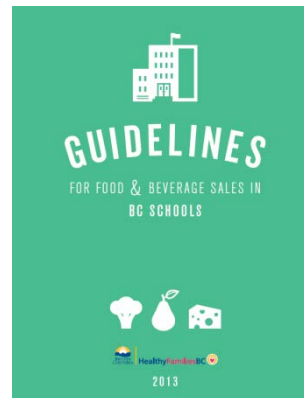


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# An Overview of the Guidelines for Food and Beverage Sales in BC Schools

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HealthLinkBC  
February 2014



# Outline



1. What are the Guidelines?
2. Where do the Guidelines apply in schools?
3. Why have Guidelines in schools?
4. What's new in the 2013 edition of the Guidelines?
5. What resources are available to support implementation of the Guidelines?



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# 1. What are the Guidelines?

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# What are the Guidelines?



The Guidelines define the **minimum nutrition standard** for the sale of healthy food and beverages in B.C. public schools.

The Guidelines support healthy eating at school by:

- Creating supportive environments that promote healthy eating
- Providing tools to help schools meet the nutrition standards



# What are the Guidelines?



The full version of the Guidelines, available at [www.healthlinkbc.ca/foodguidelines](http://www.healthlinkbc.ca/foodguidelines), includes the following sections:



Overview



How to use the Guidelines



Optional Policies



The Checklist



Nutrient Criteria



Fact Sheets



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## 2. Where do the Guidelines apply in schools?

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# Where do the Guidelines apply?

Apply the Guidelines to all food and beverages sold to students at school and at all school sanctioned events.

## Guidelines apply to:

- School vending machines, stores and cafeterias
- Parent organized lunch sales
- School organized fun fairs and bake sales
- Food and beverages sold to students during sporting events or on field trips (even when off-campus)
- Food and beverages sold as a fundraiser to students
- All school meal programs including those sold at a subsidized rate
- Food prepared by students as part of class projects and sold to students

## Guidelines do not apply to:

- Bagged lunches from home
- Food and beverages brought to school by parents, which are not being sold to students
- Food prepared by students as part of class projects and consumed by students without being purchased
- Food and beverages sold to adults (non-students) as fundraisers
- Fundraising by adults to adults



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# 3. Why have Guidelines in schools?

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# Why have Guidelines in schools?

- When students eat well at school they learn better and feel better.
- Schools provide many of the food and beverages students consume in a day.
- Students learn best when the lessons they receive in the classroom are consistently reinforced outside of the classroom



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## 4. What's new in the 2013 edition of the Guidelines

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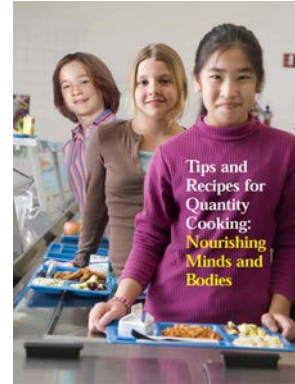
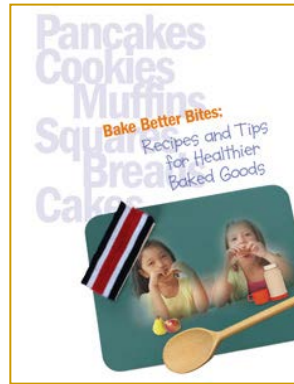
# What's new in the 2013 edition of the Guidelines?

## Revised scoring categories

- **The Checklist** is used to score **freshly-made** food and beverages
  - Items score as Sell or Do Not Sell
- **The Nutrient Criteria** is used to score **prepackaged** food and beverages
  - Items score as Sell Most, Sell Sometimes or Do Not Sell



# 5. What resources are available to support implementation of the Guidelines?



brandnamefoodlist  
british columbia





## ► For Everyone

- Disease Prevention
- Eating on a Budget
- Food and Nutrition
- Food Safety
- Physical Activity

## ► For Your Age and Stage

- Infants and Children
- Women
- Seniors

## ► For Your Condition

- Arthritis
- Cancer
- Diabetes and Hypoglycemia
- Digestive
- Food Allergies
- Heart Health
- Kidney and Liver
- Multiple Sclerosis
- Overweight and Obesity

## ► For Schools and Communities

- Brand Name Food List

## For Schools and Communities

Healthy meal and snack options are an important part of creating healthy eating environments where we live, learn, work and play. These resources provide you with information on nutrition standards for schools and public buildings in B.C.

### Guidelines for Food and Beverage Sales in BC Schools

The 2013 edition of the Guidelines for Food and Beverage Sales in BC Schools is now available! Schools can immediately begin working to implement the revised Guidelines. Full implementation is expected by September 2014.

### Guidelines for Food and Beverage Sales in BC Schools

The Guidelines for Food and Beverage Sales in BC Schools (the Guidelines) define the nutrition standard that schools are required to use to determine what food and beverages can be sold to students. This document contains information, tools and fact sheets to support implementation of the Guidelines across the school setting.

- [Guidelines for Food and Beverage Sales in BC Schools \(2013 Edition\)](#) 

### Contact a Dietitian

If you have any questions about **healthy eating**, food, or nutrition, call **8-1-1** toll-free in B.C. You can speak to a health service representative who can connect you with one of our registered dietitians, who are available:

Monday to Thursday: 8am - 8pm  
Friday: 8am - 5pm  
Or leave a message after hours.

Translations services are available in more than 130 languages.

HealthLinkBC Dietitians can also answer your questions by email.

### Email a HealthLinkBC Dietitian

### Dietitian Blog

Read about healthy eating and nutrition topics on the blog written by

# Resources that support implementation of the Guidelines

- The following resources can be accessed from the HealthLink BC “For Schools and Communities” landing page:
  - ❑ Guidelines Manual & Guidelines at a Glance resources
  - ❑ The Checklist Scoring Summary Reports
  - ❑ 7 new fact sheets with additional information
  - ❑ Brand Name Food List
  - ❑ Tips and Recipes for Quantity Cooking & Bake Better Bites (cookbooks with pre-scored recipes)



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