

Ministry of Education

Ministère de l'Éducation

Deputy Minister

Sous-ministre

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June 16, 2008

MEMORANDUM TO: Directors of Education
Supervisory Officers and Secretary-Treasurers of School
Authorities
Elementary and Secondary School Principals

FROM: Steve Marshall
Deputy Minister

RE: Healthy Schools – *Trans Fat Standards Regulation*

The Ontario government is committed to making schools healthier places for students to learn. Schools play an important role in teaching students healthy eating habits and reinforcing those lessons through school practices. Research shows that good health is a prerequisite for good learning.

Building on an overall plan to help develop healthier lifestyle habits in our children and youth, the government introduced the *Healthy Food for Healthy Schools Act*. The act addresses healthy eating in schools, including dropping trans fat from food and beverages sold in schools.

I am pleased to provide you with a copy of the Trans Fat Standards regulation. The regulation requires that any food or beverage (or ingredients used in their preparation) sold in a school must meet the prescribed amounts of trans fat set out in the regulation. For your information, the regulation is also available at www.e-laws.gov.on.ca.

A school principal may designate up to 10 (or a number fewer than 10 as determined by the school board) school-wide special event days per year when food and beverages sold in the school would be exempt from the trans fat prohibition. School principals will need to consult with their school council, and should involve their students, in determining which events, if any, to exempt.

Schools can hold as many special event days as appropriate, in accordance with any applicable board policies, if food and beverages sold at the events meet prescribed trans fat limits.

The regulation takes effect on September 1, 2008. I encourage school boards to begin working with their schools and food service providers as soon as possible to ensure compliance with the limits set out in the regulation.

Ministry staff have also begun consulting with education and health stakeholders and the food industry on school nutrition standards to align with the new Canada Food Guide. These standards may apply to food and beverages offered in school cafeterias, vending machines, tuck shops/canteens and other daily food services. If you have any ideas or suggestions on school-based nutrition standards, or have any success stories that you would like to share, please e-mail them to healthy.schools@ontario.ca.

If you have any questions, please contact your Ministry Regional Office. Thank you for your commitment to making schools healthier environments for students.

Sincerely,

A handwritten signature in black ink that reads "Steve Marshall". The signature is written in a cursive, flowing style.

Steve Marshall

Attachment

c: Regional Managers, Ministry of Education Regional Offices
Association des directions et directions adjointes des écoles franco-ontariennes
Catholic Principals' Council of Ontario
Ontario Principals' Council