

**MINISTRY OF HEALTH
INFORMATION BRIEFING NOTE**

Cliff #1223507

PREPARED FOR: Honourable Adrian Dix, Minister - **FOR INFORMATION**

TITLE: Bill C-210 – Organ and Tissue Donor Registry

PURPOSE: To provide an overview of a private member's bill to amend the Canada Revenue Agency Act

BACKGROUND:

Bill C-210, *An Act to amend the Canada Revenue Agency Act (organ and tissue donors)*, authorizes the Canada Revenue Agency (CRA) to enter into an agreement with a province or territory regarding the collection and disclosure of information required for establishing or maintaining an organ and tissue donor registry in the province or territory.

Bill C-210 was first introduced by Member of Parliament Len Webber (Calgary Confederation, CPC), in October 2016 as Bill C-316. Bill C-316 had passed unanimously through all stages in the House of Commons, but the Bill died in the Senate when Parliament dissolved for the 2019 election. Bill C-316 was reintroduced in the 43rd Parliament as Bill C-210 and subsequently received Royal Assent on June 21, 2021.

The statute allows the CRA to use the annual tax form and existing infrastructure to assist in registering organ and tissue donors across Canada. Taxpayers would not be consenting to become a donor and would only be indicating their interest and authorizing the disclosure of limited personal information to their province or territory of residence. Participation by the provinces and territories is voluntary, and the tax form would only be amended for the provinces and territories that opt to join.

DISCUSSION:

BC Transplant was consulted by CRA in 2019 and indicated support for the effort to increase awareness of organ donation and increase the number of registered donors across B.C. and Canada. BC Transplant recommended however that the CRA implement an electronic approach that directs traffic to the provincial organization's website. Other jurisdictions supported such an approach as 90% of taxpayers are filing online.

The CRA is unable support the implementation of an electronic approach at this time and will only be pursuing information sharing with provinces and territories. Each province or territory would need to follow-up with taxpayers by mail or email to confirm their intent and register them as donors.

The CRA will develop a Memorandum of Understanding with each participating province or territory to set out the conditions and procedures under which personal information will be shared. Once or twice per year, the provinces and territories that have opted in will receive a list of names of taxpayers, along with limited identification information, who have provided their consent for information to be shared.

On March 2, 2022, Mr. Len Webber wrote a letter to the Minister's Office requesting the Minister's support and involvement to move the initiative forward as quickly as possible. The Ministry of Health should expect to hear from the CRA "in [the] coming weeks".

ADVICE:

s.13

Program ADM/Division: Kristy Anderson, Hospital and Provincial Health Services

Telephone: 250-952-3387

Program Contact (for content): Maura Parte, a/Executive Director, Provincial Services

Drafter: Hilary Lam, Policy Analyst

Date: April 11, 2022



HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA

Len Webber, M.P.
Calgary Confederation

OTTAWA
March 2, 2022

MINISTER'S OFFICE HEALTH	
#	
DRAFT <input type="checkbox"/>	REPLY <input type="checkbox"/>
REPLY <input type="checkbox"/>	DIRECT <input type="checkbox"/>
FYI <input type="checkbox"/>	FILE <input type="checkbox"/>
MAR 08 2022	
REMARKS	
<input type="checkbox"/> PHONE CALL	<input type="checkbox"/> BATCH
<input type="checkbox"/> MTG REQ/EVENT	<input checked="" type="checkbox"/> BRIEFING NOTE

Hon. Adrian Dix
Minister of Health
Box 9050
STN PROV GOVT
Victoria, BC V8W 9E2

Dear Minister Dix,

I write today on another urgent matter and request your personal involvement.

Last year, my Private Members Bill C-210 was passed unanimously in the House of Commons and Senate and it provided incredible hope for the 4,700 Canadians awaiting a life-saving transplant.

The Bill would allow the Canada Revenue Agency to use the annual tax form to assist in the registering of organ and tissue donors across Canada. As you know, the number of willing donors far exceeds the number who are actually registered to donate. The use of the annual tax return is a simple, effective and sensible way to use existing systems to make registering as a donor easier.

Once a tax filer indicates their interest in registering as a donor, the information would be immediately passed to your provincial/territorial registry to complete the process. This avoids duplication and respects provincial jurisdiction while leveraging existing federal assets to achieve a shared goal.

I have been informed by the federal Minister of Revenue that the Canada Revenue Agency is now ready to work with provinces and territories to move this initiative forward and this is where I ask for your assistance. She has informed me that the CRA will reach out to your officials "in coming weeks".

In order to get the option added to the 2022 tax forms, we must move quickly to meet tight deadlines and it is imperative that this push come from the highest levels of government. It would send a strong message of political will and significance if you were to give personal attention to this initiative. I am deeply concerned that, if allowed, this initiative will languish in lower levels of government and not become a reality for the next tax season.

Calgary
2020-10th Street NW
Calgary, AB T2M 3M2
(403) 220-0888
Len.Webber.c1@parl.gc.ca

www.LenWebber.ca

Ottawa
812, Confederation Bldg.
Ottawa, ON K1A 0A6
(613) 996-2756
Len.Webber@parl.gc.ca
Page 3 of 44 HTH-2022-21938

The federal Minister has said, "While the goal is to implement this initiative as early as possible, the timing depends on the speed of responses received from the provincial and territorial partners." I just want to ensure that any delays cannot be blamed on you or your officials.

It would be greatly appreciated if you could promptly confirm receipt of this letter and affirm that you will personally take the steps necessary to ensure this life-saving initiative succeeds in the shortest time possible.

If you have any questions about this initiative, please do not hesitate to reach out to me through my Ottawa office.

Sincerely,

A handwritten signature in black ink, appearing to read 'Len Webber', with a stylized, flowing script.

Len Webber, MP
Calgary Confederation



APR 26 2022

1223507

Via email: Len.Webber.c1@parl.gc.ca

Len Webber
Member of Parliament, Calgary Confederation
Canadian House of Commons
812 Confederation Bldg.
Ottawa ON K1A 0A6

Dear Len Webber:

Thank you for your letter of March 2, 2022, regarding the unanimous passage of Bill C-210 *An Act to amend the Canada Revenue Agency Act (organ and tissue donors)* in the House of Commons and the Senate. I apologize for the delayed response.

You indicate in your letter that the Canadian Revenue Agency will be reaching out to officials in British Columbia in the coming weeks to discuss implementation of changes to tax filing forms that would permit people to indicate their interest in registering as an organ donor. I can assure you the Ministry of Health will review the Agency's proposal in detail when it arrives.

Becoming an organ donor is an incredibly important decision and a selfless act that can save lives. I appreciate your efforts to raise awareness and increase opportunities for people to register a decision to become an organ donor, and the opportunity to respond.

Sincerely,

Adrian Dix
Minister

**MINISTRY OF HEALTH
INFORMATION BRIEFING NOTE**

Cliff # 1225752

PREPARED FOR: Minister Adrian Dix - **FOR INFORMATION**

TITLE: Regulation of Diagnostic and Therapeutic professions and Clinical Counsellors, and HPA modernization

PURPOSE: To provide a brief update on HPA modernization, as well as an update on the regulation of Diagnostic and Therapeutic professions and Clinical Counsellors

BACKGROUND:

HPA Modernization

Over the past two years, British Columbia has been involved in modernization reform to improve public protection and increase the accountability and, transparency of the current health profession regulatory framework. In August 2020, the Steering Committee on Modernization of Health Professional Regulation (the Steering Committee), which was established and chaired by Minister Dix, released its final recommendations report titled *Recommendations to modernize the provincial health profession regulatory framework*. The final report is found at:

<https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/professional-regulation/recommendations-to-modernize-regulatory-framework.pdf>

Regulation of Diagnostic and Therapeutic Professions

On April 3, 2017, amendments to the Health Profession Designation Regulation under the *Health Professions Act* (the HPA) came into force. These amendments designated four new health professions – clinical perfusion, medical laboratory technology, radiation therapy, and respiratory therapy – as Diagnostic and Therapeutic (D&T) professionals, and were initially considered for a new regulatory college of Diagnostic and Therapeutic Health Professionals of British Columbia. Formation of a new college was postponed pending the outcome of the Cayton Report.

