STUDENT NUTRITION PROGRAMS
Parent FAQ

1. What type of food will be served in the student nutrition program?

Students will be offered a selection of healthy food based on the Student Nutrition Guidelines (2021). See summary by Toronto Public Health here :
Depending on the nutrition program provided at the school (Morning Meal, Breakfast, Lunch or Snack AM/PM) the following foods will be available:

Morning Meal includes:
Vegetables and/or fruit
Whole grain product
Protein

Breakfast or Lunch includes:
Vegetables and/or fruit
Whole grain product
Protein

Snack AM or PM includes:
Vegetables and/or fruit
Whole grain product or Protein

2. What if my child has food allergies?

If your child has allergies or dietary restrictions, make sure you have included it in the **Start of Year Consent Form** for returning students each school year or complete the **medical section on student registration for students new to the TDSB**. If there are changes in the year, please reach out directly to your school office. Every effort will be made to control the school environment to minimize the exposure of identified allergens as part of a prevention plan. For example, all schools are peanut-free. Despite these efforts to reduce the risk of exposure to zero, the Board cannot ensure an allergen-free school environment.

If there is an anaphylactic allergy in the class, we recommend not serving that item to the whole class. Every classroom bin has a class list attached with student allergies identified so that volunteers and supply Teachers/staff are aware which children have allergies. The Student Nutrition Program Lead Volunteer must complete the Student Nutrition Safe Food Handling training and ensure the food preparation area is sanitized daily. All food served is peanut/nut-free. If your child/youth has allergies, please remind them to participate in the student nutrition program with caution and ask for ingredient information as needed.

2. How is the food prepared for the student nutrition program?

The program coordinator and/or volunteers prepare the menu and ensure that your child's food is delivered and served in a safe, clean environment that adheres to Toronto Public Health sanitary standards, including proper refrigeration and daily sanitizing of food preparation areas. Program coordinators must complete training in food safety and student nutrition guidelines. A Toronto Public Health Inspector visits your school's food preparation space to ensure it complies with all safety regulations, and a Toronto Public Health Dietitian visits your school to review and support the best menu possible.

3. How is my school's student nutrition program funded?

Provincial and municipal funding cover a small portion of the program costs. Contributions from parents and/or fundraising are necessary to make the program sustainable and meet funding criteria.

Your school/Local Nutrition Program Committee may suggest an amount for parents to contribute based on the cost needed to run your school's program. Nutrition programs are universal and available for all students, regardless of a family's ability to contribute financially. For information on other funding sources, please contact one of our Nutrition Liaison Officers listed below.

4. Why does our school need a student nutrition program?

The Toronto District School Board, through its Nutrition Foundation Statement, recognizes the direct relationship between healthy nutrition and academic achievement of students. Research shows that children who participate in student nutrition programs are better able to concentrate, retain and apply information and show positive behavior in the classroom. Through nutrition programs students are more likely to develop eating habits which promote health and help prevent chronic diseases. Student nutrition programs improve learning outcomes, create a sense of belonging and connection, and address hunger in a non-stigmatizing way. They also unlock opportunities for curriculum connections, student leadership, food literacy and hands-on learning, as well as community engagement. They are beneficial for all school communities. Student nutrition is part of our school's plan to support student success and well-being.

5. How do I volunteer with the student nutrition program?

Volunteers are vital to the success of school nutrition programs. To volunteer, please speak with your school principal. To ensure the safety of all students, the Toronto District School Board requires police reference checks for all adult volunteers. Schools may also welcome secondary school students who wish to volunteer toward their 40 hours of community service required to graduate.

Durward Anthony 416-428-0504 Durward.Anthony@tdsb.on.ca	Sharon Booy 647-222-2579 Sharon.Booy@tdsb.on.ca
Lynne Martens 416-659-5633 Lynne.Martens@tdsb.on.ca	Mary Molinaro 416-788-1520 Mary.Molinaro@tdsb.on.ca
Michelle Murdock 647-542-5550 Michelle.Murdock@tdsb.on.ca	Steve Salfarlie 647-523-5337 Steve.Salfarlie2@tdsb.on.ca

Find the Nutrition Liaison Officer for your School: Click HERE

For general inquiries: studentnutrition@tdsb.on.ca

For more information:

TDSB Student Nutrition tdsb.on.ca/Elementary-School/Supporting-You/Student-Nutrition

Toronto Public Health

toronto.ca/community-people/health-wellness-care/health-programs-advice/student-nutrition-program

Student Nutrition Ontario - Toronto studentnutritionontariotoronto.ca