



GOING THE HEALTHY ROUTE AT SCHOOL

Framework Policy on Healthy Eating and Active Living

Information Sheet

SPECIAL EVENTS and FUNDRAISING EVENTS and ACTIVITIES

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can schools offer or sell foods or beverages of low nutritional value during fundraising events or activities and special events?

The Framework Policy has an orientation that aims to eliminate foods of low nutritional value from all school food supplies.

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

The five priority elements of this orientation are:

- Eliminate sugar-sweetened and artificially sweetened (diet) soft drinks as well as sugar-sweetened beverages
- Eliminate products in which sugar or a sugar substitute is the first ingredient listed
- Eliminate French fries
- Eliminate frying and deep-frying, and avoid commercial or pre-fried breaded foods
- Sell or offer foods and beverages that meet dietary guidelines at fundraising events, special events, on school trips, outings, etc.

These elements must be respected during fundraising events or activities in order to maintain coherence and to set an example.

These elements must also be respected during special events (sports, community or other), not only to maintain coherence and to set an example, but also to provide students with good quality food, which is essential to student health and learning. However, schools can occasionally stray from this orientation in particular circumstances.

Schools may select a limited number of events where foods and beverages of low nutritional value are offered. For example, they could focus on events that are related to cultural traditions such as sugar shack outings, Valentine's Day or Halloween. However, regardless of the exception made, it is possible to make room for healthy choices:

- offer foods and beverages of high nutritional value in addition to those of low nutritional value
- limit the variety or quantity of the foods or beverages of low nutritional value, or decrease the portions offered
- among the foods and beverages of low nutritional value, choose those with the least sugar and fat content
- demonstrate creativity by making healthier food choices (popcorn, oven-baked pita bread seasoned with spices, tofu sausages, etc.)

When schools are unable to control the food supply (e.g. during class trips), they should, whenever possible, schedule meals in venues that offer healthy food options.

Foods and beverages must never be used in the form of rewards or punishments.