



FUEL FOR SUCCESS

Brought To You By

NMS Nutritional Management Services

Make the **SMART** Choice!

Try Our New *Nutritious & Delicious* Menu Options to Energize Your Day!

Nutritional Management Services and the Huron Perth Catholic District School Board are committed to making our schools a healthier place for students. We have changed our menu to meet the Ontario Nutrition Standards. The schools' food and beverage policy will ensure that students are provided with nutritious meal options that meet Canada's Food Guide and contributes to improved education and healthy outcomes for all students.

HEALTHIEST (SELL MOST)

- These products 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 that are available for sale.
- For example, if a cafeteria offers 10 items for sale, at least eight must fall under the "sell most category."

HEALTHY (SELL LESS)

- Compared to "sell most" products, these products may have slightly higher amounts of fat, sugar and/or sodium.
- They cannot make up more than 20 per cent of all food choices that are available for sale.

NOT PERMITTED

- These are products that generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium (e.g. deep-fried and other fried foods, confectionery).
- Food and beverages in this category may not be sold in schools.