

DEPARTMENT OF EDUCATION SERVICES

CAYMAN ISLANDS PUBLIC SCHOOLS: STANDARDS FOR FOOD PROVISION

June 2012

**DEPARTMENT OF EDUCATION SERVICES
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GRAND CAYMAN KY1-1103, CAYMAN ISLANDS**

STANDARD #1 – STARCHY FOOD (STAPLES AND OR GRAINS)

A. All schools must provide at least one high fibre starchy OR whole grain food every day.

High Fibre Starchy Foods & Whole Grains*

Oats, Barley, Bulgur
Whole Wheat Breads/Rolls/Wraps
Whole Wheat Pasta
Brown or Wild Rice
Potatoes with Skin, Sweet Potato
Pumpkin
Green Banana
Breadfruit, Yam, Cassava

**Recipes with at least 50% whole wheat flour when making homemade bread, dumplings, or other baked goods such as muffins will count as a whole grain.*

B. Starchy food cooked in fat or oil must not be provided more than one time in a single week.

Starchy Foods Cooked in Fat/Oil*

Saute or pan fried potatoes
Rice and beans/peas w/ coconut milk or oil
Macaroni and Cheese
Mashed potatoes with butter and/or cream
Fried Rice

**Starchy foods cooked in fat or oil must not be provided more than one time in a single week.*

***Exceptions include recipes that are modified using low fat ingredients (such as lite coconut milk, low fat milk and cheese, light margarine).*

Good Practice

- Serve unbuttered bread rather than bread with margarine/butter.
- Vary the menu by offering a variety of starchy food throughout the week.
- When cooking starchy food in fat or oil, use the minimum amount of oil and drain well.
- Use clean oil that is high in unsaturated fats such as sunflower, soya, olive, canola, or a mixed vegetable oil.

STANDARD #2 - MORE FRUIT AND VEGETABLES

A. All schools must provide at least two portions of fruit and vegetables (one of each) per child every day.

- One portion of fruit and one portion of vegetables or salad must be available per day per child at lunchtime.
- One portion of fruit must be available for each child at breakfast and snack times.
- Sufficient portions must be available to offer a portion of fruit and vegetables to each child.

Acceptable Fruits*	Acceptable Vegetables
Fresh and frozen fruit	Fresh vegetables
Packaged fruit in natural juice	Frozen vegetables (no added sauce, salt)
Natural, unsweetened applesauce	Canned vegetables (no added salt preferable)
Dried fruit with no added sugar	Fresh, frozen, or canned as part of a dish (eg. Chicken and vegetable stir-fry)

* Fruit used as decoration, or jam/jelly does not count toward this standard.

B. All schools must provide 40-80 grams each of fruit and vegetables as a serving

- Primary schools: 40g or ~1.5 oz edible portion as a serving
- Secondary schools: 80g or ~3 oz edible portion as a serving

	40 grams (Primary Schools)	80 grams (Secondary Schools)
Cooked Vegetables	1-2 tablespoons	2-3 tablespoons
Salad Vegetables	½ small bowl	1 small bowl
Fresh Fruit	½-1 medium size fruit	1 medium fruit
Fruit Salad	1-2 tablespoons	2-3 tablespoons
Dried Fruit	½-1 tablespoon	1 tablespoon

Good Practice

- Include fresh fruit as well as raw vegetables in salad bars (where applicable)
- Offer at least one hot vegetable with the main meal as well as a salad bar.
- Offer 'meal deals'. For example, include vegetables and a piece of fruit in a main meal price; include a piece of fresh fruit with a sandwich.
- Aim to serve a variety of fruit and vegetables every day.

STANDARD #3 – LOW FAT MILK AND DAIRY FOOD

A. All schools must provide foods or beverage from this group on a daily basis.

- Low fat milk or dairy foods must be available at breakfast, lunch time and break times every day.
- Low fat refers to skimmed or semi-skimmed milk/reduced-fat and dairy products (non-fat, 1% or 2%).

Low Fat Milk and Dairy*

Non-fat, 1%, or 2% plain milk

Non-fat or 2% Cheese

Non-fat or low fat yogurts (including frozen and drinking yoghurt)

Custard made with low fat milk

**Non-fat/Low-fat yoghurts with no more than 10-15 grams of sugar per 8 oz serving; or 7 grams of sugar per 4 oz serving.*

***Non-dairy alternatives (calcium-fortified soy, almond, or rice milks) must be available for children who have intolerances or allergies to cow's milk.*

STANDARD #4 – MEAT, FISH AND OTHER NON-DAIRY SOURCES OF PROTEIN

- A. All schools must provide a food from this group on a daily basis.
- Lean red meat (85% or more lean) is limited to twice per week.
 - Fish (fresh, frozen, or canned) must be provided at least two times a week.
 - Rich sources of omega 3 fatty acids, such as oily fish, should be provided at least once every two weeks.

