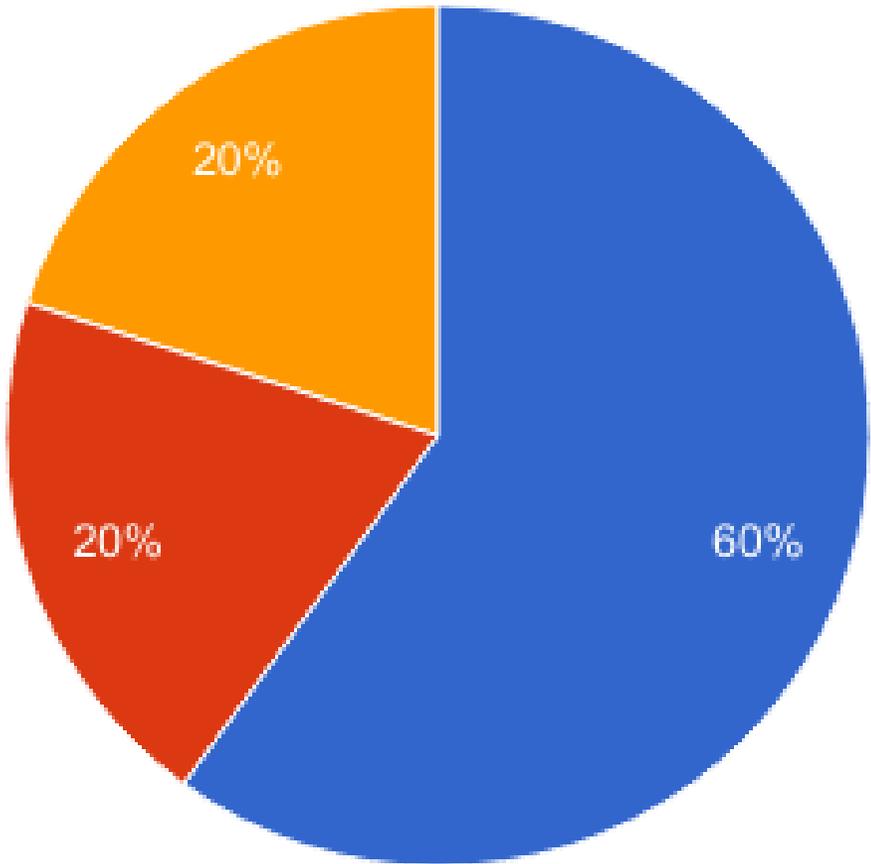


SD 61 FOOD AWARENESS SURVEY 2017



● Elementary

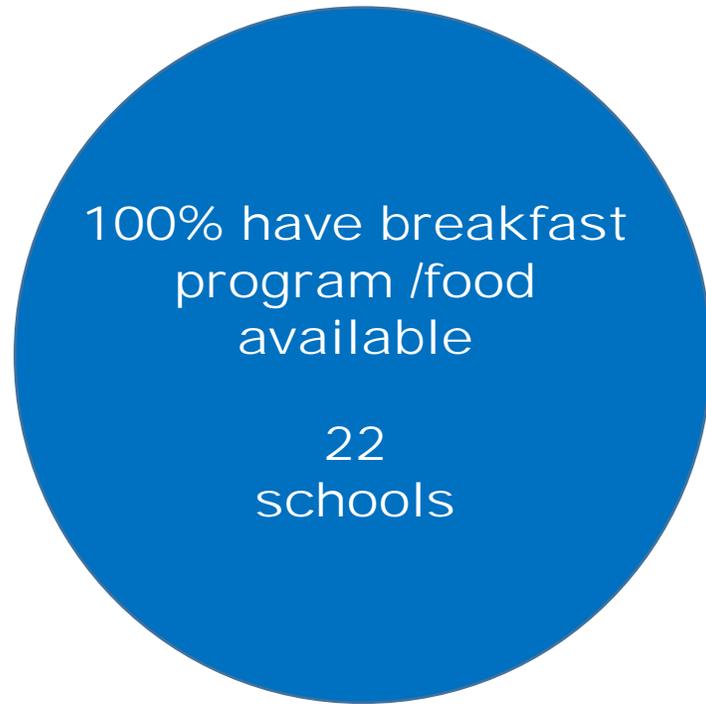
● Secondary

● Middle

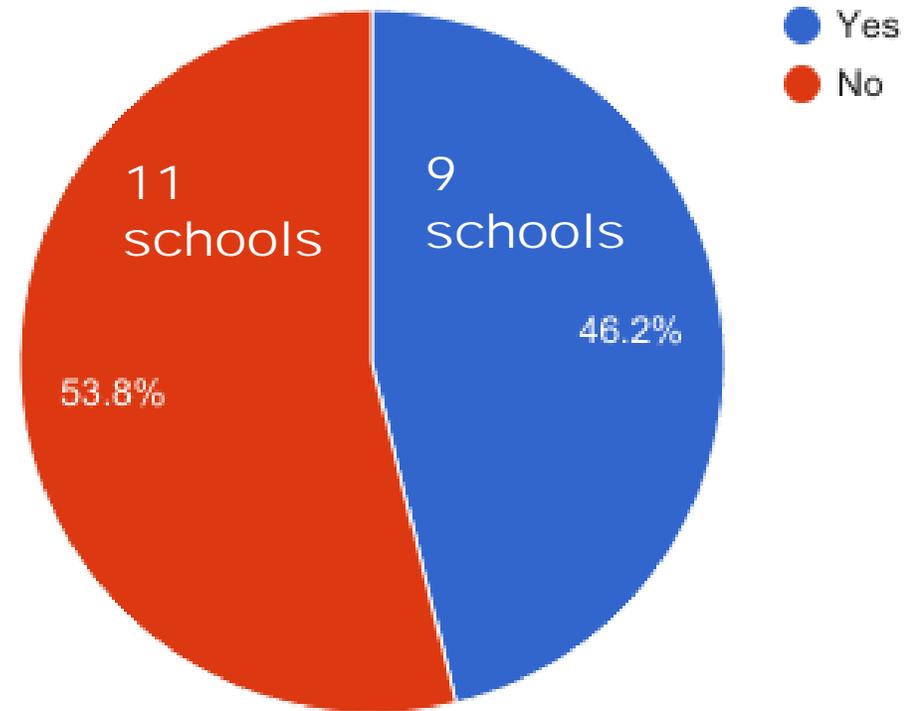
41 responses

DOES YOUR SCHOOL HAVE A BREAKFAST PROGRAM?