The Steering Committee's final report recommends including responsibility for regulating D&T professions in the proposed new College of Allied Health and Care Professions.

Regulation of Clinical Counsellors

Counselling therapist organizations have sought regulation since the 1990s. At that time regulation was not recommended due to the relatively small number of practitioners, the diversity of education, training, and services provided, and doubts over how effective leadership would emerge for member organizations regulation was never pursued.

More recently, the Federation of Associations for Counselling Therapists in BC (FACTBC) was created to pursue regulation of a wide range of types of counselling therapists ranging from clinical counsellors to art therapists to Christian counsellors and psychotherapists.

While originally a member of FACT BC, the BC Association of Clinical Counsellors has recently discontinued its membership in FACT BC, and has aligned itself more closely with the College of Psychologists of BC.

The Steering Committee's final report suggested that the Oversight Body prioritize review of counselling therapists for regulation under the *Health Professions Act*.

DISCUSSION:

HPA Modernization

s.12; s.13

In addition to addressing the Steering Committee's recommendations, government is also obligated or committed to considering and/or incorporating:

- Gender Based Analysis Plus (GBA+);
- Transparency, privacy and whistleblowing;
- Solutions to current issues such as “me too”, Black Lives Matter, Asian discrimination, and public health emergencies such as COVID and the toxic drug supply.

Government also now has significant new obligations (Appendix 1) under the *Declaration on the Rights of Indigenous Peoples Act* (DRIPA), which obligates government to align with the articles of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), including but not limited to:

- Writing legislation that is culturally safe;
- Ensuring government has a fulsome engagement process with Indigenous people; and
- Ensuring that Indigenous people can participate in decision-making.

s.12; s.13

Regulation of D&T Professions

D&T professions were designated as regulated health professions in 2017, but do not have a profession specific regulation, and are not currently governed by a regulatory college. The Steering Committee recommended they be regulated s.12; s.13

s.12; s.13

This college does not currently exist, and the decision to create this and one other umbrella college (for a total of six colleges) has not been announced. This college will be created through the amalgamation of the following existing colleges:

- Dietitians;
- Occupational therapists;
- Opticians;
- Optometrists;
- Physical therapists;
- Psychologists; and
- Speech and hearing health professionals.

To date, statements to stakeholders and the public have indicated that:

- The Steering Committee recommended the creation of broader legislated merger provisions to minimize disruption resulting from future amalgamations;
- this amalgamation will take place following new legislation;
- this amalgamation will have to take place prior to assigning to it responsibility for regulating D&T professions.

Streamlined designation and amalgamation provisions will be addressed in the modernized HPA.

s.12; s.13; s.16

s.12; s.13; s.16

Regulation of Clinical Counsellors

s.12; s.13

ADVICE:

HPA Modernization

s.12; s.13

Regulation of D&T Professions

s.12; s.13

Regulation of Clinical Counsellors

s.12; s.13

Program ADM/Division: (enter info in this section unbolded)

Telephone:

Program Contact (for content):

Drafter:

Date:

File Name with Path:

Appendix 1

Indigenous engagement

The *Declaration on the Rights of Indigenous Peoples Act* (DRIPA) was enacted as the framework for reconciliation with Indigenous peoples in BC in 2019. Implementing reconciliation through DRIPA, in consultation and cooperation with Indigenous peoples, is a legal obligation of the province of BC and a government commitment identified in:

- The Minister's Mandate letter
- The Ministry of Health (MOH) Service Plan
- The final recommendations of the Steering Committee on Modernization of Health Professional Regulation
- The In Plain Sight (IPS) report of Dr. Mary Ellen Turpel-Lafond

s.12; s.13

Page 12 of 44

Withheld pursuant to/removed as

s.12 ; s.13

**MINISTRY OF HEALTH
INFORMATION BRIEFING NOTE**

Cliff #: 1225484

PREPARED FOR: Honourable Adrian Dix, Minister - **FOR INFORMATION**

TITLE: Proposed BC School Food Guidelines

PURPOSE: Information on the 2022 update to the 2013 Guidelines for Food & Beverage Sales in BC Schools.

BACKGROUND:

The Guidelines for Food & Beverage Sales in BC Schools (the Guidelines) were first released in 2005, with implementation by all BC schools mandated by 2008, and last updated in 2013. The Guidelines support schools in providing food that meets the nutritional needs of students while limiting access to unhealthy foods that do not support learning and contribute to chronic disease later in life. The Ministry of Health holds the content expertise and is responsible for developing content for the Guidelines, whereas the Ministry of Education and Child Care and school districts are responsible for enacting the Guidelines in schools.

Updating the 2013 Guidelines is a joint Ministry of Health and Education and Child Care commitment in response to the 2018 Office of the Auditor General independent audit (promoting healthy eating and physical activity in schools). In addition, with the release of Canada's food guide (CFG) in 2019, the 2013 Guidelines require revisions to better reflect the latest evidence. Further, a 2020 school food survey found that the 2013 Guidelines are challenging to implement due to complexity in scoring foods, and that they are too long.

To support healthy school food environments, most Provinces and Territories in Canada have school food guidelines. When Canada's food guide was released in 2019, the Provincial/Territorial Group on Nutrition (PTGN) identified a joint need to translate the CFG dietary guidance to the school sector and developed the Provincial/Nutrition Standards for K-12 Schools (2020-2021). These provincial/territorial (PT) standards are largely based on the Government of New Brunswick (<https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/policies-politiques/e/711AA.pdf>) and the Government of Newfoundland and Labrador (<https://www.gov.nl.ca/hcs/files/Provincial-School-Food-Guidelines-Jan-2022.pdf>).

The PT standards are being used as a foundational document to inform the revisions to the Guidelines. The Ministries of Health and Education and Child Care have developed a joint project charter (see Appendix A) identifying the roles and responsibilities of each ministry, clarifying the scope of the Guidelines, and affirming that the Guidelines are enacted as voluntary rather than mandated. This is a change from the last updated Guidelines in 2013, which were mandated (see Appendix B). The revised Guidelines will help to ensure that more students, and particularly those who are vulnerable are served nutritious foods and beverages through their school food programs.

To help inform content development of the draft Guidelines, the Ministry of Health (HLTH) established a public health working group with representation from the health authorities and HLTH dietitians. Starting with draft guidelines intended to support consultation, and solicit input from the education sector, the food and beverage industry and other stakeholders.

All feedback will be reviewed and considered to inform the next phase of development of the BC School Food Guidelines including the approval process before the public release targeted for September 2022 (see Appendix C for timeline).

