



# GOING THE HEALTHY ROUTE AT SCHOOL

## Framework Policy on Healthy Eating and Active Living

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### Information Sheet

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#### PRE-FRIED POTATOES

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can schools offer pre-fried potatoes?

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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

- Two priority elements of this orientation are:
  - 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

- Two elements of this orientation are:
  - Eliminate French fries
  - Eliminate frying or deep-frying, and avoid commercial or pre-fried breaded foods

Pamphlet 1, *Healthy School Menus*, which complements the Framework Policy, recommends the following:

- When served as a side dish, potatoes should be boiled, baked, mashed, etc.

Therefore, schools do not have to eliminate potatoes prepared by using low-fat or nonfat cooking methods from their food supplies, as long as the potatoes are not pre-fried.

There has been some confusion concerning the definition of French fries. Please note that potatoes cut into wedges or any other shape qualify as French fries only if they are deep-fried.