Community Link Schools

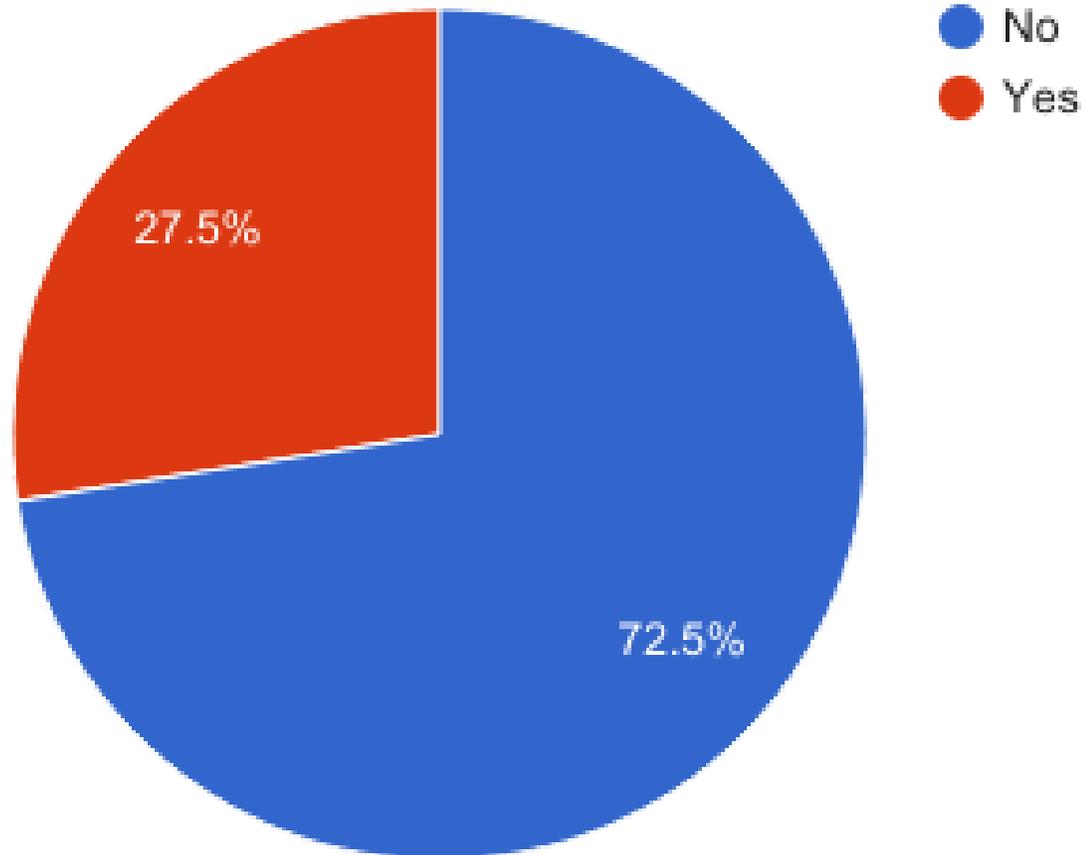


Non-Community Link Schools



DOES YOUR SCHOOL RECEIVE ANY EXTERNAL GRANTS? (BREAKFAST FOR LEARNING, BREAKFAST CLUBS OF CANADA)

All Schools



WHO FUNDS/DONATES TO BREAKFAST PROGRAMS IN ADDITION TO COMMUNITY LINK?

- United Way
- Singing Bowl Granola
- Breakfast For Learning
- Breakfast Clubs Of Canada
- Cobs
- Lawyers Office
- Rotary
- Breakfast With Beethoven
- PAC
- St Vincent De Paul
- Victoria Wellness Professionals
- Optimist Club
- Post Media Network Foundation
- Maximus
- The Gustafson Foundation
- Colwood Golf Course
- Songhees Wellness Centre
- DashBC
- Physical Health Education BC
- Thrifty Foods
- Save-on-Foods
- Kids Club

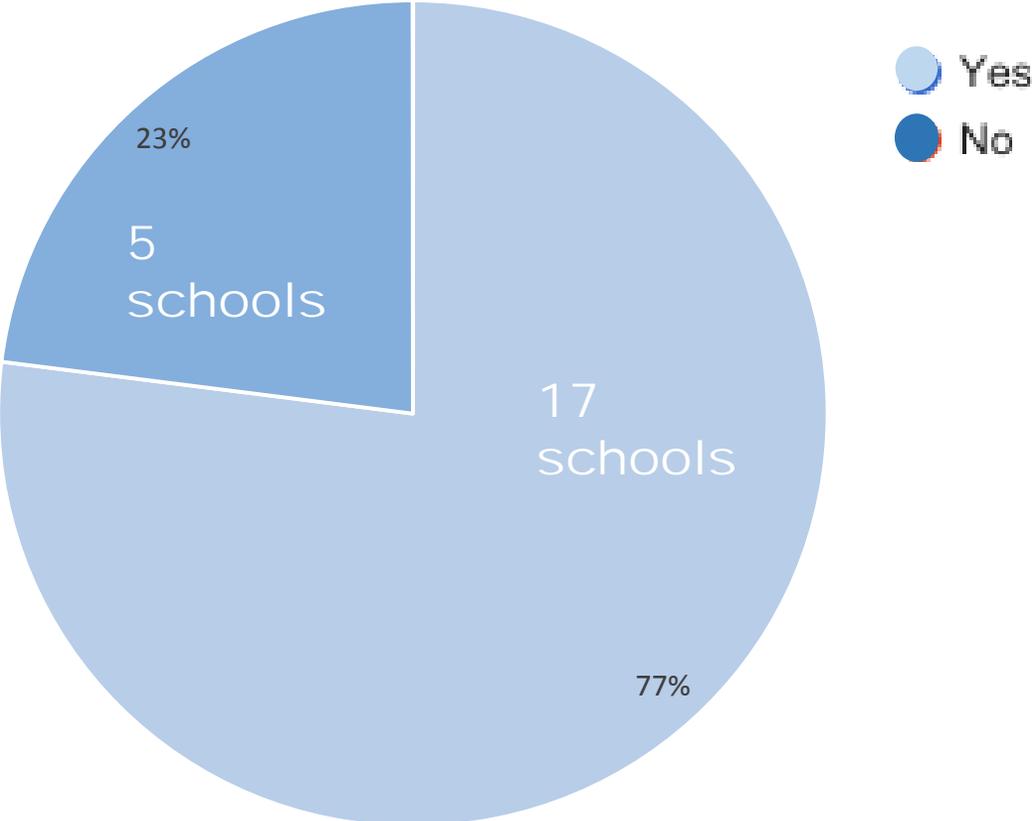
TYPICAL FOODS SERVED FOR BREAKFAST

- Toast with Wow Butter
- Cheddar Cheese
- Yogurt
- Fruit
- Porridge
- Fruit Juice Boxes
- Granola
- Cereal
- Eggs
- Milk
- Apple Sauce
- Smoothies
- Hash Browns
- Bagels
- Hot Chocolate
- Pancakes



