



**Brightview**  
SCHOOL

**Nutrition Guidelines  
Handbook  
For Families  
2014 - 2015**



**Making the Healthy Choice . . . The Easy Choice!**



# **Brightview School's Nutrition Policy Goal**

Brightview School community and its partners will serve nutritious food for its students, families and staff in order to support health and wellbeing.

## **Our Guidelines**

The staff of Brightview School chooses alternatives to food and beverages as rewards for academic performance or desired behaviour.

Food and beverages sold at the school follow the Food Rating System and are considered *Choose Most Often* and *Choose Sometimes* food.

Food and Beverages offered during school hours, at school supported events both during and outside of school hours, follow the Food Rating System for *Choose Most Often* and *Choose Sometimes* guidelines.

We will limit celebrations that serve food during the school day to typical celebrations (including Halloween, Christmas, Valentine's Day and Student Birthdays) and serve food from the Food Rating System for *Choose Most Often* and *Choose Sometimes* guidelines.

Teachers who choose to provide or organize snacks for their class use food that meets the Food Rating System guidelines for *Choose Most Often Foods* and *Choose Sometimes*.

Brightview School encourages fundraising activities that promote physical activity and healthy eating. Fundraising activities which include food will provide choices from the Food Rating System: *Choose Most Often* and *Choose Sometimes*.

Bulletin boards, visual reinforcements and environments that include food or activity, promote and reinforce healthy choices and messages being taught in Brightview School.

All staff events and small group activities that involve food for staff contain foods from the Food Rating System: *Choose Most Often* and *Choose Sometimes* guidelines.

# Food Rating System

## Single Serving Packaged Snack Ideas

### **Choose Most Often**

Any fresh fruit or vegetable

Mott's Fruitsation Fruit Sauce

Dole Squish'ems

Eating Right Fruit Cups (in pear juice)

100% Fruit Juice

100% Fruit and Vegetable Juice

Great Value California Raisins

Sun-Maid Raisins Mini Packs

SunRype Fruit to Go, Fun Bites or Squiggles

Triscuit Thin Crisps

President's Choice Blue Menu Ancient Grains Crackers

Quaker Chewy Granola Bars (Chocolate Chip, Rocky Road, S'mores)

Compliments Chewy Balance Flax and Fiber Granola Bars

Quaker Oatmeal To Go Bars

250ml White Milk (Skim, 1%, 2%)

Lucerne Low Fat Plain Yogurt (170ml)

Lucerne String Cheese (Marble Swirl)

Blue Diamond Almonds (18g -lightly salted or whole natural)

### **Choose Sometimes**

Ocean Spray Craisins

Pepperidge Farms Goldfish Crackers

Breton Garden Vegetable Crackers

Quaker Crispy Minis 90 Calorie (Cheddar)

Kellogg's All Bran Bars

Annie's Sweet & Salty Granola Bar (Chocolate)

Compliments or Nutrigrain Cereal bars

Nature Valley Crunchy Granola Bars

President's Choice Chewy Granola Bars

Christie Snack Pack Teddy Grahams (Honey)

Christie Thinsations

President's Choice Arrow Root Cookie

Danone Activia Fat Free (100 ml)

Danone Petit Danino (60ml)

No Name Fat Free yogurt

Yoplait Yogurt Tubes

Kraft Amooza Twists

Babybel Mini

Kozy Shack Pudding (113g – Chocolate or Original Rice)