REGISTER OF OFFICIAL DOCUMENTS

FOOD & NUTRITION POLICY

Code:	P-2.5
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Number of Pages:	7
Origin :	Food Services
Operator and Storage Site:	Legal Counsel
History :	Adopted by Resolution PC 98 -06-12 Amended by Resolution 01- 08-05 Amended by Resolution 03- 06-02 Amended by Resolution 07-02-02 Amended by Resolution 2018-01-#02

3.15. All school staff and partners in the school community have a shared responsibility in promoting and providing healthy food choices and in modeling healthy eating.

3.16.

Addendum A

CAF-MOBILE: A lunch program for the participating elementary schools. Meals are prepared by the contracted Food Service provider and delivered to the schools.

FOOD AND NUTRITION POLICY SPECIFICATIONS: A supplemental document created from the current nutrition research. Modifications by the Food and Nutrition Team may be made as nutritional updates are published and product availability may vary.

FOOD SERVICE CONTRACT: applies to an outside food service provider, as adopted by resolution of the Council of Commissioners. The Food and Nutrition Policy is a main component of the contract.

FOODSERVICE PROVIDER: The food service company awarded a contract by LBPSB.

HEALTHY: An item designated as being healthy must provide significant amounts of important nutrients such as vitamin A, vitamin C, calcium, iron, protein and fiber and is in accordance with Canada's Food Guide.

QEP: The QEP is a tool that teachers use every day to carry out their tasks. It is also an essential guide for the school administration, staff and governing boards. Quebec Education Plan The purpose of the QEP is to support schools in helping students succeed in their personal, educational and career plans. The QEP was designed to provide a com-mon

Addendum C

FOOD AND NUTRITION POLICY SPECIFICATIONS

FOOD	SPECIFICATION	PORTION SIZE
MAIN PLATE A-	meat, poultry, fish, eggs, legumes	

FREQUENCY:
Main dish A and/or B: offer 2 choices daily

FORTIFIED SOY BEVERAGE	≤10 g sugar per 250 ml ≤1.5 g saturated fat per 250 ml	250 ml See Note 5
YOGOURT FREQUENCY: minimum of 1 kind available daily	2% MF or less 55 mg or 5% DV calcium or more Variety of flavours	

Note 1:

Calculation for protein:

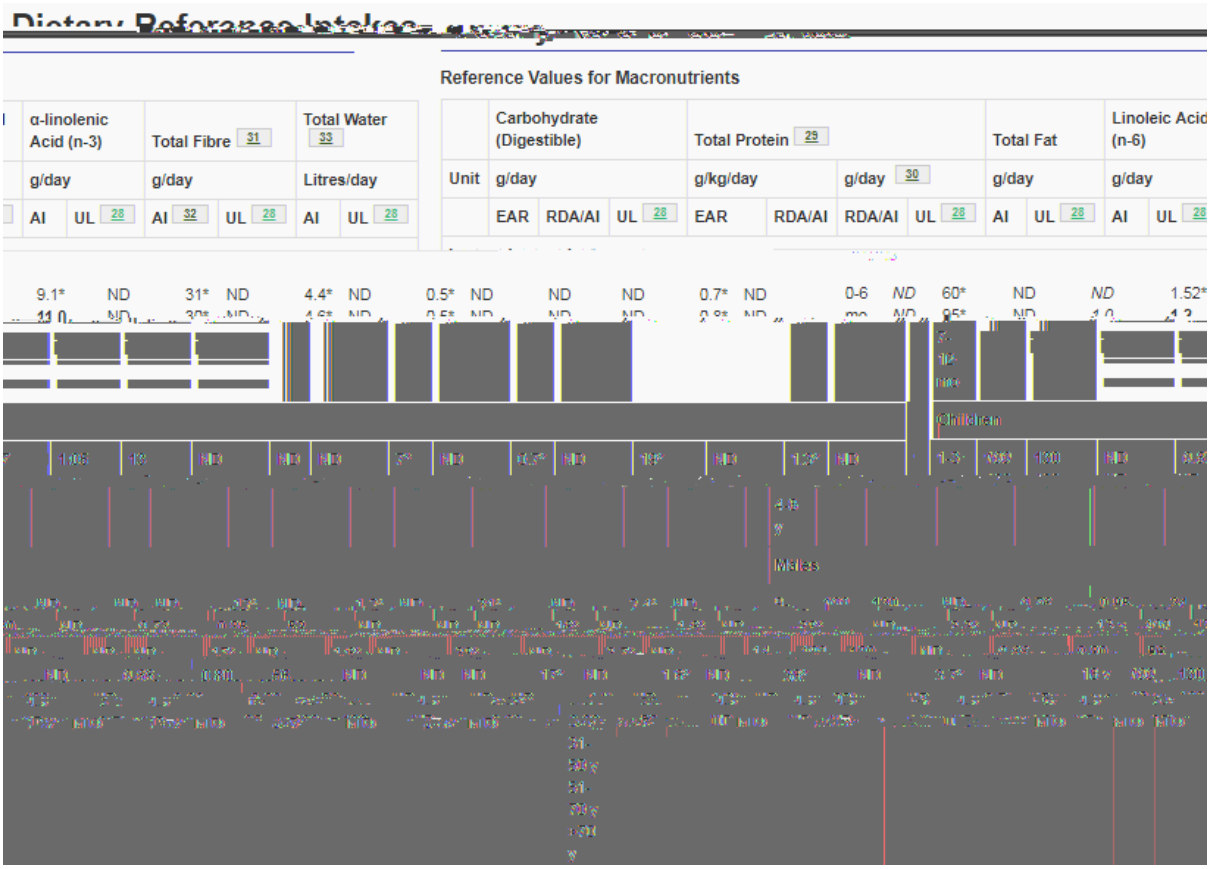
52 g/day (table 1) divided by 3 meals ≈ 18g

