



REACHING NEW HEIGHTS TOGETHER!

ENSEMBLE, ATTEIGNONS DE NOUVEAUX SOMMETS !

# Everest Nutrition Policy

Snacks must be among the food groups in Canada’s Food Guide. We encourage snacks which have fiber, are low in fat and avoid products containing hydrogenated fats (trans), low in added sugar and free of artificial sweeteners. Combination snacks from two food groups keep students feeling satiated longer. (ex. cheese and crackers, fruit and yogurt). Snacks can be purchased before 8:40 am from our cafeteria service “Chez Annie”.



Please note that:

- **Our school is a nut-free school.**
- Chewing gum is not permitted on school property.
- Students should bring a **healthy** snack for recess and Daycare. Please read the following page carefully which details this year’s Snack Policy, adopted by the Governing Board on May 24, 2017.

## Suggestions for snacks

Vegetables & fruit	Grains products	Milk & alternatives	Meats & alternatives
No added sugar: Cherry tomatoes, raw vegetables; vegetable juice ;fresh fruit, canned or dried *(whole bars), fruit sauce, 100% pure fruit juice	Choose whole grains. Avoid trans fats, added sugar based on food policy guidelines. Muffins*, meli-melo of cereal*, slice of raisin bread*, banana bread*, granola bar*, cakes*, plain rice cakes, melba toast, crackers, Grissol breadsticks, pita chips, plain popcorn.	Milk, soymilk* or rice beverage, drinkable yogurt*, enriched with vitamin D, with less than 12% carbohydrates. Yogurt (2% or higher) flavored or with fruit* yogurt Tubes*,milk-based pudding* Hard cheese with less than 20% fat (curds, cubes, sticks); cottage cheese	Hard-boiled egg, cubes of cooked meat, roasted soya seeds, hummus, tofu spread.  <u>Other suggestions:</u> Bottle of plain or flavored water, with no added sugar. More suggestions on the school website.

\*These items can cause cavities. According to Marie-Josée Paradis, dental hygienist at the CSSS de la Vieille-Capitale, after eating these foods, children should brush their teeth, rinse their mouth with water or finish with cheese or raw vegetables.

For a 30-35 g serving of cookies, cakes or granola bars and 100 g of muffins

Fibre:.....more than 2g  
 Total fat:.....less than 7g  
 Saturated:.....less than 2g  
 Added sugar (should not be one of the first 3 ingredients on the label)....less than 10g  
 Added dried fruit:.....less than 14g

## The following food items are not permitted at school:

- Peanuts & nut products
- Pop, energy drinks or Rich and sweet chocolate beverage such as O’Henry
- Chocolate bars and candies (**exceptionally planned occasions**)
- Chips & cheezies, nachos, Vegie Chips, (**exceptionally planned occasions**)
- Gum