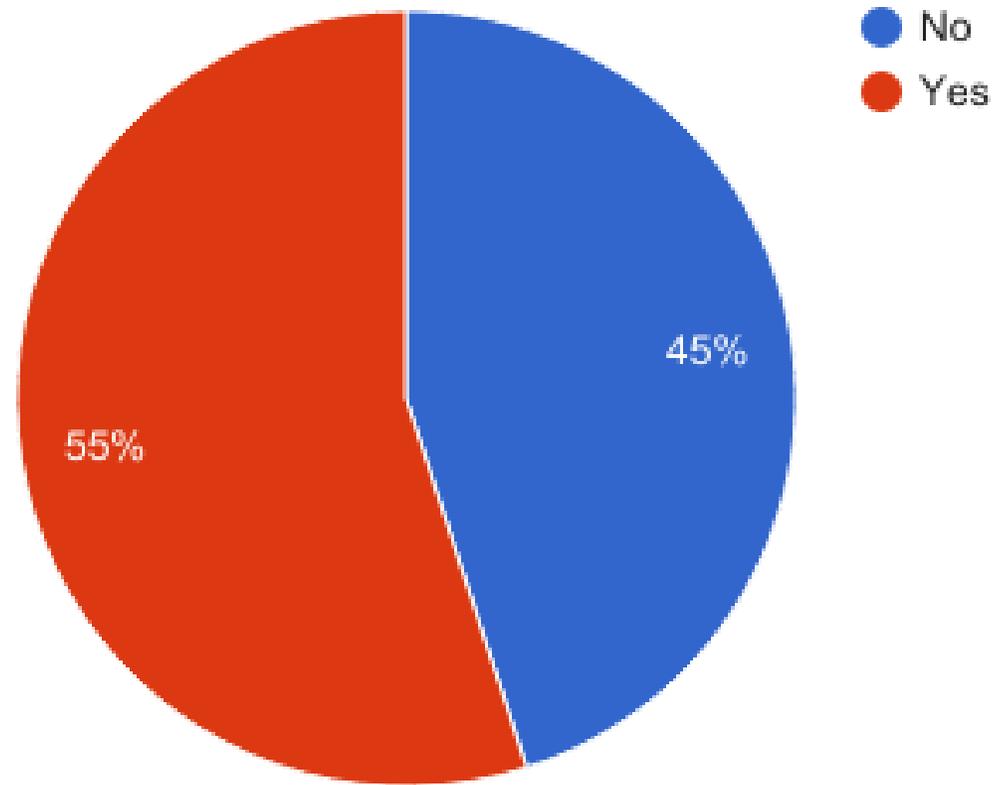
DOES YOUR SCHOOL OFFER A REGULAR LUNCH PROGRAM?

Community Link Schools



DOES YOUR PAC OFFER A 'FUN LUNCH' OR SOMETHING SIMILAR?

All Schools



TYPICAL FOODS SERVED FOR FUN LUNCH

- Pizza
- Sushi
- Subway
- Pita
- Chicken Strips
- Pasta
- Veggies
- Chocolate Milk
- Cookies
- Hot Dogs
- Chinese Food
- Burritos
- Tacos
- Samosas
- Smoothies
- Popcorn
- Booster Juice

