

FAQ
Food & Nutrition Policy
Effective July 1, 2018

1. Why are food related fundraising activities limited to three times per month in this policy?

The Food & Nutrition Policy is based on Canada's Food Guide and MEES Policy on Healthy Eating and Active Living. This policy emphasizes the serving of foods that are of good nutritional value so that we can provide a school environment which promotes the adoption of healthy eating habits among our students. Therefore, all school communities and governing boards should follow this policy when approving fundraising activities and special events that are held during regular school hours. This applies to all schools in the youth sector.

2. Can we use outside sources for our food related fundraisers?

A school may choose a company other than the contracted food service provider for fundraising activities or special events as long as the food selections consider the Food & Nutrition Policy, including Addenda C and D. School administrators may contact the food service department for assistance.

3. Does this policy apply to school bake sale activities?

Yes this policy applies to all food distributed in schools. All food must be clearly identified and individually wrapped when sold at bake sales. Labelling also helps students with allergies.

4. How will the upcoming changes in Canada's Food Guide be reflected in this policy?

All addenda contained in this policy can be reviewed as nutritional updates are published. They are subject to modifications without consultation.

5. How will this policy be monitored?

Please refer to section 4.3.2. This policy will be monitored in all cafeterias, satellite kitchens and Caf-mobile services through multiple unannounced inspections throughout the school year, by the foodservice department. Reports from MAPAQ inspectors and external auditors are also reviewed. School administrators and governing boards are encouraged to monitor this policy when doing fundraising activities, special events, classroom activities, etc.

6. Why are allergies not covered in the Policy?

Allergies are covered under the Safe and Caring Schools Policy.

7. Why are unhealthy items such as sugary desserts & fruit juices available in our high school cafeterias and Caf-Mobile services?

Priority is given to foods of good nutritional value. Desserts and fruit juices are part of balanced eating as long as they are consumed in moderation. Portion sizes and frequency of distribution are monitored in this policy. Please refer to sections 3 and Addenda C and D for further details.

8. Will you offer different portion sizes for main meals to take into account the different age groups?

Yes, a second portion size (one and half portion) will be offered for main meals in cafeterias, satellite kitchens and Caf-mobile services, when applicable. Please refer to Addendum C for details.

9. Are vegetarian meals offered daily in the cafeterias?

Hot vegetarian meals are offered a minimum of two times per week. They may be offered more often in schools and centers that have an increased demand. Alternate vegetarian selections for example, sandwiches and salads, are offered daily.

10. Are healthy choices available in adult education centres?

Nutritious foods are available in all LBPSB institutions. The menu offered in adult centres may vary between each institution but will always include a healthy option.

11. Why are the meals less expensive in the youth sector than in the adult centres?

According to provincial law, the food in the youth sector is not subject to Quebec Sales Tax. Food served in the adult centres is taxed at the current GST + PST rates.

12. Who sets the prices for food sold in the Lester B. Pearson School Board?

Prices are established at the start of the awarded food service contract and updated yearly (every July 1st). The contract determines increases in prices which are based on the cost of living and market prices.

13. We are thinking of starting a lunch program (hot or cold) in our school, how do we choose a catering company?

The school board goes to tender to engage a food service provider(s) for all schools, and centres, including the head office. The caterer(s) has the exclusive right to service our schools and centres during regular school hours for regular cafeteria, satellite kitchen and Caf-mobile services.

14. We have some children who arrive at school with no lunch and probably have not had breakfast, what can we do?

It is important that all adults (educators and caregivers) recognize the signs of a student who is hungry and report their concerns to their school administrators. The school board has funds to help out in cases such as these and the school administrators should contact the food service department for assistance.