Animal Protein	Plant Based Protein	Omega 3 Fatty Acids
Lean red meat (85% or more lean)	Dried/Canned Beans and Peas	Salmon (fresh, frozen, canned)
Lean pork*	Soy based meat alternatives	Mackerel (fresh, frozen, canned)
Fish (fresh and canned)		Sardines(fresh, frozen, canned)
Poultry**		Tuna Steak (fresh, frozen, NOT CANNED)
Eggs		

**Lean pork refers to tenderloin and lean/extra lean ham*

***Poultry refers to skinless chicken/turkey*

Good Practice

- Trim meat carefully, remove skin from poultry, bake rather than fry, and skim fat from casseroles and stews.
- **Light, chunk tuna is the best canned tuna choice due to lower mercury levels.**
- Offer small taster portions to introduce students to fish dishes they may not have tried before. Research shows that small tasters are a very good way of helping children to accept 'new' or unfamiliar food.

STANDARD #5 – DRINKING WATER (this standard is the responsibility of the Ministry, the Department of Education and the school)

- A. All schools must provide easy access to free, fresh drinking water at all times
- Ensure water fountains are working properly and maintained for good quality drinking water
 - Provide cups at locations where water dispensers are available.
 - Allow personal refillable water bottles to be kept by students for frequent use throughout the day

Good Practice

- Ensure chilled water is available as it is needed in a hot climate and is more appealing to drink.
- Make sure that the water is available, easily accessible and is free of charge to all students in the locations where they are having lunch.
- Signpost water stations in the dining area.

STANDARD #6 – HEALTHIER DRINKS

- A. All schools must provide healthier drinks, including water, milk (non-fat and low fat), 100% fruit juice.
- Only beverages which meet the criteria by Alliance for a Healthier Generation may be served. (see attachment School Beverage Guidelines)
- B. All schools must provide appropriate portion sizes per age group
- Primary Schools: 8 fluid oz
 - Secondary Schools: 10-12 fluid oz (except no/low calorie beverages)

Good Practice

- All beverages available on the following web link or in attached document entitled 100% Juice Beverages for Primary Schools or Secondary Schools as appropriate can be served for the appropriate age-group as indicated (primary or secondary). These drinks already comply with the Alliance for a Healthier Generation School Beverage Guidelines.

https://schools.healthiergeneration.org/resources_tools/school_meals/product_navigator/

STANDARD #7 – SNACKS RESTRICTED

A. All schools must provide healthier snacks served as part of break-times.

Patties are limited to once every two weeks and only served at break-time.

- Only snacks that meet the criteria by Alliance for a Healthier Generation may be served. (see attachment Competitive Food Guidelines)
- Snacks should not be offered at lunch times as they will compete with lunch meal options. Snacks can be purchased at break-times and after school if desired.
- Patties are limited to once every two weeks and only served at break-time.

B. All schools must provide appropriate portion sizes per age group

- Primary Schools: 150 calories
- Secondary Schools: 180-200 calories

Good Practice

- All snacks available on the following web link can be served for the appropriate age-group as indicated (primary or secondary). These snacks already comply with the Alliance for a Healthier Generation School Meals/Snack Guidelines. (See website below or Document entitled Healthy Schools Programme School Meals for Elementary School or High Schools and Snacks for Elementary Schools for High Schools as appropriate.)

https://schools.healthiergeneration.org/resources_tools/school_meals/product_navigator/

- Additional snack options include sandwiches (on bread, rolls, pita bread, tortilla wraps, or bagels) in addition to fruits and vegetables in all forms including fresh, frozen, tinned and dried. These can be offered both at break and lunch times.

STANDARD #8 – CONFECTIONERY RESTRICTED

A. All schools must restrict confectionery items as part of school meals and snacks, unless in compliance with the Alliance for a Healthier Generation Competitive Food Guidelines. (See attachment Competitive Food Guidelines)

- Confectionery type snacks should not be offered at lunch times as they will compete with lunch meal options.
- Confectionery type snacks can only be purchased at break-times and after school if desired.
- Light syrup should be substituted for pancake/waffle syrup used in breakfast meal service.

