

**OSNPPH School Nutrition Workgroup (SNWG) General Meeting
Tuesday, November 14th, 2017 9:30 – 11:30 a.m.
Minutes**

**Dial In toll-free number: 1-866-279-1594; ID Code: 7048202 ,
Please see below for local dial-in local numbers and use if possible; ID Code: 7048202**

Present: Jody Dawson, Nancy Bevilacqua, Sandy Maxwell, Candace Aqui, Rebecca Davids, Branka Gladanac, Jennifer Strome, Connie VanBellinghen, Lauren Kennedy, Mariel Munoz, Elizabeth Smith, Lindsay Fera, Kelly Ferguson, Francesca Vessio (Dietetic Intern Oxford), Chelsea Socholotuk

Regrets: Pascale Messier, Danielle Labonte, Michelle Lim, Aisha Malik, Caroline Cheng, Kendra Patrick, Jennine Seaman

Recorder: Sandy Maxwell

- 1.0 Welcome and Roll Call
- 2.0 Review of the Agenda
- 3.0 Review of the Minutes of October 17 , 2017 - no additions/changes
- 4.0 Co-Chair updates
 - 4.1 OPHS (OSPHPS) - Healthy Eating Topic Profile Review - Jody and Nancy reviewed a draft of the Healthy Eating Profile, though the ask was not very clear - we provided some input and sent our SNWG key messages document that the writers could reference and refer for key messages re school nutrition
 - Have not heard back, not sure where things are at
 - Turnaround time was 24 hours
 - Was told that there would be more opportunity for input
 - Erinn S. will keep Jody and Nancy in the loop

5.0 Liaison Updates

5.1 Ontario Healthy Schools Coalition (OHSC) (Danielle Labonte sent an update)

- OHSC conference Exhibitor invitation
 - Do we want to attend with a vendor display?
 - \$400 fee
 - March 27, 28, 2018 in Hamilton
 - Elizabeth Smith may be able to attend and see how perhaps she could promote BrightBites - will find out in January
 - **Action:** Jody will look into the deadline for committing to be an exhibitor
- No updates from Danielle as there has not been another meeting
- Danielle is unavailable to attend OHSC teleconference on November 16th from 1:30 - 4pm, wondering if someone else from the group would be available to call in
 - Will have a guest presentation from National Assn of School Nurses talking about Finnish model re: mental health in schools and the usual updates from attendees and discussion topics
 - If anyone is interested in attending, Nancy will provide the call-in information
 - Will send another request on the listserv as no one on the call responded

5.2 Ministry of Education (Sandy Maxwell) - no updates

- Last Healthy Schools Working Table meeting presented changes to DPA
- Members have not seen any formal communication
- Here is a link to the MEDU information re: DPA

<http://www.edu.gov.on.ca/extra/eng/ppm/138.html>

5.3 NRC update (Candace Aqui)

- NRC Forum was last week, very successful
- Webinar this Thursday re: menu planning and supportive environment from Childcare working group of OSNPPH
- Webinar Nov. 21 - food literacy

- Candace has not been able to follow up with action item from last meeting re: changes to Health Promotion and Protection Act (HPPA) that affects RDs; NRC (OPHA) provided formal feedback, reach out to Candace if you have questions, will post to the OSNPPH forum.

6.0 SNWG Advocacy

6.1 PPM 150 - Developing a Research Agenda for School Nutrition Policy in Ontario - meeting on November 2-3 at University of Waterloo - Jody

- Jody posted some documents summarizing the 2 days (under published documents)
- Highlights from the meeting:
 - Not as broad a group of attendees as was invited
 - reps from Universities in Alberta, New Brunswick, Waterloo
 - Ellen G., Suzanne N., Renee G., Jody D (from public health)
 - Other attendees included Jennifer Munro-Galloway (MEDU), Retired teacher, Lynn Roblin (NRC)
 - there were breakout sessions in the afternoon to discuss what needs to be researched? Elementary/ Secondary, policy focus
 - PPM 150 does not address Foundations for a Healthy School
 - Loved the idea of reaching pre-service teachers
 - How school policy can address student's life skills
 - Will have a summary document that will be shared
 - MEDU shared that the revisions would be quick tweaks (prior to election - Sept, 2018)
 - Need to take into consideration the CFG revisions
 - Release of 'tweaks' would be accompanied by implementation supports
 - A lot of discussion around comprehensive school health - there were suggestions to add statements in the policy to encourage ways to become comprehensive

