

Healthy Pizza Days

Nutrition Tools for Schools

You can help your students practice what they learn in the classroom about healthy eating and Canada's Food Guide by ensuring that your pizza lunch is healthy and culturally acceptable.

Applying the School Food and Beverage Policy (P/PM 150) Nutrition Standards to pizza days

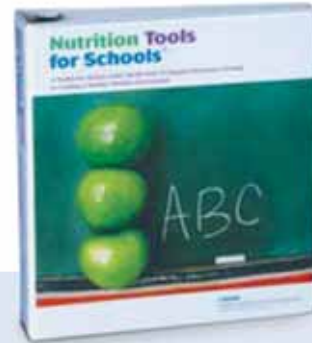
The Ministry of Education mandates that all food and beverages sold in schools meet nutrition standards outlined in the School Food and Beverage Policy (P/PM 150). The policy classifies foods and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale.

Nutrition Tools for Schools® (NTS) promotes the selection of food and beverages with Maximum Nutritional Value*. To make sure your pizza meets the criteria for the Sell Most category, and provides Maximum Nutritional Value, give the attached letter and compliance form to your pizza supplier.

A healthy pizza includes:

- Whole grain crust (some white flour can be used)
- Part skim milk cheese (20% MF or less)
- Lean meat (eg, grilled chicken) and vegetable toppings
- Low sodium pizza sauce (360 mg or less)

By meeting the above criteria you will be complying with P/PM 150.



Nutrition Tools for Schools® is a program consisting of a Toolkit and public health support to help your school create a healthy nutrition environment.

* Food and beverages with Maximum Nutritional Value meet or exceed P/PM 150 because they are:

- Part of the four food groups in Canada's Food Guide
- Higher in nutrients needed for optimal growth and development (eg, iron, vitamin D, calcium, vitamin C, vitamin A, protein, fibre)
- Lower in unhealthy fats (ie, saturated fat and trans fat) and usually contain little or no added salt and sugars

Success to share

Canada's Food Guide recommends that we make at least half of our Grain Products whole grain each day. To help meet this recommendation, and meet P/PM 150 Nutrition Standards, Glad Park Public School began offering pizza on whole wheat crust. By the end of the school year, almost half of the pizza orders were for whole wheat crust. Voices from Glad Park students...

*I didn't notice a difference between whole wheat and white crust. Erin, Grade 2
I tried a piece of white crust and whole wheat crust and I liked the whole wheat one better! Justin, Grade 3*

Now the school only offers pizza on whole wheat crust. Not only did the children not mind, but during the 2009/10 school year Glad Park saw an increase in their sales!

Submitted by: Diana Bohemier, Glad Park School Council Treasurer



Be sure to select the healthiest choice...

Some pizza companies may offer a pepperoni pizza on white crust that meets P/PM 150 by changing the size of the pizza slice and the amount of toppings. We recommend that you sell pizza with Maximum Nutritional Value. This aligns with Canada's Food Guide advice to choose whole grain products, leaner meat and lower fat milk products and reinforces your classroom healthy eating lessons.

Together we can make the healthy choice the easy choice!

For more information about Nutrition Tools for Schools®, P/PM 150, or healthy eating, please contact your local public health unit:



Call the Health ACTION Line at
1-800-660-5853 or 613-345-5685 or visit us
at <http://www.healthunit.org/school/healthyeating.html>

For information on healthy schools go to the Ministry of Education Healthy School website
<http://www.edu.gov.on.ca/eng/healthyschools/policy.html>