Confectionery includes

- Chocolate and chocolate products, for example: bars of milk, plain or white chocolate; chocolate flakes, buttons or chocolate filled eggs.
- Chocolate coated bars.
- Biscuits containing or coated in chocolate (including partly and fully coated biscuits such as chocolate digestives, chocolate covered caramel wafers, chocolate fingers, chocolate chip cookies.
- Sweets, for example: boiled, liquorice, mint and other sweets, also sherbet, fudge, marshmallows, toffee, and chewing gum: this includes sugar free sweets and chewing gum.
- Cereal chewy bars, cereal crunchy bars, processed fruit bars and sugared, dried, yoghurt or chocolate coated fruit.
- Chocolate ices and other chocolate-coated ice-cream.
- Syrup

***Exceptions include recipes that are modified to meet the Competitive Food Guidelines.*

Good Practice

All snacks, including confectionery type, available on the following web link https://schools.healthiergeneration.org/resources_tools/school_meals/product_navigator/ can be served for the appropriate age-group as indicated (primary or secondary). These foods already comply with the Alliance for a Healthier Generation Competitive Food Guidelines. This information is also provided in the documents entitled Document entitled Healthy Schools Programme School Meals for Elementary School or High Schools and Snacks for Elementary Schools for High Schools as appropriate

STANDARD #9 – DEEP-FRIED AND OTHER HIGH FAT FOODS RESTRICTED

A. All schools must restrict deep-fried food (including those deep-fried or flash-fried in the kitchen or in the manufacturing process) and high fat foods

- Deep fried, flash fried, or high fat foods should not be served more than once every two weeks.

For example, serving battered or deep-fried breaded chicken or fish and French fries on the same day means that no other deep-fried or high fat food can be served for the next two weeks.

Deep Fried or Flash Fried	High Fat
French fries	Pizza
Pre-prepared, breaded or battered products (chicken nuggets, fish fingers, spring rolls, onion rings, etc)	Pie crusts Croissants/Pastry Products

***Exceptions include recipes that are modified using low fat ingredients and low fat cooking methods (such as low fat cheese, or homemade breaded chicken nuggets for baking).*

Good Practice

- Prepare as much food as possible from fresh and avoid deep-frying.
- When frying, always use clean oil at the right temperature.
- Use oil that is high in unsaturated fats like sunflower oil, olive, canola, soya or a mixed vegetable oil.

STANDARD #10 – FATTY MEAT PRODUCTS CATEGORISED AND RESTRICTED

A. All schools must restrict fatty meats/meat products

- Fatty meats should not be served more than once every two weeks.

<p>Fatty Meats Sausages Hot dog links Bacon Bologna, Salami, Pastrami Corned beef Oxtail Cowfoot Salt beef Ribs</p>
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**Exceptions include 100% chicken or turkey products.*

STANDARD #11 – SALT AND CONDIMENTS - RESTRICTED

- A. All schools must restrict salt and condiments to limit sodium intake.
- Salt should not be available to add to food after the cooking process is complete.
 - Salt should not be provided at lunch tables or at service counters.
 - Condiments may only be provided in sachets or in individual portions of no more than 10 grams or one teaspoonful.

Condiments include:

- Tomato ketchup, brown sauce, salad dressings, mayonnaise, mustard, pickles and relishes.

**Exceptions include low fat salad dressing served in 1.5 oz packets.*

Good Practice

- Only serve condiments on request.
- Although not condiments, gravy and other sauces also tend to be high in salt. Serve on request in small amounts.
- Reduce the amount of salt used in cooking.
- Add herbs and spices to dishes to cut down on the need for extra salt and condiments.
- Talk to your suppliers to pick out products with a lower or reduced salt content.
- Pumps that dispense 10g portions should be well supervised.

STANDARD #12 – FAST FOOD DELIVERIES - PROHIBITED

- A. All schools must prohibit fast food deliveries for individual children at any meal or snack time.
- Fast food deliveries will compete with healthier options being served within the school and detract from the healthier food environment of the school as a whole.

Good Practice

- Encourage students/parents not purchasing meals at school to bring packed lunches from home (healthy packed lunch ideas available in school office)

If a student has any particular special dietary need, parents should discuss this with the canteen manager to negotiate alternatives

STANDARDS FOR FOOD OTHER THAN SCHOOL MEALS

The new standards for school meals, snacks and beverages now also apply to other food sold or served through the rest of the school day.

