

Healthy Students Healthy Schools

Living Healthy

Canteen Ideas:

- Juice, Milk, Water
- Fresh Fruit
- Vegetables, with light dip
- Canned Fruit, in juice
- Dried Fruit
- Applesauce
- Cheese slices or strings
- Yogurt & tubes
- Frozen Yogurt
- Ice milk or light ice cream
- Nuts & Seeds (Check allergies)
- Trail Mixes (Check allergies)
- Muffins, Bagels
- Cereals
- Rice Cakes
- Cheese & Breadsticks
- Low fat crackers & cookies
- Pretzels
- Popcorn, light
- Low fat "chip" type snacks
- Granola or cereal bars (not dipped)

Canteen

Need more nutritious foods in your canteen? Here are some ideas:

Juices

The School Food Guidelines say:

Serve Most 100% juice unsweetened and *Serve Moderately* 100% juice, sweetened. The good news is there are more flavours available, for unsweetened juices, besides orange and apple juices.

Oasis has 200 mL and 960 mL Tetra packages of 100% juice unsweetened in the following flavours:

- Apple, Orange, Apple Grape, Fieldberries, Tropical Passion, Tropical 7-fruits, 10 Vegetable Cocktail.

Sun-Rype also has 200 mL Tetra and other different sized packages in 100% juice unsweetened.

- Grape, Wildberry, Fruit Medley, Strawberry Kiwi, Strawberry Banana, Raspberry Orange
- Raspberry, Tropical, Mango Tangerine are only in 1L, at this time.

Fruit Snacks

Fruit is a great snack that is full of nutrients. Children love fruit but it often has had to compete against chips or ice cream in a canteen. If your canteen is stocked with healthier items, fruit will be an easy choice.

- Fresh fruit should be promoted. A

good idea is to have fruit visible in a basket—front & center—on the counter.

- When fresh fruit is not available, use canned fruit or fruit cups that are packed in juice.
- Unsweetened applesauce and other fruit or berry purees are available in individual packages.
- Dried fruit, like raisins, are popular snacks. Check out: www.amazinraisin.com
- Fruit leather. Sun-Rype has Fruit to Go, made from fruit, which could replace Fruit Roll-Ups (made from sugar).
- Sun-Rype also has fruit bars: Fruit Source.
- As a replacement for Popsicles (which are made from sugar and provide little nutrition), there are some frozen fruit juice bars. These fit the *Serve Moderately* category, as they are sweetened fruit products. Ex. Tropicana Real Fruit Orange Juice Bars.

Vegetables & Dip

Students love dipping raw vegetables. Serve with low-fat salad dressings for the dip.

- Baby carrots, Carrot or Celery Sticks, Cucumber Slices, Green Pepper Rings, Broccoli Flowers

Milk

White milk is the best choice. Most students do drink white milk at home. Try to promote white milk at your school. Chocolate milk is *Serve Moderately*.

Yogurt

- Yogurt comes in a variety of flavours so mix it up. Find out which ones are the students' favorites.
- Yogurt tubes are a big hit with children. The tubes can be frozen.

Cheese

Individual packs of cheese and Cheese Strings are available in lower fat cheese for *Serve Most* or regular fat for *Serve Moderately*.

Milk Products

Other milk products higher in fat and/or sugar are in the *Serve Moderately* category.

- Frozen yogurt is available in 2 L but new individual packages are expected on the market soon. Ask your milk supplier.
- Milk puddings—choose the lower fat version
- There are Light Ice Cream versions of popular Fudgesicles and Creamsicles. Ex. Breyers Smart Scoop Fudge Bars, Skinny Cow Fudge Bars.
- Ice Milk is available for soft serve.

Nuts & Seeds

Nuts and seeds can be a healthy snack, if there are no allergies in your schools. Individual packs are available of peanuts, sunflower seeds and different trail mixes.

Muffins

High-fibre muffins would be oatmeal, bran, or whole wheat. To lower fat in the recipe, add fruit like applesauce, apples, bananas, peaches, pineapple, berries, raisins, etc. Muffins should be a small to medium size.

Bagels

Whole wheat and multigrain are *Serve Most* and white flour bagels are *Serve Moderately*. Bagels can be served with light cream or cheddar cheese. Mini-bagels are a great size for younger students.

Cereals

Some children love cereals so much that they could eat cereal as a snack on their own, with yogurt, or milk. Individual packages are available for some cereals. See the Cereal List for *Serve Most* and *Serve Moderately* cereals.

Low fat crackers and cookies

- Animal Crackers, Arrowroot, Digestives, & Teddy Grahams are available in individual packages.
- Oatmeal, Gingersnaps, and Fig Newtons would also be good cookie choices.
- Cheese & Breadsticks should replace Cheese & Crackers.

“Chip” type snacks

While there are low fat snacks available, these snacks often are high in salt. These “chip” type snacks are in the *Serve Moderately* category and available in individual packages.

- Pretzels
- Popcorn, light (mini-bags)
- Mini Rice Thins
- Crispy Minis
- Crunchers (Note: The Bold BBQ flavor is SPICY.)
- Baked Lay potato chips

Granola or Cereal Bars

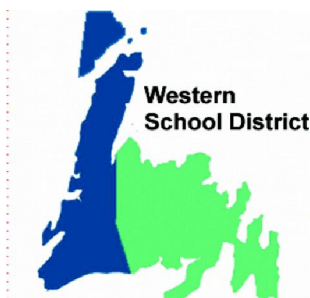
Granola or cereal bars tend to have more sugar. Look for brands that have lower amounts of sugar. As with all grain products, look for granola bars that are made with whole grains like oats or whole wheat flour.

In Summary

Fruit, vegetables, yogurt, cheese, nuts & seeds, or muffins, bagels and cereals are better choices. Lower fat ice cream, cookies, crackers, chip-type snacks, and granola bars are *Serve Moderately* snacks. Milk, Juice, and Water are beverages to offer.

Questions????

Please ask your supplier for nutrition information. Contact the School Health Promotion Consultant if you need help in deciding which products meet the School Food Guidelines.



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