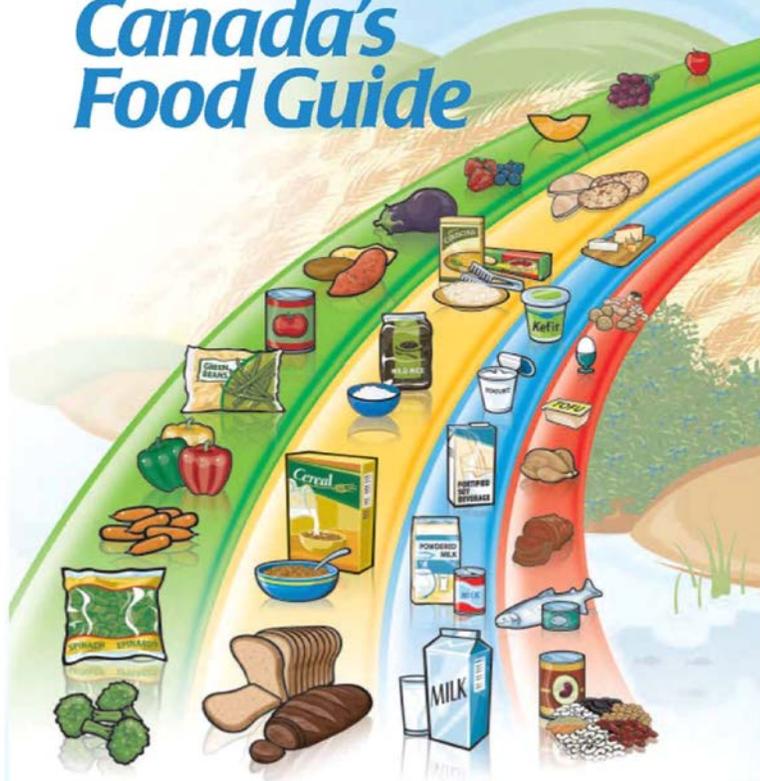




Health Canada / Santé Canada

Your health and safety... our priority. / Votre santé et votre sécurité... notre priorité.

Eating Well with Canada's Food Guide



Canada



GUIDELINES

FOR FOOD & BEVERAGE SALES IN BC SCHOOLS



HealthyFamiliesBC

2013

CANADA FOOD GUIDELINES

Daily Food Group Servings

| Food Group | 4-8 Years | 9-13 Years | 14-18 Years |
|---------------------|-----------|------------|-------------|
| Veg & Fruit | 5 | 6 | 7-8 |
| Grains | 4 | 6 | 6-7 |
| Milk & Alternatives | 2 | 3-4 | 3-4 |
| Meat & Alternatives | 1 | 1-2 | 2-3 |

Lunch Food Group Servings (1/3)

| Food Group | 4-8 Years | 9-13 Years | 14-18 Years |
|---------------------|-----------|------------|-------------|
| Veg & Fruit | 1 2/3 | 2 | 2 2/3 |
| Grains | 1 1/3 | 2 | 2 1/3 |
| Milk & Alternatives | 2/3 | 1 1/3 | 1 1/3 |
| Meat & Alternatives | 1/3 | 1/3 | 1 |

MENU REVIEW (Truffles Catering)

| | | | | |
|----------------------|--------------|------------------|--------------------|--------------------|
| Meat | Beef Dip | ½ cup= 1 serving | 1 cup = 2 servings | 1-2 = 2 + servings |
| Fruit and Veg | Caesar Salad | 1 cup =1 serving | 1 cup= 1 serving | 2 cups =2 servings |
| Fruit and Veg | Fruit Juice | 1 = 1 serving | 1 = 1 serving | 1 = 1 serving |
| Grains | Bun | 1=1 serving | 1 = 1 serving | 1 = 1 serving |

BRAND NAME FOOD LIST

Search Criteria

Keyword Product / Package Size Units

Manufacturer Name Food Grouping

Product Name Sell Most Sell Sometimes

Flavour Sell Category Do Not Sell

Scoring Criteria

Your search returned 101 Items Print my search results 

| Manufacturer Name | Product Name | Flavour | Size | Food Grouping | Sell Category |
|-------------------|----------------------------------|-----------------------------|-------|---------------|----------------|
| Panago Pizza Inc. | School Lunch Program (per 1/... | Cheese Pizza | 126 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 1/... | Chicken + Pineapple Pizza | 147 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 1/... | Ham + Pineapple Pizza | 139 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 1/... | Pepperoni + Mushroom Piz... | 133 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 1/... | Pepperoni Pizza | 125 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 8" ... | Cheese Pizza | 241 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 8" ... | Chicken + Pineapple Pizza | 312 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 8" ... | Meat-Free Pepperoni | 259 g | Mixed Entrees | Sell Sometimes |
| Panago Pizza Inc. | School Lunch Program (per 8" ... | Veggie-Lite | 289 g | Mixed Entrees | Sell Sometimes |
| Pizza Hut | Kids Multigrain Pizza | Hawaiian | 159 g | Mixed Entrees | Sell Sometimes |

Page 7 of 11 (101 items)

