	1 bunch or 4 ½ cups	1 ½	3	5 ½
Cabbage 1 serving = ½ cup (1 large head = 4lbs)	4 ½ cups	1 ½	3	5 ½
Carrots 1 serving = ½ cup or 1 medium	4 large or 3 cups	2	4	8
Cauliflower 1 serving = ½ cup (1 large head = 12 cups or 2.75 lbs)	2 ½ cups	2	5	10

Vegetables		How many pounds do I need for		
Vegetable type and suggested serving sizes	One pound = (approximately)	10 students	25 students	50 students
Celery 1 serving = ½ cup or 1 stalk (1 bunch = 1.5lbs)	4 cups	1½	3	6½
Frozen vegetables 1 serving = ½ cup	3 cups	2	4	6
Leaf lettuce 1 serving = 1 cup	1 head or 8 - 11 cups	1	2 - 3	4½ - 6½
Mushrooms 1 serving = ½ cup	30 mushrooms or 6 cups sliced	1	2	4
Pepper 1 serving = ½ cup or ½ medium	3 medium or 3 cups	1½	3 - 4	6½ - 8
Potatoes 1 serving = ½ cup or ½ medium	3 potatoes or 3 cups	2	4	8
Snap peas 1 serving = ½ cup	20 pods or 4 cups	1½	3	6½
Spinach 1 serving = 1 cup (fresh)	6 - 10 cups (fresh)	1 - 2	2½ - 4	5 - 8

Vegetables		How many pounds do I need for		
Vegetable type and suggested serving sizes	One pound = (approximately)	10 students	25 students	50 students
Tomatoes 1 serving = ½ cup	3 medium or 3 cups	2	4	8
Turnip 1 serving = ½ cup	4 cups	1½	3	6½
Zucchini 1 serving = ½ cup	3 small or 4 cups	1½	3½	6½

Fruits		How many pounds do I need for		
Fruits type and suggested serving sizes	One pound = (approximately)	10 students	25 students	50 students
Apples 1 serving = 1 small or ½ cup	3 medium or 3 cups	3½	8½	17
Apricots (dried) 1 serving = ½ cup	3 cups	1	2	4
Apricots (fresh) 1 serving = 3 apricots	5 to 8 medium	4 - 6	9½ - 15	19 - 30
Bananas 1 serving = 1 medium	3 medium or 2 cups (sliced)	3½	8½	17

Fruits		How many pounds do I need for		
Fruits type and suggested serving sizes	One pound = (approximately)	10 students	25 students	50 students
Berries (except strawberries) 1 serving = ½ cup	2 cups	2 ½	6 ½	12 ½
Cantaloupe 1 serving = ½ cup (1 cantaloupe = 3lbs or 7 cups)	1/3 medium or 2 ½ cups	2	5	10
Cherries 1 serving = 20 cherries	60 - 80 cherries or 3 cups	2 ½	6 ½	12 ½ - 17
Grapes seedless 1 serving = 20 grapes	40 grapes or 3 cups	5	12 ½	25
Honeydew melon 1 serving = ½ cup (1 honeydew = 5 ½ lbs or 12 cups)	1/4 medium or 3 cups	1 ½	4	8
Mandarins 1 serving = 1 mandarin	3 - 4 mandarins or 2 - 3 cups	2 ½ - 3 ½	6 ½ - 8 ½	12 ½ - 17
Oranges 1 serving = 1 medium	2 - 3 oranges or 2 - 3 cups	3 ½ - 5	8 ½ - 12 ½	17 - 25
Peaches (canned, sliced) 1 serving = ½ cup	2 cups or 16 oz can	2 ½	6 ½	12 ½

Fruits		How many pounds do I need for		
Fruits type and suggested serving sizes	One pound = (approximately)	10 students	25 students	50 students
Peaches (fresh) 1 serving = 1 medium	3 medium or 2 cups	3 ½	8 ½	17
Pears 1 serving = 1 medium	3 medium or 2 cups	3 ½	8 ½	17
Pineapple 1 serving = ½ cup (1 pineapple= 3lbs or 5 cups)	1/3 pineapple or 2 ½ cups	2	5	10
Plums 1 serving = 1 plum	5 medium or 2 ½ cups	2	5	10

Note: 1 pound = 2.2 kilograms



Section 7: Special Diet Considerations

Faith-based diet: Many religions include guidance on what is appropriate to eat in order to demonstrate faith. SNPs should make an effort to offer foods and beverages that are consistent with a student's faith, while still meeting the SNP Guidelines.