DISCUSSION:

Rates of childhood overweight and obesity and impacts on health:

In 2015, 24.6% of children aged 5-17 were overweight or obese in BC.ⁱ Up to 25% of obese BC teens have metabolic syndrome,ⁱⁱ which is associated with cognitive deficits that affect their ability to learn.ⁱⁱⁱ Obese children in Canada have almost double the rates of high blood pressure, elevated lipid profiles and glucose intolerance as their healthy weight peers.^{iv} Being overweight or obese in childhood significantly increases the likelihood of being overweight or obese in adulthood, and obese children and youth have a higher lifetime risk for developing type 2 diabetes, dyslipidemia, hypertension and coronary heart disease.^v

Economic burden of excess weight, and chronic diseases:

In 2015, the annual economic burden of excess weight was estimated at \$2.7 billion and was estimated to represent one-third of BC's total economic burden from risk factors for chronic disease.^{vi} In Canada, the annual economic burden of chronic diseases is estimated at \$190 billion, which is especially concerning given that chronic diseases are increasing at a rate of 14% per year.^{vii}

Evidence of the impact of eating behaviours on health and health care costs:

Up to 80% of type 2 diabetes and cardiovascular diseases, and over 1/3 of cancers are caused by four modifiable behavioural risk factors: tobacco use, harmful alcohol use, physical inactivity, and unhealthy eating.^{viii} The significant impact of unhealthy eating on overall health is especially concerning considering that added sugar, saturated fat and sodium – nutrients most closely related to risk of obesity and chronic disease – are consumed in excess by most Canadians.^{ix} Of particular concern is that the intake of ultra-processed foods is highest among children and adolescents, accounting for more than half their daily energy.^x Recent research also shows that intakes of several types of healthy foods recommended in Canada's 2019 dietary guidelines have stagnated or worsened over time (e.g. vegetables, fruit, whole grains, milk).^{xi} Most recently, during COVID-19, sales of ultra-processed foods and snacks dramatically increased.^{xii} In general, eating habits of Canadians continue to deteriorate, and overweight prevalence rates continue to increase, with significant costs to the health care system.^{xiii} In 2014, the economic burden in Canada of not meeting healthy eating recommendations was estimated at \$13.8 billion per year. Excess intake of processed meat alone was estimated to be responsible for \$728 million in direct health care costs annually, with excess intake of sugar sweetened beverages estimated at \$383 million in annual direct health care costs. Inadequate intakes of fruit (\$780 million) and vegetables (\$430 million) also have significant impacts on annual direct health care costs.^{xiv}

Impact of the school food environment on eating behaviours and health:

The school food environment plays an important role in the consumption patterns and health outcomes of children and youth. Schools provide important opportunities to increase children's consumption of nutrient-rich foods, limit consumption of calorie-dense foods, and promote healthier dietary choices and behaviours.^{xv} However, a survey conducted in B.C. schools provided evidence of high availability of foods high in sugar, fat and sodium, and low in healthful nutrients, in school vending machines, canteens, cafeterias, and through fundraising efforts.^{xvi} Research on student consumption patterns has shown that foods high in fat, sugar and sodium, such as French fries, cookies, muffins, potato chips, and soft drinks are purchased in large quantities relative to other more healthy items.^{xvii}

School food and nutrition guidelines and policies:

Introducing school food guidelines can promote improvements in the quality of foods and beverages available to students and are positively associated with improving student dietary choices.^{xviii} A systematic review of 18 studies concluded that school food policies are effective in improving both the nutritional quality of in-school food and the dietary intakes of students.^{xix} A recent published literature review (2020) also acknowledges the increasing prevalence of obesity among children and younger adults globally; and provides evidence of the effectiveness of school-based interventions for promoting health food environments and potentially fostering lasting improvements to the short and long-term health of children.^{xx}

The Canadian Paediatric Society supports the development and support of school nutrition policies as part of comprehensive school health at the individual school, school board, and provincial/territorial level, depending on jurisdiction. The Society's 2020 Position Statement "School Nutrition: Support for providing healthy food and beverage choices in schools" recommendations include the following actions to help lower BMIs, improve nutritional choices, and contribute to academic performance in Canada's children and youth (see Appendix D):

- Increase children's consumption of nutrient-rich foods via targeted on-site programs.
- Restrict on-site access to sugar-sweetened beverages and energy-dense, low-nutrient foods and beverages.
- Promote healthier food choices as part of the regular curriculum.
- Apply sound nutritional principles (e.g., increasing nutrient-rich consumption and reducing sodium, fat, and sweetened beverage intake levels) to all on-site breakfast and lunch programs, vending machines, cafeteria food, tuck shops, and special events, such as fundraisers, festivals, concerts, and sport or game days.
- Educate and promote healthy eating behaviours and choices in accordance with Canada's Food Guide, while being sensitive to culture and local socio-economic needs and conditions.

The Draft BC School Food Guidelines

The draft 2022 BC School Food Guidelines (see Appendix C) are a set of voluntary, evidence-based nutrition standards for foods that are offered, sold, or served in schools. As recommended by evidence, the Guidelines are being revised to best align with the 2019 Canada Food Guide, and to emphasize foods that are nutrient dense, while limiting foods high in nutrients of concern.

Table 1: *Differences between 2013 BC Guidelines and the 2022 Draft Guidelines*

2013 Guidelines	2022 Guidelines	Reason for Change
Applied to food and beverages sold	Applies to food and beverages sold, offered, or served	A comprehensive approach that increases students' access to healthy food while limiting access to unhealthy food across the entire school environment supports the Ministry of Education's mandate to ensure that students are properly fed for learning.
Mandated policy for public schools	Voluntary guidelines for K-12 schools in BC	One set of mandatory guidelines would not allow for all the unique scenarios and adaptations required given the diversity of demographics across the province.
Based on nutrient criteria	Food based approach	Based on sector feedback, utilizing a food-based approach rather than nutrient criteria supports ease of implementation. Although the standards look different, the actual foods that are recommended and not recommended are almost identical between the two versions.
3 categories – sell most, sell sometimes, do not sell	2 categories – foods to offer, sell, or serve and foods to avoid	Based on sector feedback, 2 categories simplify the Guidelines and ensures enhanced ease of implementation
Separate guidance for elementary and secondary schools	One set of guidance for elementary and secondary schools	Elementary and Secondary students have the same nutritional requirements, and both have excess intakes of ultra-processed foods in their diets.

Scope of implementation:

The Guidelines are intended as a guide to support school staff and PACs in creating healthy school food environments that will support the long-term health and learning outcomes of students.

The Guidelines identify foods and beverages that are recommended (e.g., fruit & vegetables, whole grains, proteins, milk, and fortified plant-based beverages) and foods and beverages that are not recommended (e.g., hotdog, pop, chips, deep fried food). The Guidelines are meant to support schools that are interested in moving towards a healthier school food environment, while enabling those schools to start where they are at and make decisions on what they are able to change based on their unique circumstances. Schools can use the lists of foods to be offered, served, or sold as ideas of the types of foods that are recommended to be available in the school setting, and use the lists of foods to avoid as examples of the types of foods that are not recommended to be available in the school setting.

If a school chooses to use the Guidelines to support moving towards a healthier school food environment, they **can** apply the Guidelines to foods offered, served, or sold in:

- School vending machines, stores, and cafeterias
- All school food programs

- School/parent organized food and beverages offered, sold, or served at:
 - Lunch sales
 - Fun fairs, sporting events and field trips (on and off-campus)
 - Fundraisers and bake sales

The Guidelines **cannot** at any time apply to foods and beverages brought to school for personal consumption.

Based on learnings from the education sector consultation, a suite of tools and resources for both school food providers and the food and beverage industry will be developed as part of the roll-out of the new Guidelines to help support schools in moving towards more healthy school food environments.