BRAND NAME FOOD LIST

Search Criteria

Keyword Product / Package Size Units

Manufacturer Name Food Grouping

Product Name Sell Most Sell Sometimes

Flavour Sell Category Do Not Sell

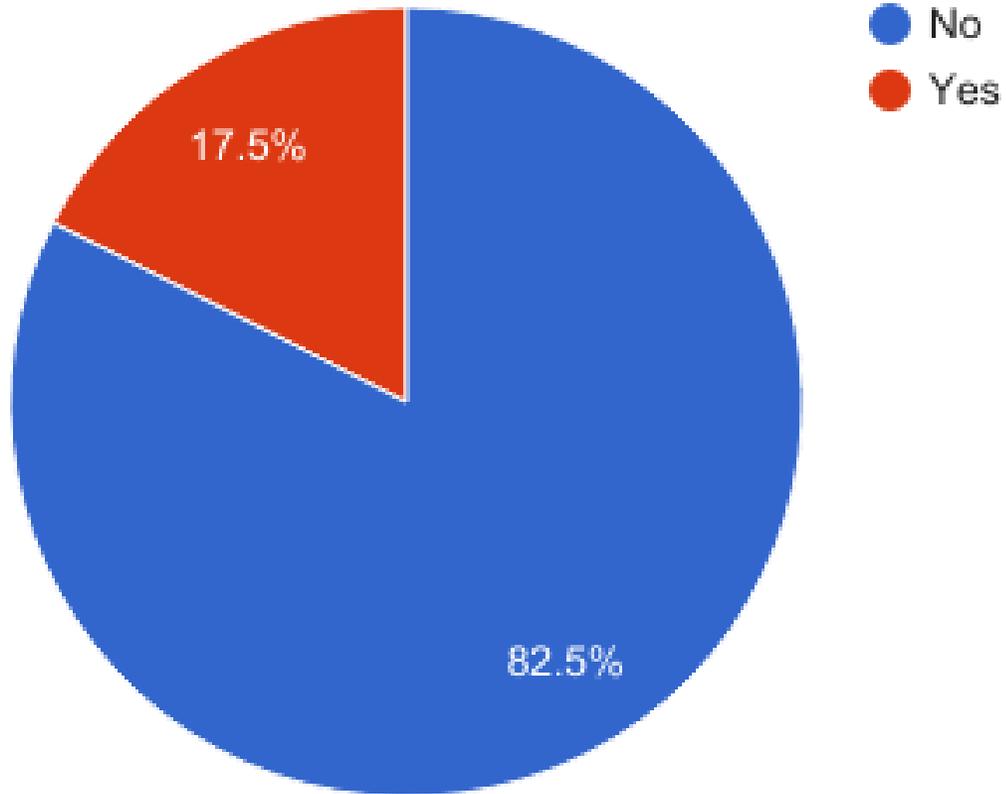
Scoring Criteria

Your search returned 35 items Print my search results 

| Manufacturer Name | Product Name | Flavour | Size | Food Grouping | Sell Category |
|-------------------|---------------------------------|----------------------|-------|---------------|----------------|
| Subway | 6-inch Sandwich on 9-Grain B... | B.L.T. | 151 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Ham | 219 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Oven Roasted Chicken | 226 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Roast Beef | 219 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Subway Club | 233 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Turkey Breast | 219 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Turkey Breast & Ham | 228 g | Mixed Entrees | Sell Sometimes |
| Subway | 6-inch Sandwich on 9-Grain B... | Veggie Delite | 162 g | Side Dishes | Sell Sometimes |
| Subway | Mini Sub on 9-Grain Wheat B... | Ham | 136 g | Side Dishes | Sell Sometimes |
| Subway | Mini Sub on 9-Grain Wheat B... | Roast Beef | 146 g | Mixed Entrees | Sell Sometimes |

DOES YOUR SCHOOL HAVE A CAFETERIA, CANTEEN, STORE?