Culturally appropriate diet: A person's ethnic and cultural background has a huge impact on their food choices and eating practices. SNPs should make an effort to reflect the diversity of the school community with its food and beverage choices, while still meeting the Guidelines.

Plant-based or vegetarian diet: Students following a plant-based or vegetarian diet can include fortified soy beverages and a variety of plant-based protein foods such as beans, lentils, tofu, etc. They may avoid or limit dairy and eggs.

Vegan diet: Individuals following a vegan diet do not eat any foods that come from animals including eggs, dairy products, gelatin, and honey.

Medically directed diet: Particular attention is required when providing food to students with certain medical conditions. Parents and caregivers are the best source of information for their student's specific needs.

Food allergies and intolerances: In order to help keep children

and youth with food allergies safe and feeling well, use these best practices:

- supervise young children while eating
- have a "no sharing rule" while eating
- encourage all students to wash their hands before and after eating
- ensure eating surfaces are cleaned before and after the program
- offer alternative options for students with food allergies (e.g. students with milk allergies can be offered a fortified soy beverage instead of milk and students with Celiac disease can have gluten-free whole grain rice crackers instead of whole wheat crackers). Consult with the parent or guardian before offering an alternative to a student.

Food Allergy Canada has more information about the differences between food allergies and food intolerances.

SNPs need to follow their school's anaphylaxis policy which includes anaphylaxis emergency plans for students with allergies. Consult the school's principal for more information.

Additional resources about food allergies in schools:

- Allergy Aware training for schools
- Anaphylaxis in Schools & Other Settings 3rd Edition Revised
- Food Allergy Canada resources for schools

Should any other special dietary requirements arise, contact a registered dietitian at your local public health unit.

Section 8: Guidelines for Accepting Food Donations

Ensure that foods and beverages donated to your SNP are:

- found in the serve category in the **food and beverage choice tables**
- from certified safe sources such as grocery stores, wholesalers and distributors, inspected food services (e.g. caterers), community food hubs and approved farms or farmer's markets
- handled, transported and stored using **safe food handling practices**
- in their original containers, with no broken seals
- without conditions, such as marketing, advertising of products, or distribution of materials (e.g. toys, posters)

For more information refer to the [Ontario Ministry of Health Safe Food Donation Reference Document](#) and the [Ontario Ministry of Health Food Donation Supplemental Materials](#).



Section 9: Sample Menus

Menu planning checklist

SNP menus should meet the following requirements:

	Menu requirements	Yes
1	All meals are made up of at least: <ul style="list-style-type: none">• 1 vegetable or fruit, plus• 1 protein food, plus• 1 whole grain food	
2	All snacks are made up of at least: <ul style="list-style-type: none">• 1 vegetable or fruit, plus• 1 protein food or• 1 whole grain food	
3	All foods and beverages are found in the 'serve' category of the food and beverage choice tables	
4	Foods and beverages found in the 'do not serve' category of the food and beverage choice tables items identified are not included	
5	Items listed as minor ingredients in the food and beverage choice tables are used in small amounts	
6	Drinking water is always available	

Grab and go ideas

Vegetables & fruits	Protein foods*	Whole grain foods*
<ul style="list-style-type: none"> • Cucumber slices • Baby carrots • Cherry tomatoes • Snap peas • Apple • Berries • Celery • Broccoli florets • Bell Peppers • Grapes • Pears • Peaches • Melon • Bananas • Oranges • Oranges, clementines 	<ul style="list-style-type: none"> • Boiled eggs • Bean dips (e.g. <u>hummus</u>, <u>black bean</u>, lentil) • Mixed seeds (e.g. sunflower seeds, pumpkin seeds, and flax seeds) • Milk • Fortified soy beverage • Yogurt • Cheese strings, cubed hard cheese • Canned fish, canned chicken (low sodium) 	<ul style="list-style-type: none"> • Whole grain or whole wheat bread, buns, bagels, rolls, English muffins, pitas, tortillas, bannock, naan, roti, chapatti, lavash, cereal • Whole grain crackers, breadsticks • Plain popcorn • Brown rice cakes • Whole grain muffins, <u>scones</u> • Grain-based bars

*Follow the school's anaphylaxis policy. Check food labels of these foods to make sure they fit in the 'serve' category of the food and beverage choice tables.

