

# School Nutrition Standards

F Henry  
University of Technology, Jamaica

## POLICY OBJECTIVES

1. Develop and implement nutrition standards and guidelines for food available in schools.
2. Promote and improve nutrition status of children in order to enhance and sustain the physical, social and mental well-being of children.
3. Ensure no child is hungry at school so all students have equal 'opportunity to learn'.
4. Restrict the sale of unhealthy food and drink, and encourage more healthy, locally made products.
5. Track: (1) # of schools that provide healthy dietary options and (2) # of schools which have implemented mandatory physical education/exercise.



## SCOPE OF STANDARDS

WHERE	WHO	WHEN	WHAT (Cooked meal)	WHAT (Non-meal foods; snacks)	WHAT (beverages)
<ul style="list-style-type: none"> <li>• Within school compound</li> <li>• Surrounding vendors, 1.100 yards around the school premises</li> </ul>	<ul style="list-style-type: none"> <li>• Canteen, vendors</li> <li>• Teachers and students</li> </ul>	<ul style="list-style-type: none"> <li>• School hours: 8am to 3:30pm</li> <li>• Specified School Events/Activities</li> </ul>	<ul style="list-style-type: none"> <li>• 450-650 Kcal</li> <li>• 6-14g Protein</li> <li>• 39g Carbohydrates</li> <li>• 15-20g Fat</li> <li>• 15-20mg Vit C</li> <li>• 3-10mg Iron</li> </ul>	<ul style="list-style-type: none"> <li>• Sodium &lt;1mg/Kcal</li> <li>• Free sugars &lt;10% of total energy (TE)</li> <li>• Total fat &lt;30% of TE</li> <li>• Sat fat &lt; 10% of TE</li> <li>• Trans fat &lt;1% of TE</li> </ul>	<ul style="list-style-type: none"> <li>• Gradual reduction from 7g per 100ml → 2.5g per 100ml (WHO* recommendation)</li> </ul>



## FOOD SERVICE ENVIRONMENT

There must also be guidelines made for:

- ✓ Procurement/purchasing
- ✓ Ordering and issuing
- ✓ Receiving foods
- ✓ Storing foods
- ✓ Production and service of meals
- ✓ Food Safety
- ✓ Record keeping
- ✓ Marketing

Marketing Guidelines must include:

1. Promotion of brands which are high in salt, fat or sugar.
2. Sponsorship of school events and or teams by brands which are high in salt, fat or sugar.
3. Philanthropic activities tied to brands high in salt, fat or sugar.

## REMAINING ACTIVITIES

Continue consultations with local stakeholders to garner support for cabinet submission/approval.

