



BREAKFAST (whole-wheat waffles and garnishes)

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can educational institutions that offer breakfast to students serve whole-wheat waffles and garnishes that have sugar as the first listed ingredient?

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

- Five priority elements (PE) of this orientation are:
 - ⇒ Provide a variety of fruits and vegetables (PE 3)
 - ⇒ Provide a variety of 100% pure (unsweetened) fruit juices and vegetable juices, in addition to milk and water (PE 4)
 - ⇒ Give priority to whole grain products (PE 5)
 - ⇒ Favour low-fat or nonfat cooking methods, such as steaming, baking, braising, poaching, grilling or roasting (PE 8)
 - ⇒ Avoid products containing saturated or hydrogenated fats (trans fats) (PE 9)

Orientation 2:

Eliminate foods of low nutritional value from all school food supplies

- Three priority elements of this orientation are:
 - ⇒ Eliminate sugar-sweetened and artificially sweetened (diet) soft drinks as well as sugar-sweetened beverages (PE 10)
 - ⇒ Eliminate products in which sugar or a sugar substitute is the first ingredient listed (PE 11)
 - ⇒ Eliminate frying and deep-frying, and avoid commercial or pre-fried breaded foods (PE 13)

Pamphlet 1 *Healthy school menus* recommends the following:

- In schools that serve breakfast, make sure that breakfast food items meet the criteria specified in the Framework Policy as well as recommendations from *Canada's Food Guide*.

Given priority element 11, where breakfast is concerned, the main course and its garnish should be considered a single product. As a result, a serving of toast, pancakes, waffles or bagels served with jam, a fruit spread or maple syrup will be considered a single product, and its sugar content will be assessed accordingly.

Waffles may be part of the school food supplies, but they should be made of whole-wheat flour. Fresh fruit or fruit coulis, for example, may be served as garnish.

It is also recommended that educational institutions offer breakfasts made up of at least three out of the four food groups found in *Canada's Food Guide*, including a source of protein.