This means that breakfast, break times, vending machines and after-school clubs also have to comply. The only exceptions to this are special celebrations (such as birthdays) or events conducted after school hours.

NON MEAL STANDARDS

In combination with the food-based standards for school meals, these non-meal standards mean that:

Confectionery should be in compliance with the Alliance for a Healthier Generation Competitive Food Guidelines. (See attachment). Confectionary type snacks should not be offered at lunch times as they will compete with lunch meal options. Snacks can be purchased at break-times and after school if desired.

Restricted snacks served as part of break-times should comply with the Alliance for a Healthier Generation Competitive Food Guidelines. (See attachment). Patties are limited to once every two weeks and only served at break-time. Snacks should not be offered at lunch times as they will compete with lunch meal options. Snacks can be purchased at break-times and after school if desired.

Fruits and vegetables must be provided in all school food outlets. This could include fresh, dried, frozen and tinned products. Dried fruit may contain up to 0.5% vegetable oil as a glazing agent.

Students must have access to free, fresh drinking water.

No drinks with added sugars should be sold. The only drinks available should be in compliance with the Alliance for a Healthier Generation School Beverage Guidelines. (See attachment).

Fundraising activities during school hours should adhere to these standards if food/beverages are being used. However, there are many non-food fundraising alternatives which should be explored.

VENDOR ALTERNATIVES

If a student has any particular special dietary need, it is expected that the Canteen Manager will meet with the parents and representatives of the Department to negotiate possible alternatives.

School Competitive Food Guidelines

	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	SUGAR BY WEIGHT	SODIUM
BASELINE	100	35%	10%	0g	35%	230mg
DRIED FRUIT WITH NO ADDED SUGAR	150 ELEMENTARY 180 MIDDLE 200 HIGH	0g	0g	0g	exempt	230mg
NUTS, NUT BUTTERS, AND SEEDS	150 ELEMENTARY 180 MIDDLE 200 HIGH	exempt	exempt	0g	35%	230mg
LOW FAT AND FAT-FREE DAIRY*	150 ELEMENTARY 180 MIDDLE 200 HIGH	35%	10%	0g	35%	480mg
SOUP AND VEGETABLES WITH SAUCE	150 If contains at least two of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0g	35%	480mg If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.
SNACKS	150 ELEMENTARY 180 MIDDLE 200 HIGH If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0g	35%	230mg
FRUIT WITH NUTS (TRAIL MIX)	150 ELEMENTARY 180 MIDDLE 200 HIGH Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.	exempt	10%	0g	35%	230mg

* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.

School Beverage Guidelines

CATEGORY	Qualify for the Alliance for a Healthier Generation School Beverage Guidelines		
	ELEMENTARY	MIDDLE	HIGH*
WATER	<ul style="list-style-type: none"> Any size No added sugars, artificial sweeteners or sodium 		Any size
PLAIN FAT-FREE OR LOW FAT MILK Up to 150 calories per 8oz <i>Includes nutritionally equivalent milk alternatives per USDA</i>	8oz (150 cal)	10oz (188 cal)	12oz (225 cal)
FLAVORED FAT-FREE OR LOW FAT MILK Up to 150 calories per 8oz <i>Includes nutritionally equivalent milk alternatives per USDA</i>	8oz (150 cal)	10oz (188 cal)	12oz (225 cal)
100% JUICE (OR 100% JUICE PLUS WATER) Up to 120 calories per 8oz + 10% DV for at least 3 vitamins and nutrients**	8oz (120 cal)	10oz (150 cal)	12oz (180 cal)
NO OR LOW CALORIE BEVERAGES Up to 10 calories per 8oz	No	No	Any size
OTHER DRINKS Up to 66 calories per 8oz	No	No	12oz (99 cal)

*At least 50% of beverages must be water and no or low calorie beverages

** 100% juice (or 100% juice plus water) with no added sweeteners must contain at least 10% Daily Value of 3 vitamins and nutrients as such as Vitamin A, C, D and calcium.

Time of Day: The Guidelines apply to beverages sold on school grounds during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day can be defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare / latchkey programs.

The Guidelines do not apply to school-related events where parents and other adults are a significant part of an audience and are selling beverages as boosters during intermission, as well as immediately before or after such school-related events. Examples of these events include interscholastic sporting events, school plays, and band concerts.

For a list of products that meet these Guidelines, please visit: HealthierGeneration.org/productnavigator