



GOING THE HEALTHY ROUTE AT SCHOOL

Framework Policy on Healthy Eating and Active Living

Information Sheet

AVAILABILITY OF CHOCOLATE IN SCHOOLS

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can chocolate be offered in cafeterias and vending machines or sold as part of fundraising activities?

The Framework Policy has two orientations that aim for student access to a variety of foods of good nutritional value, the elimination of foods of low nutritional value from all school food supplies, and the coherence of food-related activities with Policy orientations.

Orientation 1: Offer a variety of foods and give priority to foods of good nutritional value

- One priority element of this orientation is:
 - Offer desserts and snacks made with fruit, milk products and whole grain products, and avoid those that have a high fat or sugar content

Orientation 2: Eliminate foods of low nutritional value from all school food supplies

- Two priority elements of this orientation are:
 - Eliminate products in which sugar or a sugar substitute is the first ingredient listed
 - Sell or offer foods and beverages that meet dietary guidelines at fundraising events, special events, on school trips, outings, etc.

Furthermore, the Framework Policy has three pamphlets that recommend the following:

- Pamphlet 1: Healthy school menus
 - Avoid high-fat, high-sugar desserts and snacks (e.g. pastries, cakes, pies, donuts, ice cream, chocolate bars with less than 70% cocoa) and replace them with homemade muffins or cookies, homemade banana bread or carrot cake, cereal bars, etc.
- Pamphlet 2: Healthy vending machines
 - Eliminate the sale of all products in which sugar is the first ingredient listed (e.g. candy bars, candies, chocolate- or yogurt-covered dried fruit, chocolate- or sugar-coated fruit snacks, chocolate with less than 70% cocoa).
- Pamphlet 3: Healthy snacks
 - Products in which sugar or an equivalent is the second or third ingredient listed should be chosen only occasionally.

Given the above, the availability or sale of chocolate is not prohibited as long as the first ingredient listed in the chocolate product is not sugar. Chocolate with at least 70% cocoa generally contains less sugar than white or milk chocolate. However, chocolate with 70% cocoa is still a considerable source of sugar and fat, and should therefore be eaten only occasionally and in moderation.

Note: Other names for sugar include sucrose, fructose, dextrose, glucose-fructose, invert sugar, malt syrup and corn syrup.