



GOING THE HEALTHY ROUTE AT SCHOOL

Framework Policy on Healthy Eating and Active Living

Information Sheet

COMMERCIALLY BREADED FOODS

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can schools include in their food supplies commercially breaded foods made of whole wheat breadcrumbs as long as they are not fried?

The Framework Policy has two orientations that aim to provide students with a variety of foods of good nutritional value and to eliminate foods of low nutritional value from all school food supplies.

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

- Three priority elements of this orientation are:
 - Give priority to whole grain products
 - Favour low-fat or nonfat cooking methods, such as steaming, baking, braising, poaching, grilling or roasting
 - Avoid products containing saturated or hydrogenated fats (trans fats)

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

- One priority element of this orientation is:
 - Eliminate frying or deep-frying, and avoid commercial and pre-fried breaded foods

Pamphlet 1, *Healthy School Menus*, recommends the following:

- Cut down the amount of fat in prepared foods
- Replace white flour with whole wheat breadcrumbs when breading foods, and oven bake

To this end, the elimination of commercially breaded food as per the Framework Policy is applicable only to pre-fried foods. It is recommended that the breadcrumbs used to prepare the food be whole wheat, whether the food is prepared by the school or ahead of time by a caterer.