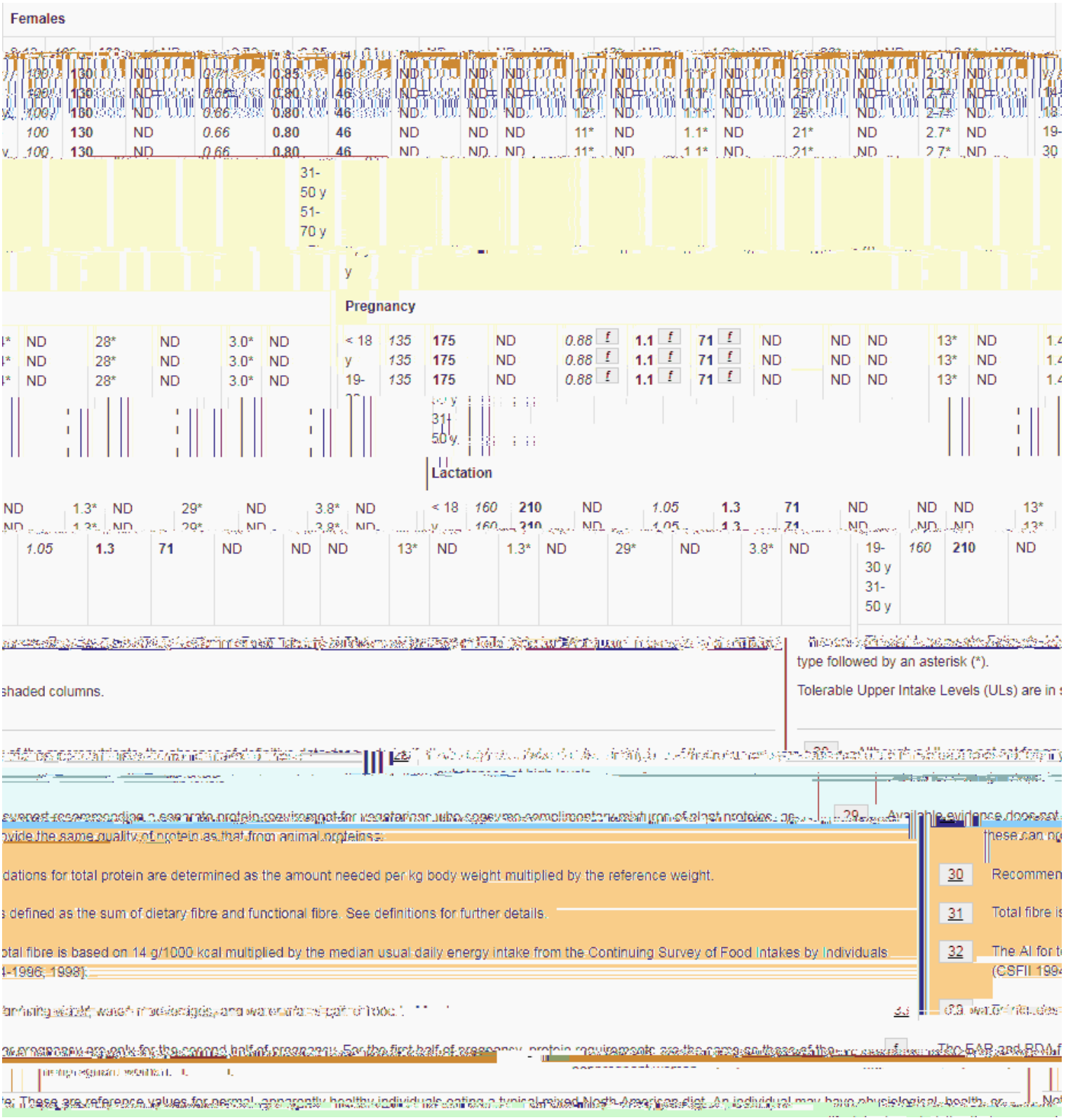
Protein 18g = 16g for entrée + 2g average for the vegetable

Note 2:

Any vegetable used for the calculation of protein on a "plate" will be considered to provide 2g of protein, no matter its original protein content

Table 1




Females
Pregnancy
Lactation
31-
50 y
51-
70 y
19-
30 y
31-
50 y
shaded columns.
type followed by an asterisk (*).
Tolerable Upper Intake Levels (ULs) are in
dations for total protein are determined as the amount needed per kg body weight multiplied by the reference weight.
defined as the sum of dietary fibre and functional fibre. See definitions for further details.
otal fibre is based on 14 g/1000 kcal multiplied by the median usual daily energy intake from the Continuing Survey of Food Intakes by Individuals
-1996, 1998).
30
31
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Note 3:

Main Plate A, B, C or V total fat should not exceed 18g/plate with a once a week exception for one plate only with a maximum of 25g/plate.

Calculation for fat:

25% of calories for fat (table 2)

Use an average of 2000 kcal calories (from tables 3 & 4)

(2000 kcal x 25%) ÷ 3 meals ÷ 9 kcal/g ≈ 18g

Table 2

https://www.canada.ca/en/health-canada/services/food