

Ontario's School Food and Beverage Policy (P/PM 150)... what it means for parents

The what... P/PM 150:

- Includes nutrition standards (eg, amounts of fat and sodium) to identify food and beverages as either Sell Most, Sell Less or Not Permitted for Sale
- Applies to all food and beverages sold at school (eg, catered lunches, tuck shops, fundraising, sporting events)
- Does not apply to food or beverages in packed lunches from home
- Is mandatory in September, 2011

The why... P/PM 150:

- Helps children practise what they learn about healthy eating in the classroom
- Teaches children to make healthy choices
- Helps children learn better
- Shows children that the school cares about their health as well as their education

We appreciate your support as we make changes to the food and beverages we are providing at our school. By working together, families and schools can instil positive values in our children about the importance of nutrition throughout their lives.

Together we can make the healthy choice the easy choice!

Revised from Nutrition Tools for Schools® 2007
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