



<b>SECTION:</b>	<b>General School Administration</b>	<b>APPROVAL DATE:</b>
<b>SUBSECTION:</b>	<b>School Building Administration</b>	<b>January 10, 2011</b>
<b>POLICY NAME:</b>	<b>Food and Beverage</b>	<b>LAST REVISED:</b>
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GLOSSARY OF TERMS

<b>Term</b>	<b>Definition</b>
% Daily Value (DV)	The % Daily Value (DV) is a simple benchmark for evaluating the nutrient content of foods quickly and easily. The % DV can be used to determine whether there is a lot or a little of a nutrient in a serving of the food and to compare food products and beverages.
Anaphylactic Causative Agents	Any food has the potential to cause anaphylaxis. In 2009 in Canada, the following nine foods account for more than 90% of all reactions: milk, eggs, peanuts, tree nuts, shellfish, fish, soy, sesame seeds and wheat.
Caffeine	A chemical that acts as a stimulant and a diuretic (increases urine flow). It is found naturally in coffee beans, tea leaves, cocoa beans and kola nuts, and is added to soft drinks, foods and medicines.
Calcium	An important mineral for building bone density, preventing bone loss and treating osteoporosis. Calcium also regulates the heartbeat, helps with blood clotting and makes muscles contract. Mild products, fortified soy beverages, dark-green leafy vegetables and almonds are all sources of calcium.
Canada's Food Guide	Developed by Health Canada, Canada's Food Guide defines and promotes healthy eating for Canadians. It describes what amounts of food people need and what types of food are part of a healthy eating pattern.
Confectionery	In general, these are food items not traditionally identified with one of the four food groups in Canada's Food Guide (i.e. candy, chocolate, licorice, gum, etc.). These products generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium. These products must not be sold in schools.
Energy Drinks	Energy drinks are meant to supply mental and physical stimulation for short periods of time. These products are not permitted for sale in schools.
Food Choices	For the purposes of the nutrition standards as defined in the School Food and Beverage Policy (Ministry of Education, January 2010), examples of food choices are as follows: <ul style="list-style-type: none"> <li>• An apple is one food choice and an orange is another food choice.</li> <li>• A Red Delicious apple is one food choice and a McIntosh apple is another food choice.</li> <li>• A bran muffin is one food choice and a banana muffin is another food choice.</li> </ul> However, five apples of the same variety (i.e. five Empire apples) are not considered five food choices. They would be considered one food choice for the purpose of calculating the 80/20 rule.

Food Label	Health Canada and the Canadian Food Inspection Agency (CFIA) carry joint responsibility for federal food labeling policies in Canada under the <i>Food and Drug Act</i> . Health Canada is responsible for setting food labeling policies with respect to health and safety matters (i.e. nutritional content, special dietary needs, etc.). CFIA is responsible for the development of non-health-and-safety food labeling regulations and policies. With certain exceptions, all food labels must contain Nutrition Facts tables.
Ingredient List	The ingredient list is mandatory on pre-packaged foods. All of the ingredients for a food are listed in descending order by weight.
Major Ingredients	For the purpose of the School Food and Beverage Policy (Ministry of Education, 2010), a major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives – unless used in small quantities as outlined in the Miscellaneous items group.
Miscellaneous Items	For the purpose of the School Food and Beverage Policy (Ministry of Education, 2010), miscellaneous items are considered to be products that are either to be used in limited amounts (i.e. condiments, sauces, dips, oils, dressings) or not sold in schools (i.e. confectionery).
Mixed Dishes	Products that contain more than one major ingredient (i.e. pizza, pasta, soup, salads, sandwiches). Nutrition criteria have been set out for “Mixed Dishes with a Nutrition Facts Table” and “Mixed Dishes without a Nutrition Facts Table” under the nutrition standards for food.
Not Permitted for Sale	Products in this category generally contain few or no essential nutrients and/or contain high amounts of fats, sugar and/or sodium (i.e. deep –fried and other fried foods, confectionery). Food and beverages in this category must not be sold in schools.
Nutrition Facts Table	The Nutrition Facts table is mandatory on pre-packaged foods, with some exemptions. The Nutrition Facts table has a consistent format and provides information on calories and 13 nutrients, including fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fiber, sugars, protein, vitamin A, vitamin C, calcium and iron.
Saturated Fat	Found in foods from animals, such as fatty cuts of meat, poultry with the skin, lard, higher fat milk, cheese and yogurt. Also found in some vegetable oils, including coconut and palm kernel oils.
Sell Most	Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium. They must make up at least 80 per cent of all food choices and all beverage choices in each venue, through each program or at each event where food and beverages are sold.
Sell Less	Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the Sell Most category. They must not make up more than 20 per cent of all food choices and all beverage choices in each venue, through each program or at each event where food and/or beverages are sold.
Special-Event Days	A school Principal, in consultation with the school council, may designate up to ten days (or fewer, as determined by the school board) as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards. Principals are also encouraged to consult with their students in making these decisions. However, schools are encouraged to consider selling food and beverages that meet the nutrition standards or using non-food-related items for all celebrations.
Sugar	Sugars are carbohydrates. Added sugars are defined as sugars or syrups that are added to foods during processing or preparation. Naturally occurring sugars include sugars present in milk (i.e. lactose) and fruit (i.e. fructose). Added sugars are not chemically different from naturally occurring sugars, many foods and beverages that are major sources of added sugars have lower nutrient densities compared with food and beverages that are major sources of naturally occurring sugars. Look for other words for sugar in the ingredient list, such as glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey and concentrated fruit juice.

Trans Fat	A specific type of fat formed when liquid fats are made into solid fats by the addition of hydrogen atoms through a process called hydrogenation. Small amounts of trans fats are found naturally in certain animal-based foods. Consumption of trans fat can increase your risk of developing heart disease. School boards must comply with Ontario Regulation 200/08, "Trans Fat Standards".
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