

Healthy Pizza Days

You can help your students practice what they learn in the classroom about healthy eating and Canada's Food Guide by ensuring that your pizza lunch is healthy and culturally acceptable.

Applying the School Food and Beverage Policy (P/PM 150) Nutrition Standards to pizza days

The Ministry of Education mandates that all food and beverages sold in schools meet nutrition standards outlined in the School Food and Beverage Policy (P/PM 150). The policy classifies foods and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale.

Nutrition Tools for Schools® (NTS) promotes the selection of food and beverages with Maximum Nutritional Value*. If you are unsure whether your school pizza meets the criteria for the Sell Most category, and provides Maximum Nutritional Value, ask your [health unit](#) for some assistance in making the assessment.

A healthy pizza includes:

- Whole grain crust (some white flour can be used)
- Part skim milk cheese (20% MF or less)
- Lean meat (eg, grilled chicken) and vegetable toppings
- Low sodium pizza sauce (360 mg or less)

By meeting the above criteria you will be complying with PPM 150.



Nutrition Tools for Schools®

www.nutritiontoolsforschools.ca



Nutrition Tools for Schools (NTS) is an online community and an interactive, web-based resource for Ontario Schools. Join us to get tips, tools and ideas to create a healthy nutrition environment in your school!

www.nutritiontoolsforschools.ca

* Food and beverages with Maximum Nutritional Value meet or exceed PPM 150 because they are:

- Part of the four food groups in Canada's Food Guide
- Higher in nutrients needed for optimal growth and development (eg, iron, vitamin D, calcium, vitamin C, vitamin A, protein, fibre)
- Lower in unhealthy fats (ie, saturated fat and trans fat), sodium and added sugar

Success to share

Canada's Food Guide recommends that we make at least half of our Grain Products whole grain each day. To help meet this recommendation, and meet P/PM 150 Nutrition Standards, Glad Park Public School began offering pizza on whole wheat crust. By the end of the school year, almost half of the pizza orders were for whole wheat crust. Voices from Glad Park students...

I didn't notice a difference between whole wheat and white crust. Erin, Grade 2 I tried a piece of white crust and whole wheat crust and I liked the whole wheat one better! Justin, Grade 3

Now the school only offers pizza on whole wheat crust. Not only did the children not mind, but during the 2009/10 school year Glad Park saw an increase in their sales!

Submitted by: Diana Bohemier, Glad Park School Council Treasurer



Be sure to select the healthiest choice...

Some pizza companies may offer a pepperoni pizza on white crust that meets PPM 150 by changing the size of the pizza slice and the amount of toppings. We recommend that you sell pizza with Maximum Nutritional Value. This aligns with Canada's Food Guide advice to choose whole grain products, leaner meat and lower fat milk products and reinforces your classroom healthy eating lessons.

Together we can make the healthy choice the easy choice!

For more information about Nutrition Tools for Schools®, PPM 150, or healthy eating, please contact your [local public health unit](#).

For information on healthy schools go to the Ministry of Education Healthy Schools website
<http://www.edu.gov.on.ca/eng/teachers/healthyschools.html>