

### Snacks

Try these healthy items at your next school function (dance, classroom celebration, school open house, etc.):

- Whole fruit/fruit tray with low-fat yogurt dip
- Fruit kebabs
- Sliced watermelon
- Fruit with yogurt
- Canned fruit (in its own juice)
- Frozen fruit with yogurt
- Fruit and yogurt parfaits (use clear cups, layer vanilla yogurt with fruit chunks, top with low-fat granola)
- Vegetable trays with lower-fat dip
- Hummus with whole grain pita or crackers
- Cheese with whole grain crackers or breadsticks
- Apple sauce and an oatmeal cookie
- Oatmeal cranberry cookie with milk or yogurt
- Trail mix made with high fiber cereal and pretzels
- Low-fat and sugar muffins
- Party sandwich trays
- Hot chocolate made with real milk (2% M.F. or less)
- Yogurt cups
- Cheese strings
- Yogurt-based drinks (15% DV of Calcium) and 2% M.F. or less
- Fruit smoothies
- Soy beverage

Offering healthy foods at schools and school events will help children grow and do well at school. Use the following guidelines when ordering food or planning school events.

### Soft Taco or Wrap, Burgers, Bagel or Pita Sandwiches (beef, chicken or fish)

Choose whole grain items

Include two vegetable choices

Choose lean meat and meat alternatives (eg. roast beef, grilled chicken, lean ground beef\*, ham, turkey, tuna canned in water\*\*, back bacon, refried beans or hummus)

Modest amounts of mustard and pickles are acceptable. Serve no more than 5 mL / 1 tsp of the following: sauce, dressing, mayonnaise or non-hydrogenated margarine

### Pizza

Pizza crust should be whole wheat

Besides tomato sauce, add at least one more Vegetables or Fruit choice

Meat and Alternatives choices include: ham, grilled chicken and lean ground beef

### Subs, Wraps, Bagels or Pita Sandwiches

Choose whole wheat items

Sandwiches should include at least two vegetable choices (eg. lettuce, tomatoes, cucumbers, etc.)

Recommended Meat and Alternatives choices are: lean ham, turkey, chicken, tuna, roast beef and hummus. Pepperoni, bologna and other higher-fat processed meats are not recommended

Modest amounts of mustard and pickles are acceptable. Serve no more than 5 mL / 1 tsp of the following: sauce, dressing, mayonnaise or non-hydrogenated margarine

### On the Side

Remember that lower-fat milk (skim, 1% or 2%), lower-fat yogurt (2% MF or less) and lower-fat block cheese (15-20% MF) make great additions to any meal.

\*Choose lean meats (no more than 17% fat) and deli meats (no more than 10% fat and no more than 480 mg sodium). If offered, meat substitutes for vegetarians and tofu must have less than 10% DV for saturated plus trans fat.

\*\*Use canned, flaked, chunk or solid light tuna that contains Skipjack or Tongol varieties that are low in mercury content. Avoid using white or Albacore tuna, which is higher in mercury content.

### Soups, Stews, Chili or Pasta

Serve with a whole wheat roll, whole wheat crackers or other whole grain product

Provide a serving of Vegetables and Fruit. This can include a serving of fresh fruit or canned fruit (packed in juice or light syrup)

Recommended Meat and Alternatives choices include: lean ground beef, turkey, chicken, baked beans, black beans, chick peas, lentils or any other legumes.

### Salads/Cold Plate

Serve with whole grain or whole wheat items such as bread or pita

Include at least two Vegetable or fruit choices. If serving cold plate, it is acceptable to offer a serving of fresh fruit or canned fruit (packed in juice or light syrup)

Choose leaner Meat and Alternatives (eg. black beans, chick peas, eggs, lean ham, turkey, tuna canned in water\*\*, chicken or roast beef) to go with salad

Limit salad dressing to no more than 15 mL/1tbsp

### Mini-Pizzas, Grilled Cheese Sandwiches, Tuna Melts

Breads, English muffins or tortilla shells should be whole grain

Provide a serving of Vegetables and Fruit with the meal. This can include a serving of fresh fruit or canned fruit (packed in juice or light syrup)

Leaner meat should be used in the meal. Recommended Meat and Alternatives choices include: turkey, chicken, roast beef and tuna canned in water\*\*

### Foods

#### Spreads

Hydrogenated (hard) margarine, shortening

#### Baked goods

Doughnuts, muffins, cakes, pastries, cookies, tortillas, pies, tarts

#### Packaged snack foods

Chips, crackers, microwave popcorn, granola bars, cereal bars, pudding cups

#### Breaded/deep fried foods

Chicken nuggets and burgers, fish sticks, onion rings, hash browns, French fries

#### Ready to eat & frozen foods

Pizza, pizza pockets, toaster pastries, instant soups and noodle kits

#### Convenience foods

Muffin/cake mixes, icing/whipped toppings, ready-to-bake dough, puff pastry, hot chocolate mix and coffee whitener.

**Note:** Naturally occurring trans fats found in dairy products and meats are not subject to these standards. However, if there are other fat sources in the ingredient list, like oils, fish, eggs, avocados nuts/seeds or wheat germ, then the product is not exempt and the % trans fat must be calculated.

1. Create a list of all foods sold at your school. Use the list on the left panel to help identify the foods that may contain trans fat.
2. Find the amount of trans fat (g) and total fat (g) in these foods. People involved in purchasing or preparing foods for sale in the school, like caterers, restaurants, food service providers, volunteer shoppers, and staff/students involved in fundraising, can help you find this information.
3. Use the product information to calculate the % Trans Fat in each product. According to the **Healthy Food for Healthy Schools Act (2008)** the trans fat content must be as follows:

Vegetable oils and soft margarines -----  $\leq 2\%$  of the total fat content

Any other food, beverage or ingredient -----  $\leq 5\%$  of the total fat content

#### To calculate % Trans Fat:

Nutrition Facts		Valeur nutritive	
Per 1/8 tray (283 g) / pour 1/8 de plat			
Amount Teneur		% Daily Value % valeur quotidienne	
Calories / Calories	140		
Fat / Lipides	5 g	8%	
Saturated / saturés	1 g	13%	
+ Trans / trans	1.5 g		
Cholesterol / Cholestérol	15 mg		
Sodium / Sodium	160 mg	7%	
Carbohydrate / Glucides	23 g	8%	
Fibre / Fibres	1 g	4%	
Sugars / Sucres	13 g		
Protein / Protéines	1 g		

$\frac{\text{Trans Fat (g)}}{\text{Total Fat (g)}} \times 100$

**In this example:**

$\frac{1.5 \text{ g}}{5.0 \text{ g}} \times 100 = 30\%$

Use the product label and this simple formula to calculate the % Trans Fat in all food products sold in your school.

This product would not be allowed because 30% trans fat exceeds the trans fat standards.

#### Helpful Suggestions:

Ask the school's math club, or a class that learned to calculate percentages in the previous school year, to calculate the % Trans Fat.

Consider a staff volunteer that would be interested in getting involved, or someone already involved in fundraising or event planning at the school.

*adapted with permission from the Simcoe Muskoka District Health Unit*