Examples of supports for school food providers may include:

- Tips on how to provide plant-based proteins or how to provide alternatives to commercially processed meats
- A “for vending only” resource that supports schools to procure prepackaged foods for vending that meet the Guidelines
- Lists of local food produces and processors that can provide food to schools that meet the Guidelines (to be developed in partnership with Ministry of Agriculture and Food)
- Updated existing 2013 Guidelines support resources such as:
 - Bake Better Bites: Recipes and Tips for Healthier Baked Goods
 - Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies
 - Healthy Fundraising for Schools – a guide filled with fundraising ideas

Consultation Update: Key Issues and Considerations

Over the course of April, webinar sessions will be provided to the education sector, including parent advisory councils (PACs), school administrators, and those involved in menu planning and/or procurement of food for schools. An online survey for the education sector is also open until April 30. Planned targeted engagement with Indigenous partners, as well as other key stakeholders is anticipated as part of the consultations.

The proposed draft Guidelines under development, although voluntary, are a little broader in scope of application which has caused initial concerns from some stakeholders related to the potential application of the Guidelines to fundraising activities as well as the cost of food, food sensitivities and eating habits, including for children with disabilities. The extent of these and other potential concerns will be better known as consultations progress.

Many of the foods to avoid as per CFG are often used in fundraising. There have also been numerous concerns raised by academics, leading health organizations, and parents that providing unhealthy foods to children in the school setting should not be an acceptable fundraising activity as there is a direct and significant correlation between unhealthy eating behaviours, and poor health and education outcomes.

Government recognizes that PACs do important work for schools and children and rely on fundraising that enhance children’s education such as field trips, library books and

craft materials, as well as play a crucial role in supporting various other school activities and food programs.

As the Guidelines are drafted, all aforementioned factors and other feedback will be considered, assessed, and applied in a balanced way to support the successful implementation of the Guidelines.

ADVICE:

- Childhood overweight and obesity rates are on the rise and with it associated comorbidities such as type 2 diabetes and other chronic diseases. Literature is showing this can be effectively addressed or prevented by healthy food environments and policies in schools which is the intent of proposed revised Guidelines for BC.
- As recommended by evidence, the B.C. School Food Guidelines are being revised to best align with the 2019 Canada Food Guide, and to emphasize foods that are nutrient dense, while limiting foods high in nutrients of concern.
- The Guidelines are being revised in collaboration with the Ministry of Education and Child Care, public health experts, the education sector, the food and beverage industry and other stakeholders.
- The PACs are being engaged as they play a critical role in many of the school food programs like breakfast programs and hot lunch fundraisers.
- Ministry staff are in the first weeks of consulting with PACs and look forward to a fulsome engagement process. This has included a webinar with PACs to provide an overview of proposed changes and solicit feedback.
- Additional engagement includes a webinar for school staff (April 7), and upcoming school staff session (April 12) and open session (April 13).
- Feedback and comments can also be submitted through an online survey until April 30. All feedback will be considered as the final Guidelines are drafted.
- Staff will report back the results of consultations in about three months to confirm direction and scope with the Minister prior to finalizing the proposed Guidelines.
- The Ministers (HLTH/EDUC) will have final sign off on the guidelines before being released publicly – targeted for September 2022. A communications plan will be included.

Program ADM/Division: Bernard Achampong, A/ADM, Population and Public Health

Telephone: 250-419-8864

Program Contact (for content): Meghan Day, Provincial Dietitian, Healthy Living, Health Promotion

Drafter: Natalie Laframboise, Manager, Healthy Living, Health Promotion

Date: April 10, 2022

ⁱ Statistics Canada. 2015 Canadian Community Health Survey (CCHS) (Focus content nutrition). CANSIM Table 105-2024. Retrieved March 27, 2018 from <http://www5.statcan.gc.ca/cansim/a26?lang=eng&id=1052024>

ⁱⁱ Panagiotopoulos C et al. *Int J Environ Res Public Health*. 2011 Dec; 8(12): 4662–4678.

ⁱⁱⁱ Yau PL, Castro MG, Tagani A, Tsui WH et al. Obesity and Metabolic Syndrome and Functional and Structural Brain Impairments in Adolescence *Pediatrics* Vol. 130 No. 4 October 1, 2012.

-
- ^{iv} Yau PL, Castro MG, Tagani A, Tsui WH et al. Obesity and Metabolic Syndrome and Functional and Structural Brain Impairments in Adolescence *Pediatrics* Vol. 130 No. 4 October 1, 2012.
- ^v Olshansky SJ, Passaro DJ, Hershow RC, et al. A potential decline in life expectancy in the United States in the 21st century. *N Engl J Med* 2005;352(11):1138–45.
- ^{vi} BC Centre for Disease Control. The Economic Burden of Risk Factors in British Columbia, 2015; Excess Weight, Tobacco Smoking, Alcohol Use, Physical Inactivity and Low Fruit and Vegetable Consumption. April 2016. P. 18 http://www.bccdc.ca/pop-public-health/Documents/economic_burden_five_risk_factors_BC_2015.pdf Accessed April 9, 2022
- ^{vii} Healthy Futures – The Need for Action. By LEAP – Pecaut Centre for Social Impact May 2020 in research partnership with Boston Consulting Group. Page 2.
- ^{viii} World Health Organization. 2008–2013 Action Plan for the Global Strategy for the Prevention and Control of Noncommunicable Diseases. Available at: http://whqlibdoc.who.int/publications/2009/9789241597418_eng.pdf Accessed April 9, 2022.
- ^{ix} Kirkpatrick, S.I., et al (2019). Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: insights from the 2015 Canadian Community Health Survey. *Appl. Physiol. Nutr. Metab.* 44: 650–658; dx.doi. org/10.1139/apnm-2018-0532
- ^x Polsky, Jane, et al. “This Study Used 2015 National-Level Data, the Most Recent Available, to Characterize the Intake of Ultra-Processed Foods among Canadians and to Examine Changes since 2004.” Consumption of Ultra-Processed Foods in Canada, Government of Canada, Statistics Canada, 18 Nov. 2020, www150.statcan.gc.ca/n1/pub/82-003-x/2020011/article/00001-eng.htm.
- ^{xi} Tugault-Lafleur, C. and Black, J (2019). Differences in the Quantity and Types of Foods and Beverages Consumed by Canadians between 2004 and 2015. *Nutrients* 2019, 11, 526; doi:10.3390/nu11030526
- ^{xii} <https://www.forbes.com/sites/lanabandoim/2020/05/07/frozen-meals-are-the-new-comfort-food-during-the-coronavirus-outbreak/?sh=7bca7146b7d1>
- ^{xiii} Twells LK, Gregory DM, Reddigan J, Midodzi WK. Current, and predicted prevalence of obesity in Canada: a trend analysis. *CMAJ Open* 2014; 2(1): e18-26.
- ^{xiv} Lieffers JRL, Ekwaru JP, Ohinmaa A, Veugelers PJ (2018) The economic burden of not meeting food recommendations in Canada: The cost of doing nothing. *PLoS ONE* 13(4): e0196333. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0196333>
- ^{xv} <https://cps.ca/documents/position/school-nutrition-support>
- ^{xvi} Government of British Columbia. 2005. School food sales and policies: Provincial report. Victoria, BC: Ministry of Education and Ministry of Health. Accessed 12 June 2007.
- ^{xvii} Winson, A. (2008). School food environments and the obesity issue: content, structural determinants, and agency in Canadian high schools. *Agric Hum Values* 25: 499-511.
- ^{xviii} <https://cps.ca/documents/position/school-nutrition-support>
- ^{xix} Jaime PC, Lock K. Do school based food and nutrition policies improve diet and reduce obesity? *Prev Med* 2009;48(1):45–53.
- ^{xx} Abina Chaudhary, František Sudzina,2,3 and Bent Egberg Mikkelsen (September 2020). Promoting Healthy Eating among Young People—A Review of the Evidence of the Impact of School-Based Interventions.