All Schools

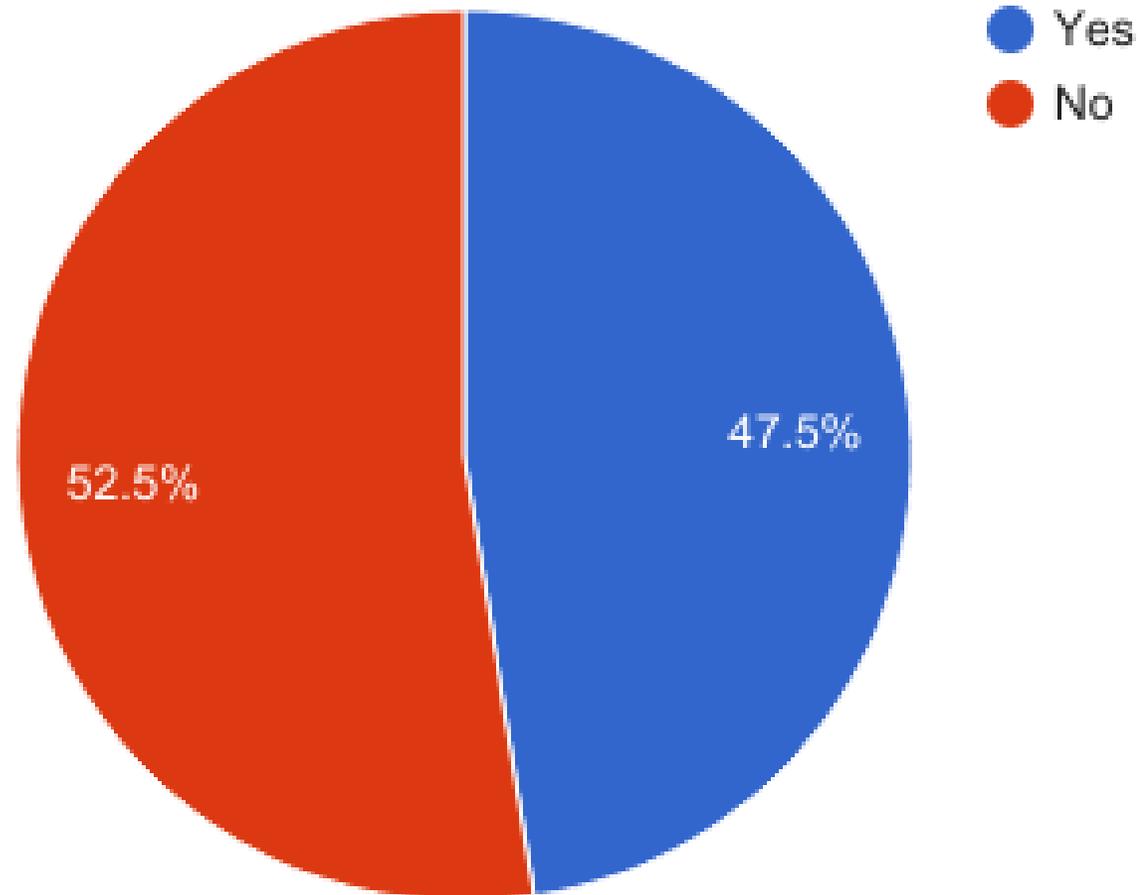


TYPICAL FOODS SERVED

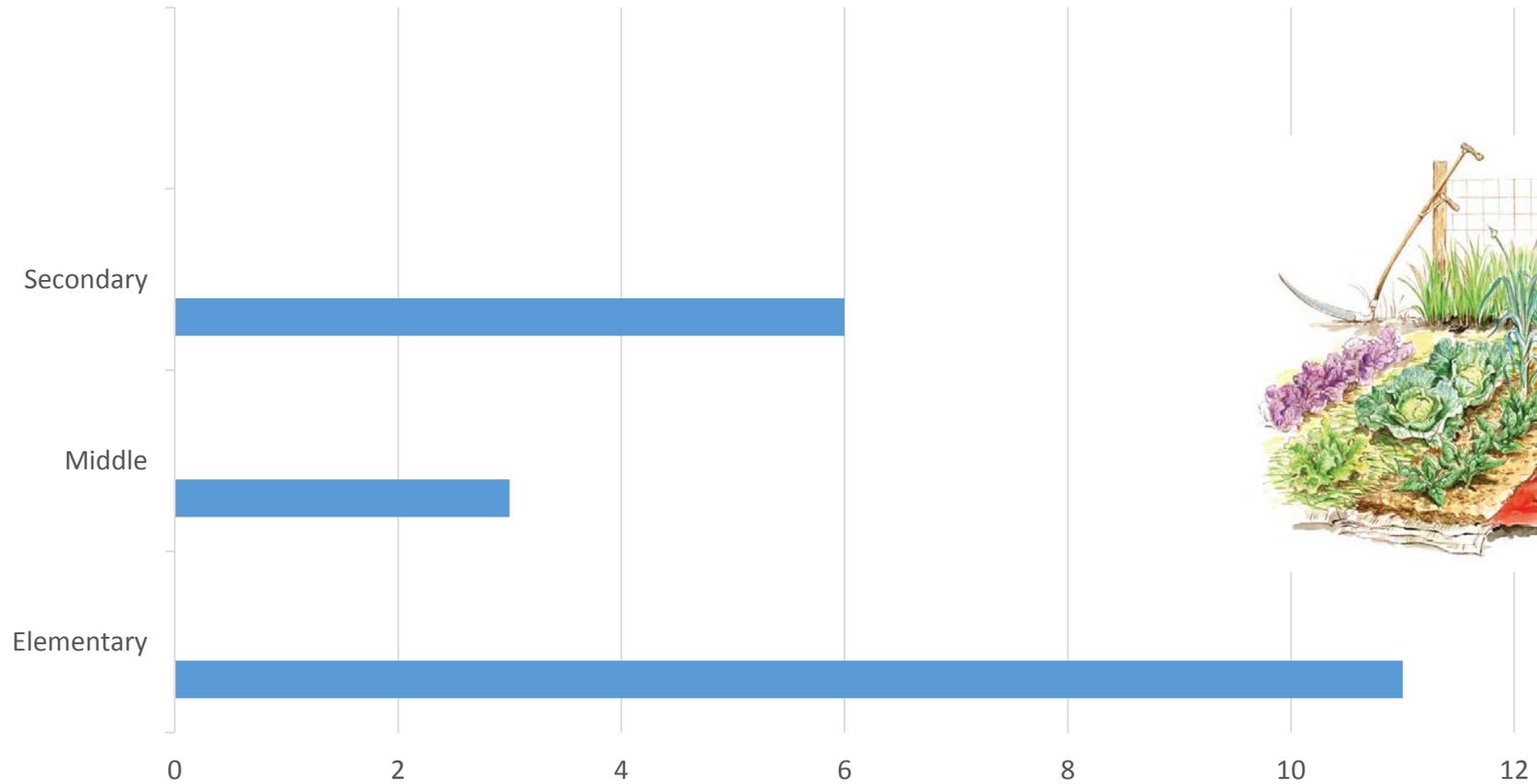
- Chocolate Milk
- Smoothies
- Popcorn
- Booster Juice
- Baked Chips
- Granola Bars
- Soup
- Culinary Program/Full Cafeteria

