

APPENDIX 7: SCHOOL EVENT MENU IDEAS

Use this chart to help select food and beverages to sell at school events. These are only examples; you are required to assess each food and beverage against the nutrition criteria. There must be a minimum of 80% of food and beverages from the *Sell Most* category and a maximum of 20% of food and beverages from the *Sell Less* category. Food and beverages from the *Not Permitted for Sale* category must not be offered for sale.

Sell Most	Sell Less
<ul style="list-style-type: none"> • Whole grain wraps, bagels, bread and buns • Pizza on whole wheat crust with vegetable and lean meat toppings • Fresh fruit and/or fruit salad • Unsweetened canned fruit • Fresh vegetables • Lower-fat cheese strings • Hummus dip • Lean deli meat, e.g., turkey, ham, roast beef slices for making wraps or sandwiches • Yogurt • Whole grain crackers, melba toast, crisp bread • Plain or flavoured milk • 100% fruit juice 	<ul style="list-style-type: none"> • Enriched white wraps, bread, bagels, buns or pitas • Pizza on white crust with vegetable and lean meat toppings • Sweetened frozen or canned fruit • Processed cheese slices • Cheese strings • Fruit-filled bars (e.g., fig) • Plain soda crackers and melba toast • Plain popcorn

Note: These are only examples. It is important to read the Nutrition Facts table for each product since the same food or beverages could fit into all three categories.

Adapted with permission from: Ontario Society of Nutrition Professionals in Public Health (2007). Creating a Healthy School Nutrition Environment (CHSNE) Health Unit Collaboration – Nutrition Tools for Schools: A Toolkit for Ontario Health Units to Support Elementary Schools in Creating a Healthy Nutrition Environment.