Purpose: To provide BC schools with food and nutrition guidelines that support healthy food environments and that meet the nutritional needs of students based on Canada’s food guide.

Approach: To update the Guidelines with the latest federal dietary recommendations, the Province is bringing together an ad hoc committee of school-based public health dietitians to inform the development of these new Guidelines. The Provincial/Territorial Nutrition Standards for K-12 Schools will guide decision making on the revisions. To ensure the guidelines are feasible to implement in schools and products that meet the criteria exist in the current marketplace, both the education sector and the food and beverage industry will be consulted.

Outcome: Guidelines that are evidence-based, align with Canada’s food guide, reflect the current food marketplace and are easy to use and understand by school food providers.

- Objectives**
- Align and update the Guidelines with current national dietary guidance – Canada’s food guide 2019 and the 2021 PT Nutrition Standards.
 - Ensure the Guidelines align with recent evidence and reflect the current marketplace.
 - Address barriers and challenges with implementation of the current Guidelines by using a food-based versus a nutrient-based approach.

- Key Links & Considerations**
- Canada’s Food Guide
 - Guidelines for Food & Beverage Sales in BC Schools
 - School Meal and School Nutrition Program Handbook
 - Brand Name Food List
 - Provincial/Territorial Guidance Document: Nutrition Standards for K-12 Schools

- In Scope**
- Guidelines that apply to food and beverages sold and served in BC schools
 - All K-12 public schools in BC

- Out of Scope**
- Guidelines that apply to food and beverages brought in from home for personal consumption
 - Mandated policy

- Critical Success Factors**
- Agreement between MOH and EDUC on approach and content
 - HA capacity to actively participate in development of Guidelines
 - Ability to consult with education sector
 - Acceptance by food and beverage industry

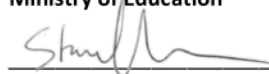
Background and Context: First released in 2005, the Guidelines define the minimum nutrition standard for all food and beverages sold to students in BC public schools. Whereas the Ministry of Health (MOH) holds the content expertise and is responsible for developing the Guidelines, the education sector is responsible for enacting the Guidelines within local school districts and schools. To date, the policy has not included monitoring or enforcement. The Guidelines were last updated in 2013. With the release of Canada’s new food guide in 2019, and a commitment to update the Guidelines every 5 years, the Guidelines are now out of alignment with CFG and overdue for revision.

Project Team	
Meghan Day	Project director
Natalie Laframboise	Project manager
School Food Guidelines Working Group	Team members
Governance	
Jonathan Robinson	Executive sponsor, MOH
Stacey Wilkerson	Executive sponsor, EDUC
Budget (Food & Beverage Consultation)	\$30,000

Workplan Overview		Stakeholders and Rightsholders		Risk Assessment			
Deliverable/Milestone	Date	Name	Representing	Risk	Prob	Impact	Response Strategy
Develop consultation plan and create consultation documents including draft guidelines	Fall 2021	BC Confederation of Parent Advisory Councils	Parent Advisory Committees	s.13			
Establish health authority working group and initiate meetings	September 2021	Superintendents, Principals and Vice-Principals	Schools/School Districts				
Revise guidelines based on health authority working group feedback	December 2021	Restaurants Canada; BC Restaurant and Foodservices Association; Various	Food and Beverage Industry				
Consultations with education and food & beverage industry stakeholders	January – February 2022	First Nations Health Authority; First Nations Education Steering Committee; First Nations Schools Association	First Nations Schools				
Finalize Guidelines	Spring 2022						

APPROVALS


Ministry of Education



(name & title)

Ministry of Health

Jonathan Robinson / Executive Director



(name & title)



BC School Food Guidelines

For Food & Beverages in K-12 Schools

CONFIDENTIAL DRAFT FOR CONSULTATION

Table of Contents

Overview	2
Providing meals.....	4
Preparing Food from Scratch.....	4
Vegetables and Fruits	7
(Whole) Grain Foods	8
Protein Foods	10
Beverages	12
Mixed Dishes.....	14
Other Foods.....	15

Overview

The Guidelines for Food and Beverage Sales in B.C. Schools (the Guidelines) have been developed to support healthy food environments at school by increasing access to healthy food while limiting access to unhealthy food. Through food programs, cafeterias, vending machines, fundraisers and more, schools provide many of the meals, snacks and beverages students consume in a day. Providing nutritious foods to students at school supports their learning, mental well-being, and healthy growth and development.

“Food” is used throughout this document as the umbrella term for both foods and beverages

Research shows that eating healthy food and beverages:

- ☐ Provides students with fuel for optimal growth and nutrients for strong bones, teeth and muscles
- ☐ Helps students’ brains develop
- ☐ Improves school performance, learning ability, attention span and behaviour
- ☐ Supplies energy for daily activity
- ☐ Reduces the risk of getting sick now and developing chronic diseases like diabetes, heart disease and cancer later in life
- ☐ Sets the foundation for healthy eating behaviours as adults

The Guidelines provide a voluntary set of best practices aimed at supporting schools as they work towards the gold standards while providing room for flexibility to support each school’s unique needs and operational circumstances.

The first set of Guidelines were published by the B.C. Ministries of Education and Health in 2005. The Guidelines were updated in 2008, 2011, and 2013. With the release of Canada’s food guide in 2019, the Guidelines have been revised to reflect current national¹ and provincial nutrition recommendations² and school administrator survey results on implementation challenges with the 2013 Guidelines.³

Notable changes from the 2013 Guidelines compared to the 2022 BC School Food Guidelines for Food & Beverages in K-12 Schools include:

2013 GUIDELINES	2022 GUIDELINES
<ul style="list-style-type: none"> ▪ Applied to food and beverages sold 	<ul style="list-style-type: none"> ▪ Applies to food and beverages sold, offered, or served
<ul style="list-style-type: none"> ▪ Provided the minimum nutrition standard 	<ul style="list-style-type: none"> ▪ Provides the gold standard for nutrition
<ul style="list-style-type: none"> ▪ Mandated policy for public schools 	<ul style="list-style-type: none"> ▪ Guidelines for K-12 schools in BC
<ul style="list-style-type: none"> ▪ Nutrient-based 	<ul style="list-style-type: none"> ▪ Food-based
<ul style="list-style-type: none"> ▪ 3 categories – sell most, sell sometimes, do not sell 	<ul style="list-style-type: none"> ▪ 2 categories – foods to offer, sell, or serve and foods to avoid
<ul style="list-style-type: none"> ▪ Specific guidance for elementary and secondary schools 	<ul style="list-style-type: none"> ▪ Same guidance for elementary and secondary schools
<ul style="list-style-type: none"> ▪ Encouraged to use the Guidelines within student education on food and nutrition 	<ul style="list-style-type: none"> ▪ Encourages using <u>Teach Food First</u> (not the Guidelines) within student education on food and nutrition

¹ Canada’s Dietary Guidelines for Health Professionals and Policy Makers. January 2019. Available from: [CDG-EN-2018.pdf \(canada.ca\)](#)

² Provincial/Territorial Guidance Document: Nutrition Standards for K-12 Schools. March 2021. Internal document.

