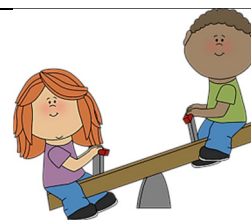


HEALTHIER FOOD CHOICES FOR SPECIAL EVENTS AT SCHOOL



Even foods for special events like Sports Day can be nutritious and fun!

Follow The Guidelines for Food and Beverage Sales in BC Schools:

- **Sell Most and Sell Sometimes** food can be sold anytime; these choices generally do not have any added sugars, added salt or added fat.
- **Do Not Sell** foods are not to be sold at school or at school-sponsored events.



Not sure how to rate a food? Sign on to www.brandnamefoodlist.ca for more information and find Sell Most and Sell Sometimes Foods.

 Examples of Do Not Sell Foods	Instead, offer these Sell Most and Sell Sometimes foods . . . 
Soft drinks Sports drinks Energy drinks with added caffeine Fruit beverages made with less than 100% fruit juice (e.g. fruit punches and cocktails) Frozen tubes of highly sweetened and artificially flavoured water Coffee and coffee drinks Teas with caffeine	Chocolate or plain milk Water with ice and a lemon or lime wedge or vegetable slice, Unflavoured water bottles (refillable or a with recycling program) 100% fruit juices with no added sugar Frozen drinks and tubes made with 100% fruit juices with no added sugar (portion not to exceed 250 ml) (Secondary only: Artificially sweetened beverages like flavoured waters, soft drinks, etc.)
Pastry, tarts, pies and similar pastries, doughnuts Cookies and baked goods with more sugar than flour Cookies and baked goods with icing and/or icing filling, chocolate chips, marshmallows and/or candy. Granola Bars with coatings and candy ingredients	Crispy rice squares, graham crackers and other plain cookies, modestly and without icing or filling Frozen yoghurt cups, 100 ml portions of ice cream, frozen yoghurt tubes Bananas with yoghurt to dip or lightly sprinkled with sugar and cinnamon Simple granola bars with dried fruit and seeds
Candy, Chocolates and Chocolate Bars	<i>(Sorry, these foods don't fit.)</i>
Sugar-coated popcorn	Lightly- salted popcorn and rice cakes (not candy coated or with added salty toppings like powdered cheese.) Unsalted baked crackers
Fruit snacks (made with added sugar)	100% Fruit leathers, unsweetened or lightly sweetened dried fruit. Watermelon, cantaloupe, honeydew, or grapes might be a refreshing change for outdoor events when volunteers are available to prepare and distribute the fruit.
Processed cheese spread and processed cheese slices.	<i>Natural</i> cheese slices or rounds, cheese sticks
<u>Fried Foods of any kind</u> , including <i>Fried</i> Potato Chips, <i>Fried</i> French Fries, <i>Fried</i> Onion Rings, Samosas	<i>Baked</i> potato chips, mini rice cakes Baked tortilla chips with salsa Potato salad, pasta salad Veggies with dip portion Lettuce salads, lightly dressed
Pizza with extra cheese and/or meat toppings Big burgers, fried chicken, etc.	Pizza (cheese, veggie, pepperoni): see www.brandnamefoodlist.ca Small burgers made without added salt. Hot dog with condiments and veggies on the side Small sub sandwiches or wraps with veggies added to the filling or on the side
1. This is not a complete list of Do Not Sell Foods. www.brandnamefoodlist.ca provides for more information about brand name products. Look for Sell Most and Sell Sometimes Foods. 2. Food safety matters. Click this link for more information: https://www.surreyschools.ca/departments/FSRV/FoodSafety/Pages/default.aspx	