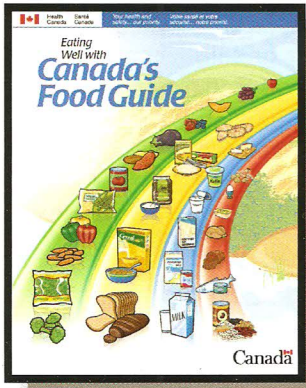


The Nutrition Standard

for Student Nutrition Programs in Toronto



What is the Nutrition Standard?

- Defines nutritious meals and snacks based on Canada's Food Guide
- For programs that receive grants from the City of Toronto and / or the Government of Ontario
- To be used when planning program meals and snacks
- Includes criteria for choosing healthy foods
- Provides examples of healthy foods and serving sizes

Nutrition Program Tips

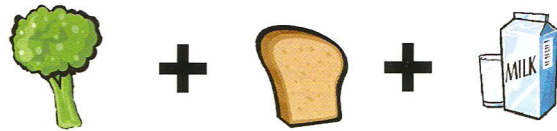
- Always have tap water available
- Allow 20 minutes or more for eating when possible
- Model healthy eating
- Try new things with your menu

What is a healthy meal?

Breakfast, Morning Meal, Lunch or Dinner programs

A meal has at least 3 full servings:

- ✓ 1 serving from **Vegetables and Fruit** group
- ✓ 1 serving from **Grain Products** group
- ✓ 1 serving from **Milk and Alternatives** group



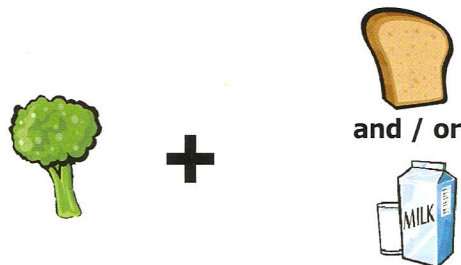
Meat and Alternatives are healthy additions but are not required in Student Nutrition Programs.

What is a healthy snack?

Morning or Afternoon Snack programs

A snack has at least 2 full servings:

- ✓ 1 serving from **Vegetables and Fruit** group
- ✓ 1 serving from **Grain Products** group and / or **Milk and Alternatives** group



Questions about the Nutrition Standard? Need help with your menu? E-mail snp@toronto.ca.