³ 2020 K-12 Public School Food Survey Final Report. BC Stats. March 2020. Prepared for the Ministries of Education, Health, and Agriculture. Internal document.

Who should use the Guidelines?

The Guidelines are for adults making food decisions on behalf of students in a school setting. This includes not only administrators and teachers, but also parents and Parent Advisory Councils hosting fundraising events or hot lunch programs and food service staff serving or selling snacks and meals including school food programs. The food and beverage industry also uses the Guidelines so it can provide options to schools that meet the nutrition standards. The Guidelines are not intended to support student food and nutrition education (see [Teach Food First](#)).

The 2022 Guidelines apply to:

- School vending machines, stores and cafeterias
- All school food programs
- School/parent organized food and beverages offered, sold, or served at:
 - lunch sales
 - fun fairs, sporting events and field trips (on and off-campus)
 - fundraisers and bake sales
- Food and beverages brought to school by students, parents, or teachers, to share with other students (e.g., classroom celebrations)

The 2022 Guidelines do **not** apply to:

- Foods brought from home for personal consumption (e.g., bagged lunches from home)
- Food and beverages sold, offered or served only to adults
- Food and beverages prepared by students as part of class projects

Providing meals

The following general Guidelines apply when schools offer, serve or sell meals to students:

- ❖ Offer a variety of healthy foods: follow a meal plan that provides a wide range of foods that meet the Guidelines identified within this document. Foods offered should consider student preferences and be inclusive of cultural backgrounds.
- ❖ Cultivate eating competence and positive relationships with food by providing students autonomy to decide how much they want to eat and where possible, letting students select and/or serve their own food and beverages from those offered at mealtimes.
- ❖ Offer at least two vegetable or fruit options at breakfast. Offer at least one kind of vegetable and one kind of fruit OR two kinds of vegetables at lunch and supper (see Vegetables and Fruits section below). Offer at least one grain option at each meal [see (Whole) Grain Foods section below].
- ❖ Offer at least one protein food option at each meal (see Protein Foods section below). Beverages that contain protein (i.e., milk, fortified soy beverage or kefir) are to be provided in **addition to** the protein food offered.
- ❖ In addition to water, offer at least one beverage that is an excellent source of calcium (at least 25% Daily Value for calcium) and is fortified with vitamin D (at least 10% Daily Value) at all meals provided, such as:
 - Plain (unsweetened) milk (0-2% MF)
 - Plain (unsweetened) kefir (0-2% MF)
 - Plain (original or unsweetened) fortified plant-based beverages



Preparing Food from Scratch

Preparing food from scratch (e.g., cooking, baking, blending) includes food items, meals or baked goods prepared from scratch using single food ingredients **within the school setting**. If preparing a dish based on package directions (e.g., adding milk to a pre-packaged powdered sauce), reheating a pre-prepared food, or preparing a baked item based on package directions (e.g., browning par-baked buns), go to *Mixed Dishes* or the individual food categories as appropriate to assess.

As cooking more often and limiting highly processed foods are foundational recommendations within Canada's food guide, general principles only are provided. It is intended that food and beverages prepared within the school setting will follow the general principles, contain healthier ingredients, and minimize added sodium, sugars, and saturated fat to ensure nutritious foods are offered and available to students.

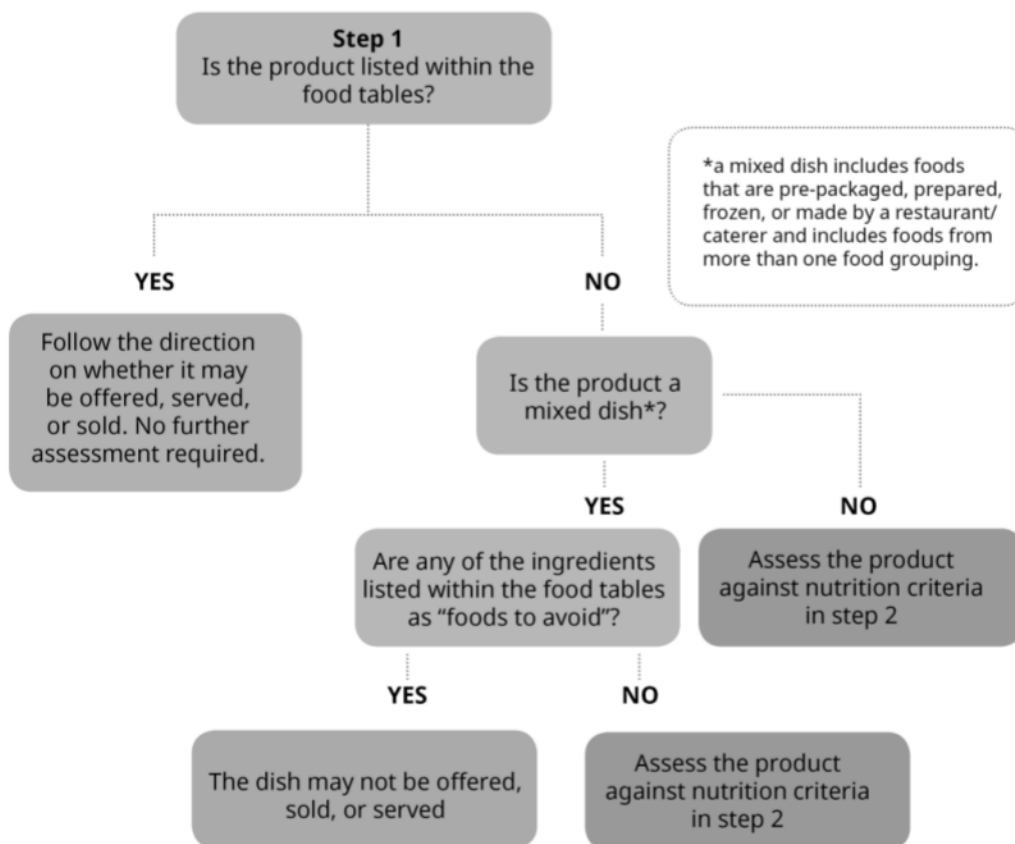
General principles

- ❖ Preparing food from scratch is encouraged when/where feasible to support healthy eating and limit the offering of highly processed food.
- ❖ All of the Guidelines listed within this document should be applied when preparing food from scratch:
 - Ingredients listed in the Guidelines as "Foods to avoid" should not be used when preparing food from scratch

- Cookies, bars (e.g., brownies), pastries, croissants, cakes (including cupcakes and cake pops), pies, tarts, donuts, sweet buns (e.g., cinnamon buns), candies and fudge should not be offered, served or sold (either baked from scratch or pre-prepared)
- Commercially processed meat (meat that has been transformed through salting, curing, fermenting, smoking or other processes to enhance flavour or improve preservation⁴) should not be used when cooking or baking.
- This does not apply to traditional meats, fish and other traditional foods that are prepared using Indigenous methods and are part of traditional food systems. Traditional foods are encouraged to be offered and shared within school settings. Deep-frying should not be used.
- ❖ As per Canada's food guide, preparing meals and snacks with ingredients that have little to no added sodium, sugars or saturated fat is encouraged:
 - Where possible, select lower sodium varieties of products (e.g., canned tomato sauce/paste, soup, stock, broth, salt-free spices and seasonings) and use lower sodium recipes.
 - Use recipes with reduced amounts of sugars (e.g., sugars, honey, syrups, molasses).
 - Do not use sugary drinks, including 100% fruit juice in recipes. Use whole or cut vegetables and fruits instead of juice.
 - Use recipes with only small amounts or less of products high in saturated fat (e.g., cream, butter, cheese, fatty meats, lard, ghee, coconut oil, palm kernel oil and coconut milk). Choose recipes that use ingredients with healthy fats instead of saturated fat where possible.
 - Use whole grain flour when available. If not available, whole wheat flour is recommended. Enriched white flour may be used when needed, shifting towards using whole grain or whole wheat flour more often.
- ❖ Condiments may be offered in small quantities to accompany meals. Where possible, offer lower sodium (e.g., soy sauce) and lower saturated fat (e.g., sour cream) varieties.

