



FOOD DONATIONS

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can educational institutions offer students food that has been donated by organizations if this food does not comply with the criteria set out in the Framework Policy?

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 of this orientation are:
 - ⇒ Provide a variety of fruits and vegetables
 - ⇒ Provide a variety of 100% pure (unsweetened) fruit juices and vegetable juices in addition to milk and water
 - ⇒ 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

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

To ensure consistency, educational institutions must respect these elements for all foods offered and in all socioeconomic situations, even when food is donated. However, depending on the environment, the anticipated changes may take more or less time to implement.

School boards should make donor organizations aware of the orientations of their respective policies and of the Framework Policy, and find ways of working with them to offer foods of good nutritional value as soon as possible.