DOES YOUR SCHOOL HAVE A GARDEN PROJECT?

All Schools



GARDEN PROJECTS BY SCHOOL LEVEL



Facilities Department Guidelines

Tree Planting, Landscaping, Equipment Placement

The Greater Victoria School District recognizes the value of providing school grounds that:

- support learning activities
- support creative play
- allow for physical activity and team sports
- provide shade areas
- provide opportunities for students and the community to interact with nature and to develop a responsible environmental ethic
- are aesthetically pleasing

Summary of Procedures

1. Pre-Planning Process
2. Planning and Consultation
3. Approval
4. Installation
5. Maintenance
6. Equipment, trees and plants

SCHOOL GARDENS THAT PRODUCE FOOD FOR STUDENTS

- Spectrum- culinary program
- Esquimalt- culinary program
- Central- food club
- Torquay- monthly soup



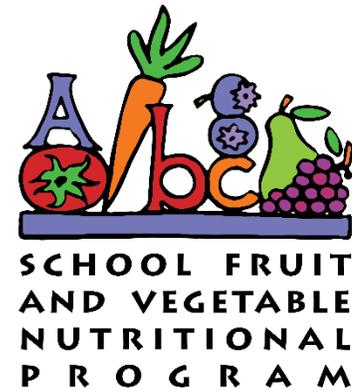
DOES YOUR SCHOOL HAVE A VENDING MACHINE?

10 schools have vending machines
3 middle schools
7 secondary schools



DOES YOUR SCHOOL BELONG TO THE BC FRUIT AND VEGETABLE PROGRAM?

38 schools participate in the program
22 elementary schools
8 middle schools
8 secondary schools



PHYSICAL AND HEALTH EDUCATION CURRICULUM

| Grade | Curricular Competencies | Content |
|---------|---|---|
| K-1 | Identify and explore a variety of foods and describe how they contribute to health | Relationships between food, hydration and health |
| Grade 2 | Explore strategies for making healthy eating choices | Practices that promote health and well-being, including those relating to physical activity, nutrition and illness prevention |
| Grade 3 | Explore and describe strategies for making healthy eating choices in a variety of settings | Nutrition and hydration choices to support different activities and overall health |
| Grade 4 | Explain the relationship of healthy eating to overall health and well-being | Food portion sizes and number of servings |
| Grade 5 | Analyze and describe the connections between eating, physical activity, and mental well-being | Benefits of physical activity and exercise |

PHYSICAL AND HEALTH EDUCATION CURRICULUM

| Grade | Curricular Competencies | Content |
|---------|---|---|
| Grade 6 | Explore and plan food choices to support personal health and well-being | Influences on food choices |
| Grade 7 | Investigate and analyze influences on eating habits | Factors that influence personal eating choices |
| Grade 8 | Develop strategies for promoting healthy eating choices in different settings | Marketing and advertising tactics aimed at children and youth, including those involving food and supplements potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines |
| Grade 9 | Propose healthy choices that support lifelong health and well-being | Potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines |