

February 2014

TO: School Principals

FROM: Denise Johnson, Director of Instruction

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RE: Guidelines for Food & Beverage Sales in BC Schools (rev 2013)

1. What are The Guidelines?

The Guidelines for Food and Beverage Sales in BC Schools (Healthy Eating Guidelines) define the nutrition standard that schools are required to use to determine what food and beverages can be sold to students. The Guidelines support the curriculum and learning outcomes for Comprehensive School Health, Healthy Living and Healthy Eating at school. Food provided at school following the Guidelines, increases access to healthy choices while limiting access to food and beverages high in sodium, sugar and fat. www.healthyschoolsbc.ca

2. Background

The Healthy Eating Guidelines were developed by the Ministry of Education and Ministry of Health and implemented in BC Schools in 2009. The Guidelines were revised in 2013 with *required compliance* in all schools by September 2014. A supported Provincial implementation plan includes a comprehensive web-based resource and contact hot-lines (Dietitian 811) www.healthlinkbc.ca/foodguidelines

3. 2014 Guidelines

Significant changes to the revised guidelines include:

- Scoring categories changed from Choose Most and Choose Sometimes to Sell Most and Sell Sometimes
- Checklist developed to score Freshly-Made Foods as “Sell” or “Do Not Sell”
- Prepackaged food scored by Nutrition Content and/or Name Brand Food List www.brandnamefoodlist.ca
- Revised Nutrient Criteria
- Mandated Policy - Required Implementation September 2014

4. What do the New Guidelines Mean for Principals & Vice Principals?

The Healthy Eating Guidelines apply to all food sold to students or provided at school including:

- cafeterias, vending machines, school stores, lunch and breakfast programs, and for fundraising activities. (VBE Policy EF: Healthy Living)
- The Healthy Eating Guidelines model the learning outcomes for the Comprehensive School Health Curriculum.
- Schools providing food independent of contracts negotiated by VBE Purchasing or food programs managed by VBE Food Services, are responsible for compliance to the Healthy Eating Guidelines, related Food Safe Legislation and Competitive Food Sales. (see attachment)