- Meeting tomorrow NRC staff and Jennifer Munro-Galloway. Lynn Roblin inquired if SNWG has priorities for policy tweaks to share?
- OSNPPH to seek meeting with the MEDU

Discussed top priorities to suggest to MEDU:

- Provide concrete and clear policy revisions recommendations
- OSNPPH would like to be included in revisions to the nutrition standards - remove loopholes with mixed dishes, remove sugary drinks
- Support the revisions including: remove the 80/20 rule; Remove special event days
- Provide 2 categories – sell and not sell (align with MCYS SNP is possible).
- Ensure the ‘sell’ category includes healthiest foods and that the sell most foods do not get moved up to ‘sell’ category.
- Change model of service for high school cafeterias - from revenue generating model to learning kitchen model - link to well-being strategy
- Include food offered as well as food sold (somehow?)
- Revisions to the nutrition standards
- Specific reference to fundraising, mixed messages selling unhealthy foods (regardless of on or off school property) should support students health and well-being
- ? food marketing
- Link to food literacy
- Link, link, link to well-being!! Do not contradict messages around well-being!
- Fundraising can earn \$\$\$ without food
- Eating environment - being mindful, no screens while eating etc.
- Enhance the policy to foods **sold and served** and include a very clear proposed definition of what is meant by each. Sold can be all the things that are currently in the PPM 150 now. Served should be anything that uses public funds **or** is served to students for school purposes (note that this is either or, and not just one or the other)

e.g. school BBQs (on school property); bake sales (for school purposes); rewards and incentives (for school purposes); fundraising done for school purposes (regardless if off school property). Would not include classroom celebrations if the food is sent in from home as it is not for school purposes and the funds are not public dollars (parents' money). By adding in the 'for school purposes' we can help create the justification that the practices we use in schools to support teaching curriculum should align with health and well-being concepts. Our recommendations could provide the rationale for why it is important for public funds to be spent in the best interest of the child and their overall health and well-being, but also to ensure they are well prepared to learn. As well as it is fiscally responsible and accountable.

- Provide suggested implementation issues and suggested supports.
 - We could list all the implementation issues with suggested ideas for supports that schools/boards require. Some examples – funds to support infrastructure and facility upgrades to allow appropriate food preparation; training supports on a yearly basis since teacher turnover is high; resources to assess food and beverages; Q&As to support schools/boards in responding to criticism and complaints; training for foodservice providers to help them interpret/analyze their own products; ministry-led public education campaign; etc.
 - NRC had contacted Jody to let her know that NRC and MEDU Jennifer Munroe-Galloway were meeting and might be discussing PPM 150 revisions. Jody requested if OSNPPH could attend the meeting and Lynn suggested this was just going to be a higher level meeting so not likely the right time or place to include OSNPPH. **Action:** Jody and Nancy will collate feedback and send top priorities to Lynn Roblin for consideration to share at their meeting. Jody and Nancy to reach out to MEDU Jennifer Munroe-Galloway to request a meeting.

- 6.2 Call to Action/ Key Messages document - Jody
- Sub group met, decided on using PICO format
 - Will have a working meeting to continue exploring topics Wednesday Nov 29 10-12.

7.0 Student Nutrition Programs

7.1 SNP Nutrition Guidelines collaborations and Introductory Online training course (Caroline Cheng/Candace Aquil)

- Candace reported that Caroline's group will have something soon for review.

