

Ottawa School Breakfast Program

Ottawa Nutrition Guidelines Enhancements (ONGE)

Effective September 1, 2017, student nutrition programs (breakfast and snack) receiving support from the Ottawa School Breakfast Program must adhere to both the *MCYS SNP Nutrition Guidelines* and the enhancements identified in this document – *Ottawa School Breakfast Program (OSBP) Ottawa Nutrition Guidelines Enhancements (ONGE)*.

This **ONGE** document is a companion document to the Ontario Ministry of Children and Youth Services (MCYS) Student Nutrition Program (SNP) Nutrition Guidelines (September 2016 version).

The revised *MCYS SNP Nutrition Guidelines* were released in September 2016. Upon release, the Ottawa School Breakfast Program reviewed these *MCYS SNP Nutrition Guidelines* with Ottawa Public Health experts. It was determined that several areas in the *MCYS SNP Nutrition Guidelines* should be 'enhanced' to best serve the nutritional needs of students participating in school-based nutrition programs.

These enhancements have been approved by:

- *your school board*
- *Ottawa Network for Education – Ottawa School Breakfast Program*
- *Ottawa Public Health*

Ottawa Nutrition Guidelines Enhancements (**ONGE**) are based on Ottawa Public Health's *Child Care Healthy Eating Active Living (HEAL) Guidelines* and also Ottawa Public Health's *After-School Programs Healthy Eating Active Living (HEAL) Guidelines*.

Using the ONGE document:

The enhancements identified in this document are presented as either an **Override** or as **Additions** to the MCYS SNP Nutrition Guidelines:

- **Section A – Override:** Completely replaces the MCYS SNP Nutrition Guideline items identified
- **Section B – Addition:** Adds further conditions to the MCYS SNP Guideline items identified

Section A - Overrides of the MCYS SNP Nutrition Guidelines 2016

MCYS SNP Nutrition Guidelines <ul style="list-style-type: none"> Section 3: Food and Beverage Choice Tables 	MCYS SNP Nutrition Guideline	ONGE Override (replaces MCYS Guideline)
<p>“VEGETABLES AND FRUITS”</p> <ul style="list-style-type: none"> Page 11 	<p>100% juice is not listed on the “serve” list, or the do not serve list. The MCYS’ guidelines recommend no more than 125 mL (1/2 c.) of 100% juice, per week per child.</p>	<p>NO Juice, Promote Water and Plain Milk</p> <p>NO JUICE (including 100% juice) is to be served. Water is to be promoted at all times and plain milk is also encouraged. This will align with guidelines already in place in the school and pre-school environment. Serving whole fruit and tap water is more nutritionally sound than serving juice.</p>
<p>“GRAIN-BASED SNACKS”</p> <ul style="list-style-type: none"> Page 13 	<p>Serve:</p> <ul style="list-style-type: none"> Tortilla chips, low in sodium or unsalted 	<p>NO Tortilla chips of any kind, regardless of sodium content may be served.</p>
<p>“BAKED GOODS”</p> <ul style="list-style-type: none"> Page 13 	<p>Serve:</p> <ul style="list-style-type: none"> Muffins, <u>scones</u>, biscuits, and cookies 	<p>Scones should not be served as they are higher in fat.</p> <p><i>[See “Additions” table (Section B) for more information about “BAKED GOODS”]</i></p>

Section B – Additions to the MCYS SNP Nutrition Guidelines 2016

<p>MCYS SNP Nutrition Guidelines</p> <ul style="list-style-type: none"> Section 3: Food and Beverage Choice Tables 	<p>MCYS SNP Nutrition Guideline</p>	<p>With ONGE Additions (adds to MCYS Guideline)</p>
<p>“READY-TO-EAT COLD AND HOT CEREALS”</p> <ul style="list-style-type: none"> Page 12 	<p>Whole grain, whole wheat or bran is first on ingredient list and sugar ≤8 g per 30 g serving</p>	<p>Whole grain, whole wheat or bran is first on ingredient list and sugar ≤8 g per 30 g serving</p> <p>AND</p> <p>Grain products must also have at least 2 g of fibre or more per serving of 30g.</p>
<p>“BAKED GOODS”</p> <ul style="list-style-type: none"> Page 13 	<p>Whole grain, whole wheat or bran is first on ingredient list and sugar ≤8 g per 30 g serving</p>	<p>Whole grain, whole wheat or bran is first on ingredient list and sugar ≤8 g per 30 g serving.</p> <p>AND</p> <p>Baked goods must also have at least 2 g of fibre or more per serving of 30g.</p> <p>AND</p> <p>Granola bars, muffins, biscuits and cookies should be offered <u>only once per week</u> as an emergency staple as opposed to an everyday staple (one item in total for this group per week). (see below <i>Suggested Alternatives to Granola Bars, Muffins, Biscuits and Cookies</i>¹)</p> <p>AND</p> <p>Limit the frequency of inclusion of store-bought baked goods in a weekly menu (see below <i>Innovative Idea for BAKED GOODS</i>²)</p>

1. Suggested Alternatives to Granola Bars, Muffins, Biscuits and Cookies

Instead of serving granola bars and muffins, School Breakfast Programs can opt for the following:

- individual plastic bags with assorted cereals chosen from brands that meet the guidelines
- whole grain crackers (e.g. Triscuit low sodium, balsamic and basil, rosemary and olive oil)
- whole grain flatbread crackers (e.g. Ryvita)
- whole grain mini pitas (eg. Ozery Morning Rounds Date & Chia, Country Harvest Bakes Super Seedy & Quinoa)

2. Innovative Idea for Baked Goods

School Breakfast Program Coordinators and program volunteers who bake from scratch have more control over the ingredients in Baked Goods. (HEAL After School Guidelines, OPH, 2016).

Commercial bakery items are typically higher in partially hydrogenated fats and sugar.

REMEMBER! All food preparation, including baking, must take place on-site [at your school]. See Ministry of Children and Youth Services' "**Student Nutrition Program – Nutrition Guidelines**" Version 2016; Section 5, Page 24, "**Food Source**").

Support for programs interested in adding scratch baking to their program:

- OPH and ONFE Community Development Coordinators (CDC) will provide interested School Breakfast Program Coordinators with:
 - a list of healthy substitutes for baked good recipes
 - demonstrations (through the OSBP annual Program Coordinator training sessions) on quick baked goods recipe analysis for estimating fibre and sugar content through Dietitians of Canada's <https://www.eatracker.ca/>
- Baking equipment: The OSBP generally has some funding available throughout the year to support the purchase of kitchen equipment. Talk to your CDC to see if funding is available.
- Volunteers! Some schools recruit community and/or parental volunteers to bake from scratch on-site one or more times per week. Talk to your ONFE CDC for ideas about recruiting volunteers to help with your program.