



## Healthy Food Contract

### Food First Foundation, NWT Nutrition Grants for Healthy Breakfast, Lunch and Snack Program

#### **Introduction:**

School Nutrition Programs are in a unique position to influence the daily diets of students and to help them understand the importance of choosing healthy foods on a regular basis. This opportunity to encourage good health comes with a responsibility to model nutritious choices.

Although a balanced diet includes room for occasional treats, school based breakfast, lunch and snack programs are not the place for this to occur. Many students have ready access to treat foods on a daily basis in their homes but need more consistent access to the nutrient-rich choices that a School Nutrition Program can provide.

This contract stipulates a series of guidelines outlining how Food First Foundation, NWT funding can be spent. These guidelines are not meant to be prescriptive or punitive, but to provide a greater understanding of the nutritional goals of school based feeding programs.

This contract, although providing some examples of food choices, does not represent an exhaustive list. By signing this contract, you agree that you will take the spirit of the contract into account before making food purchases for your School Nutrition Program.

#### **Eligible Foods:**

Food First Foundation, NWT promotes the use of Canada's Food Guide (including variations of the Food Guide such as the Food Guide for First Nations, Inuit and Métis, the NWT Food Guide etc.) in all School Nutrition Programs.

Schedule A is a sample list of preferred foods and those that are ineligible for purchase with Food First Foundation, NWT funds. In all cases, choose foods from the "Choose Most Often" group wherever possible. These foods should form the foundation of your School Nutrition Program.

However, as budget and other constraints are a reality, Schedule A also includes secondary choices. The items listed under "Choose Less Often" provide good nutrition but may be lower in nutrients, higher in sugar, lower in fibre or higher in fat or calories than the foods in the "Choose Most Often" category.

The items in "Choose Rarely" should not be included on a regular basis in your School Nutrition Program. Many of these foods are borderline "Ineligible" and should be chosen as a last resort only when healthier choices are not possible.

"Ineligible Items" cannot be purchased using Food First Foundation, NWT funding. These choices are not suitable for a School Nutrition Program.

## Healthy Food Contract Terms and Conditions

On behalf of \_\_\_\_\_ (school or program name), I agree that School Nutrition Programs have a responsibility to provide the most nutritious food possible to our participants.

In the spirit of the terms laid out in this contract, I will mindfully make nutritious choices on behalf of our students.

I will follow the Canada’s Food Guide (in any of its forms) when preparing our Program menu.

I will not use Food First Foundation, NWT funding to purchase ineligible items (as per samples provided in Schedule A).

I will provide “Choose Most Often” foods (as per samples provided in Schedule A) on a regular basis. These will form the foundation of our School Nutrition Program menu.

I will choose “Choose Less Often” foods (as per samples provided in Schedule A) to supplement our Program menu when budget or other constraints do not allow me to serve “Choose Most Often” foods.

I will work hard to remove “Choose Rarely” foods (as per samples provided in Schedule A) from our School Nutrition Program menu and replace them with more nutritious choices.

I understand and agree that “any food is better than no food” is not a healthy approach to feeding children and youth.

I will strive to run a School Nutrition Program that provides a positive healthy eating model from which my students can learn to make better choices for themselves.

\_\_\_\_\_  
Program Coordinator (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Principal (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Schedule A

**Choose Most Often** – these choices provide the most nutrients including necessary vitamins and minerals, fibre and are low in sugar and excess fat and calories.

Fruit: including fresh, frozen, canned in juice or water (not syrup), pureed, dried (no leathers or sugar coated dried fruit)

Vegetables: including fresh, frozen, sodium free or low sodium canned (if low sodium is not available rinse the canned vegetables under water for a couple minutes to help reduce the sodium)

Dairy Products: including 1% or 2% milk (white or chocolate), yogurt, hard cheese

Breakfast Cereals that are high fibre and low sugar such as: Oatmeal (cooked, not instant), Shreddies, regular Cheerios, Turboz, Bran Flakes, Vector

Bread/Bannock/Wraps: 100% whole wheat

Pasta: 100% whole wheat or mixture of whole grain and non-whole grain

Low Fat Meats: turkey, ham, beef, country/traditional meats, fish

Beans and Legumes: kidney beans, baked beans, lentils, chickpeas etc. (great in chilies!)

Nuts, Peanut Butter (unless restricted by school allergy policies)

Eggs

**Choose Less Often** – these choices are less nutritious than the preceding list but are still good choices on a less regular basis.

Breakfast bars or granola bars: best choices are Oatmeal to Go, Bran bars, Kellogs Two Scoop Raisin Bran bars or Nature Valley Fibre Source bars

Juice: 100% unsweetened fruit or vegetable juice with pulp when possible (prefer whole fruit/vegetable)

Breakfast Cereals that are high fibre breakfast cereals with higher sugar content such as: Raisin Bran, Frosted Mini-Wheats, flavoured Cheerios, instant Oatmeal

Bread/Bannock/Wraps: 60% whole wheat

Pasta: non-whole grain

Crackers: whole grain, lower fat, low sodium

Processed cheese slices (replace with hard cheese)

Frozen prepared pizzas: choose ones without pepperoni or other processed meats

**Choose Rarely** – these items should be replaced with foods from the preceding lists where possible and available. The following items are of very low nutritional value and/or have high sugar and low fibre.

Nutra-Grain bars

Chocolate Chip granola bars

Breakfast Cereal that is low in fibre: Rice Krispies, Special K, Corn Flakes

Jell-o pudding (choose low sugar and/or low fat varieties where available)

Bread: white bread (ie non-whole grain)

Crackers: non-whole grain, greasy crackers (ie if they leave your fingers greasy they are higher in fat and better choices are available)

Meat: high fat, high processed cuts such as bologna, bacon, hot dogs, smokies, Klik, Spam and other similar products – replace these with leaner cuts (noted above)

Cheez Whiz, cream cheese (replace with hard cheese)

**Ineligible Items** – these items offer little or no nutritional value, should not be served in a School Nutrition program and are ineligible purchases with Food First Foundation, NWT funding.

Milkshake/chocolate bar flavoured milks

Cookies: all kinds including Social Tea Biscuits, Arrowroots etc.

Dessert Items: Cakes, cake mixes, pies, pie fillings, ice cream, doughnuts, Jell-o etc.

Dream Whip, Cool Whip, whipping cream etc.

Candy

Chocolate

Pop: diet or regular

Drink Crystals

Fruit Punch or Fruit Cocktail drinks

Fruit leather or sugar coated dried fruit

Ramen noodles, Mr. Noodles, Ichiban etc.

Store bought muffins (ie chocolate muffins and other high sugar, low fibre products)

Granola bars: chocolate or yoghurt covered

High sugar, low fibre breakfast cereals such as: Froot Loops, Lucky Charms, Captain Crunch etc.

Chips: baked, deep fried or so called “vegetable chips”

Coffee

Tea

Coffee whitener

Non-food items except where **directly** related to serving of food (ie napkins etc. or appliances as noted in your application: ie toasters etc.)