⁴ World Health Organization [Internet]. Geneva: World Health Organization; 2015 [cited 13 Jan 2021]. [Q&A on the carcinogenicity of the consumption of red meat and processed meat](#).

Process for determining whether a food or beverage may be offered, served, or sold



Step 2 Nutrition Criteria

The product must meet **all three** criteria to be offered, sold or served.

How is product offered, sold or served?	% Daily Value Saturated + Trans Fat	% Daily Value Sugars	% Daily Value Sodium
As an entrée/main meal	Less than 30%	Less than 30%	Less than 30%
As a side dish, snack or an ingredient	Less than 15%	Less than 15%	Less than 15%
As a vegetable or fruit, protein food, (whole) grain food, or beverage	Less than 15%	Less than 15%	Less than 15%

Food Tables

Vegetables and Fruits

General principles

- ❖ Offer a variety of vegetables and fruits on the days when food is offered or sold. Offer at least two vegetable or fruit options at breakfast. Offer at least one kind of vegetable and one kind of fruit OR two kinds of vegetables at lunch and supper (see Vegetables and Fruits section). Fresh, frozen or canned vegetables and fruits can all be healthy options.
- ❖ Moving towards offering dark green vegetables as often as possible (i.e., daily where feasible) and orange vegetables regularly (i.e., a few times per week where feasible) is encouraged.
- ❖ When using pre-packaged or pre-prepared vegetables and fruits, select products without added sugars, salt (sodium), pre-made breading or rich sauces/spreads when possible.

Step 1: Search for the food within the table below. If the food is listed, follow the direction of whether it may be offered, served or sold. If the food is not within the table below, go to step 2.

Foods to offer, serve, or sell	Foods to avoid
VEGETABLES AND FRUITS	
Fresh vegetables and fruits	Canned fruits in heavy syrup
Frozen vegetables and fruits	Battered and/or deep-fried vegetables
Canned vegetables	Par-fried French fries (non par-fried, pre-cut potatoes may be offered)
Canned fruits (packed in juice)	Chips (regular, baked or extruded), including potato chips, corn chips, tortilla chips, veggie chips
Fruit sauces (100% fruit with no added sugar, e.g., unsweetened apple sauce)	Fruit cups in gelatin/jelly
Dried fruits (100% fruit with no added sugar) - to be served with meals only	Prepared pie filling
	Processed fruit snacks (e.g., fruit leathers, fruit bars and gummies, including those made with 100% fruit juice)
	Frozen fruit bars, popsicles or fruit-based freezies
	Products that are deep-fried or contain sugar substitutes, caffeine or natural health products

Step 2: Look at the Nutrition Facts table on the product label to determine if the product meets the following criteria. If it meets **all three** criteria, then it may be offered, served or sold. If it exceeds one or more criteria, then it may not.

Saturated + Trans Fat % Daily Value	Sugars % Daily Value	Sodium % Daily Value
Less than 15%	Less than 15%	Less than 15%

(Whole) Grain Foods

General principles

- ❖ Offer whole grain products regularly if/when possible based on availability and cultural considerations of the student population.
- ❖ If offering refined grains, moving towards replacing them with whole grains as often as possible is encouraged. If whole grains are not available, recommend choosing whole wheat options over refined grains when possible (e.g., bread).
- ❖ When using pre-packaged or pre-prepared grain products, select products without added sugars, salt (sodium) or rich sauces/spreads when possible.

School food providers are encouraged to move towards offering, serving, and selling more whole grain foods. For ideas on serving whole grains, see x resource (to be developed).

Step 1: Search for the food within the table below. If the food is listed, follow the direction of whether may be offered, served or sold. If the food is not within the table below, go to step 2.

Foods to offer, serve, or sell	Foods to avoid
(WHOLE) GRAIN FOODS	
Whole grains such as barley, rye, whole oats or oatmeal (unsweetened), bulgur, quinoa, buckwheat, amaranth, millet Whole grain (or 100% whole wheat) bread products (bread, bagels, tortilla wraps, pitas, buns, bannock, naan, pizza crust, flatbread etc.) Whole grain brown rice or wild rice, plain Whole grain noodles/pasta, plain	Cookies, bars (e.g., brownies), pastries, croissants, cakes (including cupcakes and cake pops), pies, tarts, donuts or sweet buns (e.g. cinnamon buns) Pre-seasoned noodles/pasta or rice Canned rice or pasta Coated granola bars (e.g. covered in chocolate, “yogurt” etc.) or puffed rice cereal bars Energy bars, protein bars Toaster pastries Cheesies, puffs, twists, crisps, straws, pretzels (regular, baked or extruded) Products that are deep-fried or contain sugar substitutes, caffeine or natural health products Sugary breakfast cereals (refined grains low in fibre with added sugar, colour, and flavour)

Step 2: Look at the Nutrition Facts table on the product label to determine if the product meets the following criteria. If it meets **all three** criteria, then it may be offered, served or sold. If it exceeds one or more criteria, then it may not.

Saturated + Trans Fat % Daily Value	Sugars % Daily Value	Sodium % Daily Value
Less than 15%	Less than 15%	Less than 15%

Protein Foods

General principles

- ❖ Offer plant-based protein foods regularly if/when possible based on availability and cultural considerations of the student population.
- ❖ Do not offer, serve or sell commercially processed meat (meat that has been transformed through salting, curing, fermenting, smoking or other processes to enhance flavour or improve preservation).
 - This does not apply to traditional meats, fish and other traditional foods that are prepared using Indigenous methods and are part of traditional food systems. Traditional foods are encouraged to be offered and shared within school settings.

School food providers are encouraged to move towards offering, serving, and selling more plant-based proteins. For ideas on providing plant-based proteins, see x resource (to be developed)

Step 1: Search for the food within the table below. If the food is listed, follow the direction of whether it may be offered, served or sold. If the food is not within the table below, go to step 2.

Foods to offer, serve, or sell	Foods to avoid
PROTEIN FOODS	
Fresh/canned/dried legumes (beans, peas, lentils)	Commercially battered and/or breaded meat, fish, chicken, turkey (e.g., chicken nuggets, chicken strips)
Hummus	Deli meats (e.g., bologna, pepperoni, salami, ham)
Eggs	Hot dogs, wieners
Tofu, tempeh	Bacon
Fresh/frozen/ chicken, turkey	Sausages, pork breakfast links
Fresh/frozen lean beef and pork	Corned beef
Wild game*	Beef jerky
Extra lean or lean ground meat (e.g., chicken, turkey, beef, pork)	Processed cheese – spread, slices or sauce
Fresh/frozen fish and shellfish	Ice cream, frozen yogurt, frozen dessert
Canned fish	Milkshakes (homemade or pre-packaged)
Hard cheese	Pudding
Cottage cheese	Products that are deep-fried or contain sugar substitutes, caffeine or natural health products
Plain (unsweetened) yogurt (0-2% MF)	
Plain (unsweetened and unsalted) nuts, seeds, nut butters and seed butters**	

*As approved by local Environmental Health Officer

**Dependent on school food allergy policies

Step 2: Look at the Nutrition Facts table on the product label to determine if the product meets the following criteria. If it meets **all three** criteria, then it may be offered, served or sold. If it exceeds one or more criteria, then it may not.