Grab and go meal menu

Day	Week 1
1	Apple Cheese string Grain-based bar
2	Baby carrots and mini cucumber <u>Hummus</u> Whole grain crackers
3	Peach Milk Cold cereal
4	Banana Yogurt Whole wheat bagel
5	Cherry tomatoes and celery sticks Boiled egg Brown rice cake

Grab and go snack menu

Day	Week 1
1	Snap peas, cucumber and bell pepper strips <u>Black bean dip</u>
2	Baby carrots and celery sticks Canned light tuna Whole grain crackers
3	Banana Yogurt
4	Orange Grain-based bar
5	Cherry tomatoes and celery sticks Boiled egg Brown rice cake

Breakfast or morning meal menu

A meal is made up of at least one vegetable or fruit PLUS one protein food PLUS one whole grain food.

Day	Week 1	Week 2	Week 3
1	Apple slices Cheese cubes Banana muffin	Pear Yogurt <u>Apple cinnamon muffin</u>	Cantaloupe Cottage cheese Whole wheat pita
2	Orange wedges Milk or fortified soy beverage Whole grain cereal	Broccoli Egg muffin (Eggs, low-fat milk, spinach, onion, red bell pepper, salt and pepper) Whole grain crackers	Celery sticks Quesadilla (diced green peppers, onions, cheese, salsa, black beans) Milk
3	Strawberries Mixed seeds (sunflower seeds, pumpkin seeds, flax seeds) <u>Strawberry pancakes</u>	Cherry tomatoes and baby carrots <u>Red lentil dhal</u> Whole wheat naan bread	Fruit salad (grapes, honeydew melon, berries) Milk <u>Oatmeal bannock</u>
4	Veggie sticks (broccoli, carrots, celery) <u>Hummus</u> Whole grain crackers	<u>Raspberry-spinach twist smoothie</u> Whole grain toast	<u>Egg and veggie scramble</u> Whole wheat tortilla
5	Sliced avocado Boiled egg Whole wheat English muffin	Sliced cucumbers Swiss cheese slice Whole grain bagel	Apple slices Yogurt Grain-based bar

Snack menu

A snack is made up of at least one vegetable or fruit PLUS either one whole grain OR protein food.

Day	Week 1	Week 2
1	Sliced pears Marble cheese cubes	Carrots and celery sticks <u>Bean dip</u>
2	Guacamole Whole wheat pita wedges	Orange wedges Popcorn
3	Red bell pepper and cucumber slices Boiled egg	Berries Yogurt
4	Grapes Grain-based bar	Spinach salad with grated carrot Canned light tuna Whole wheat crackers
5	Apple <u>Roasted chickpeas</u>	Banana Cottage cheese Whole grain bagel

Lunch menu

A meal is made up of at least one vegetable or fruit PLUS one protein food PLUS one whole grain food.

Day	Week 1	Week 2
1	<p><u>Coleslaw</u> Mini pizza (whole wheat English muffin, tomato sauce, mozzarella cheese)</p>	<p><u>Turkey chili</u> Whole wheat chapatti</p>
2	<p><u>Vegetable curry</u> Milk Brown rice</p>	<p>Salad (baby spinach leaves, strawberries, red onion, balsamic vinaigrette, extra virgin olive oil, salt and pepper) <u>Tuna salad wrap</u></p>
3	<p>Broccoli and cauliflower trees <u>Mac n' cheese with a veggie twist</u></p>	<p>Couscous with vegetables and chickpeas</p>
4	<p><u>Three sisters' soup</u> Whole wheat bannock</p>	<p><u>Fruit salad</u> Egg muffin (eggs, low-fat milk, spinach, onion, red bell pepper, salt and pepper) Whole grain bread</p>
5	<p>Carrot and celery sticks <u>Egg salad sandwiches</u></p>	<p><u>Tomato lentil stew</u> Whole wheat pita</p>

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