7.2 SNP/Student Nutrition Ontario fundraising (Jennifer Strome)

- Followed-up with Nicola Lyle from Student Nutrition Ontario, re: fundraising donations from the sale of unhealthy foods (i.e. Smile cookie campaign, McHappy meals, etc), her comments:
- SNO is currently drafting some parameters around our own fundraising as a network, but we really don't have any formal ability as lead agencies to govern or enforce this sort of thing (at least as I read our contracts and program guidelines) so I think it would be challenging to issue any kind of directive. Unlike PPM 150, there are no regulations related to fundraising in any of the guidelines, so I believe this would be seen as a massive overreach on our part.
- Questions to consider: what level this is happening? For example my region, does not do any regional fundraising, we're too far removed for that given our size. Our seven community partnerships do the fundraising, but I haven't heard of any of these initiatives being used by them. What I have heard of is schools going after some of these funds (the McHappy Day is another one that comes to mind). Might be the case of local advocacy
- Jen Strome shared that SNO is drafting some parameters around fundraising as a network. This issue could be kept on the radar in terms of unhealthy food sales, it would be much appreciated. Our SNP dietitians group will endeavor to collect some

more information and keep them informed.

- Nicola in agreement, and commented that it's a good start because if we're able to come up with some principles and messaging at a provincial level, I think it will be easier to filter down to the regional and local level. So good news, this is underway.
- Kelly suggested that we need a strong case to share with local partnerships that explains the issue around fundraising unhealthy foods to purchase healthy foods
- **Action:** Kelly, Sandy, Elizabeth offered to begin drafting something related to principles and messaging for fundraising for SNPs - Eliz to check with Jen and to organize a meeting

8.0 Task Group updates/issues:

8.1 Sip Smart (Carolyn Froats-Emond)

- Sip Smart task group has not been meeting, materials on the BrightBites website
- Carolyn is thinking about pulling the group together to see if there is any follow up needed.
- Kelly asked whether teachers are using the full curriculum.
- Rebecca is training healthy eating ambassadors this week on elements of Sip Smart, that will involve teachers using the curriculum and other school activities.
- Will remove Sip Smart from the agenda. Any further Sip Smart discussion can be added to the SNWG meeting under School Nutrition Round Table Discussion.

8.2 BrightBites (Melanie Gagne)

- Kelly Ferguson will be providing update on behalf of BrightBites working group
- Discussed evaluation from last year
 - Last year we spoke with schools with high participating team but did not have a response from low participating teams
 - Would like help with contacting these teams - looking for SNWG members to take a few minutes to call one or more of these teams using a standard questionnaire - **Action:** please let Kelly know if you can volunteer

- Discussed the idea of re-jigging the difficulty level of the badges as there are mostly expert level badges at this time. The working group is working on a plan to re-distribute the badges.
- Rebecca asked if the group is looking for new badge ideas and suggested a student engagement badge since York trains students as student ambassadors and would like to see this recognized. Discussed that student engagement is built into all badges, however, perhaps we could consider giving more points to student led teams. Kelly will bring this idea back to the BB working group.

8.3 Secondary School Task Group Update (Susan Finkelstein)

- Deferred

9.0 New Resources/Tools/Webinars/Conferences

9.1 SNP Resource

- Jody shared that schools in her area have not had inspectors visiting programs in their area for a long time and so the RDs at SMDHU recently created a resource to support programs that includes a food safety component which can be used by inspectors.
- Jody asked if other health units have inspections of SNPs and whether they have been able to access funds for infrastructure. Jody uploaded the resource to the SNWG site.
- Kelly reported a good relationship with PH and SNPs whereby they work together to help meet needs. In terms of infrastructure - schools have been able to access an annual grant from the Community Foundation, United Way, school fundraising and BFL.

10.0 School Nutrition Round Table Discussion

10.1 Roundtable discussion - Elementary and Secondary School

- Use of food in classrooms re: issue of waste (Sandy)
- Sandy mentioned that she came across a resource from Early Sprouts (written by an

RD) that suggests ways to include food in early learning that is respectful of food and not wasteful - **Action:** Sandy will post to the SNWG site

- Discussed whether we should include mention of this at the key message discussions
- Use of screens in classrooms while eating (Lauren)
- Is there any policies in existence in schools around use of screens while eating at school? - No one on the call is aware of any

11.0 Next Meeting date: December 12th, 2017 9:30-11:30 a.m. **Recorder: Michelle Lim**