Saturated + Trans Fat % Daily Value	Sugars % Daily Value	Sodium % Daily Value
Less than 15%	Less than 15%	Less than 15%

The gold standard is to not offer, serve or sell commercially processed meat within the school setting, including all deli meats (cold cuts). However, it is acknowledged that this significantly limits options for providing sandwiches/subs which may not be feasible for some schools. If this is the case, schools may consider using deli meats lower in saturated fat and/or sodium such as turkey, chicken, and roast beef on a limited/infrequent basis. For more information, see x resource (to be developed).

Beverages

General principles

- ❖ Ensure easy access to safe, clean drinking water at all times.
- ❖ In addition to water, offer at least one beverage that is an excellent source of calcium (at least 25% Daily Value) and is fortified with vitamin D (at least 10% Daily Value) at all meals provided, such as:
 - Plain (unsweetened) milk (0-2% MF)
 - Plain (unsweetened) kefir (0-2% MF)
 - Plain (original or unsweetened) fortified plant-based beverages
- ❖ Do not offer sugary drinks in the school setting. Sugary drinks include soft drinks, fruit-flavoured drinks, 100% fruit juice, flavoured waters with added sugars, sport and energy drinks, and other sweetened hot or cold beverages, such as iced tea, cold coffee beverages, sweetened milks, and sweetened plant-based beverages.

Step 1: Search for the beverage within the table below. If the beverage is listed, follow the direction of whether it may be offered, served or sold. If the beverage is not within the table below, go to step 2.

Beverages to offer, serve, or sell	Beverages to avoid
BEVERAGES	
Water Unsweetened carbonated or still water Plain (unsweetened) milk (0-2% MF) Plain yogurt drinks Plain (unsweetened) kefir (0-2% MF) Plain (original or unsweetened) fortified plant-based beverages	Soft drinks Fruit-flavoured drinks (e.g., lemonade) 100% fruit juice, fruit-flavoured drinks, cocktails, punch Flavoured waters with added sugars Sport/electrolyte replacement drinks Energy drinks Coffee, black tea (including iced tea, cold coffee beverages) Hot chocolate Sweetened milk Sweetened flavoured plant-based beverages ("original" may be offered) Milkshakes Slushy drinks Vitamin fortified water Beverages containing sugar substitutes, added caffeine or natural health products

Step 2: Look at the Nutrition Facts table on the product label to determine if the product meets the following criteria. If it meets **all three** criteria, then it may be offered, served or sold. If it exceeds one or more criteria, then it may not.

Saturated + Trans Fat % Daily Value	Sugars % Daily Value	Sodium % Daily Value
Less than 15%	Less than 15%	Less than 15%

The gold standard is to not offer sugary drinks within the school setting which includes sweetened milks and sweetened flavoured plant-based beverages. However, calcium and vitamin D are critical nutrients that children often do not get enough of. If plain milk, kefir, yogurt drinks or fortified plant-based beverages are not well accepted, a school food provider may consider also offering lightly sweetened versions of these beverages.

Milk, kefir, and yogurt drinks: 0-2% milk fat, no more than 20%* Daily Value sugars

Fortified plant-based beverages: no more than 9% Daily Value sugars, at least 25% Daily Value calcium, at least 10% Daily Value vitamin D

*higher % Daily Value for sugar due to naturally occurring sugar (lactose)

Mixed Dishes

Mixed dishes include foods that are pre-packaged, prepared frozen or made by a restaurant/caterer and include foods from **more than one** food grouping [Vegetables and Fruits, (Whole) Grain Foods and Protein Foods].

Step 1: Review each of the food categories to ensure the product does not include any foods listed within the Guidelines as “Foods to avoid”.

Step 2: Look at the Nutrition Facts table on the product label to determine if the product meets the following criteria. If it meets **all three** criteria, then it may be offered, served or sold. If it exceeds one or more criteria, then it may not.

How product is offered, served or sold	Saturated + Trans Fat % Daily Value	Sugars % Daily Value	Sodium % Daily Value
As an entrée/main meal	Less than 30%	Less than 30%	Less than 30%
As a side dish or snack	Less than 15%	Less than 15%	Less than 15%

Other Foods

Search for the food within the table below. If the food is listed, follow the direction of whether it may be offered, served or sold.

Foods to offer, serve, or sell	Foods to avoid
CONFECTIONERY	
	Chocolate (bars or candies) Fudge Sweetened gelatin/jellied desserts Whipped cream or whipped dessert topping Frozen treats, freeze pops Candy Gum Products that are deep-fried or contain sugar substitutes, caffeine or natural health products
CONDIMENTS	
Condiments may be offered in small quantities to accompany meals. Where possible, offer lower sodium (e.g., soy sauce) and lower saturated fat (e.g., sour cream) varieties.	

Revising BC School Food Guidelines Timeline

January 2019

- Health Canada Releases Canada's food guide

November 2021-March 2021

- Provincial/Territorial Group on Nutrition develops P/T Nutrition Standards for K-12 Schools based on new Canada's food guide dietary guidance.

April 2021

- The BC Ministries of Health (HLTH) and Education (EDUC) write a joint project charter to begin Guidelines revision process.

August 2021

- EDUC reviewed the content of the P/T Nutrition Standards for K-12 Schools.

October 2021

- HLTH established School Food Guidelines Working Group (SFG WG) comprised of public health dietitians from all 7 health authorities
- The SFG WG adapted content from the P/T Nutrition Standards for K-12 Schools for the BC context and creates draft BC School Food Guidelines.

March 2022

- HLTH consulted with the food and beverage industry (vending companies, food and beverage processors, BC Dairy, Canadian Beverage Association, Food, Consumer Products of Canada, caterers, and restaurants) via virtual meetings and an opportunity to submit written feedback.

April 2022

- HLTH, with EDUC support, launches education sector consultations. Opportunity is communicated through EDUC DM bulletin, BC Confederation of Parent Advisory Councils, and Dedicated Action for School Health. Four webinars provided to school administrators, PACs, and those in the education sector involved in food purchasing. Additionally, feedback can be submitted via online survey (open until April 30th, 2022).

Next Steps

May 2022

- HLTH, EDUC and the SFG WG will review and consider all feedback received through the consultation process.

- HLTH and EDUC will inform its senior executive/Ministers of the results of the consultation prior to further updates.
- HLTH, EDUC and the SFG WG will make any necessary revisions to the draft Guidelines and will develop implementation supports, tools and resources.

June 2022

- HLTH and EDUC will present package and initiate the approval process (Deputy Ministers of HLTH and EDUC or Ministers if requested) for the final BC School Food Guidelines

August/September 2022

- New BC School Food Guidelines are released in September 2022.

Position Statement

School nutrition: Support for providing healthy food and beverage choices in schools

Jeffrey N. Critch

Canadian Paediatric Society, Nutrition and Gastroenterology Committee, Ottawa, Ontario

Correspondence: Canadian Paediatric Society, 100–2305 St Laurent Blvd, Ottawa, Ontario K1G 4J8. E-mail info@cps.ca, website www.cps.ca

Copyright

**NUTRITIONAL CONCERNS IN SCHOOL-
AGED CHILDREN AND YOUTH**

Copyright

Copyright

