

Nutritious School Food

A Feeding Futures resource for school food and meal programs



Having access to nutritious foods at school builds safety and equity for students so they are ready to learn and play. As B.C. schools plan for their Feeding Futures school food programs, this resource was created for school food coordinators and meal providers. Developed by the Ministry of Health's registered dietitians, this resource provides food and beverage suggestions to increase the nutrition of food served to students. Schools are always encouraged to design menus and offer foods that best meet the needs of their unique student population.

Further resources and tools to support decision making for all the ways in which foods are offered, sold, and served in schools is forthcoming.

A Meal Program: offers **at least** one choice from each category - fruit/veg, grains, and proteins



A Snack Program: offers **at least** one choice from grain or fruit/veg and one choice from protein. (i.e., fruit/veg + protein OR Grain + protein)



Moving Towards More Nutritious Options

Fruits & Vegetables	Grains Explore whole grain and whole wheat options	Proteins
<p>Seasonal Fresh Options: Apples, pears, plums, nectarines, berries, cucumber, grape tomatoes, carrots</p> <p>Canned fruits packed in juice</p> <p>Applesauce</p> <p>Fruit sauces (compote made with frozen berries)</p> <p>Dried fruits (raisins, apricots, figs, prunes, dates)</p> <p>Frozen fruits (berries, pineapple, mango)</p> <p>Frozen vegetables (corn, peas, carrots, kale, spinach)</p>	<p>Cooked grains (such as rice, quinoa, oats, barley)</p> <p>Bread or buns</p> <p>English muffins</p> <p>Chapati</p> <p>Tortilla wraps</p> <p>Bagels</p> <p>Bannock</p> <p>Naan</p> <p>Pizza crust</p> <p>Noodles or Pasta</p> <p>Crackers</p>	<p>Sliced cooked chicken, turkey, beef, or pork</p> <p>Fresh, frozen or canned fish (e.g., tuna, salmon)</p> <p>Milk or fortified soy beverages (other plant-based beverages are lower in protein)</p> <p>Yogurt or Greek yogurt</p> <p>Hard cheese, cheese strings, goat cheese</p> <p>Nuts*, seeds, nut butters*, seed butters</p> <p>Hummus packs</p> <p>Edamame</p> <p>Eggs - Hard-boiled, egg salad, scrambled</p> <p>Sliced tofu or tempeh</p>

*based on school allergy policy

Beverages

Water

Unsweetened carbonated water

Plain milk

Yogurt drinks

Kefir

Plain fortified plant-based beverages (e.g. soy milk)

Fruit smoothies (made from fresh, frozen or canned fruit mixed with yogurt, milk and/or fortified plant-based beverage or water, with no added sugar)

Example Meal Combinations

Fruit Smoothie made
with yogurt & plain milk
or fortified soy beverage
Whole wheat toast
Seed or nut butter

Apple
Wholegrain bun
Cheese
Plain milk or fortified soy
beverage

Grape tomatoes
Whole wheat pita
Hummus packet
Plain milk or fortified soy
beverage

Example Snack Combinations

Apple
Cheese string

Crackers
Hummus

Frozen berries
(thawed)
Greek yogurt

English muffin
Seed or nut
butter



The examples contained in this resource are not exhaustive, rather they provide ideas for nutritious foods to offer that are easy to prepare, liked by children and common in the marketplace. Schools are encouraged to offer nutritious foods that meet the unique and cultural needs of their student population.