

HEALTHY CHOICES, HEALTHY KIDS:

Food Services and Nutrition at HSC

Healthy habits start early. HSC knows the school lunch is a perfect opportunity to instill an appreciation of nutrition, and a love for growing, cooking and eating healthy foods. We believe positive food culture is linked to academic performance, and that it impacts a student's happiness and well-being throughout their entire life.

Providing wholesome lunch options is a standing College priority, and there are many things we know we do very well. Family-style lunch presentation fosters open-mindedness about trying new foods, and builds community and civility. Likewise, our allergen management program ensures students with allergies and sensitivities receive safe food options, and we accommodate and respect various special dietary requirements. Food Service staff are part of the HSC community and care for the well-being of every student they feed.

The 2013-14 CAIS accreditation process offered an opportune moment to assess and re-evaluate HSC Food Services and create a vision for the future. The visiting CAIS Accreditation Committee recognized HSC's commitment to excellence in Food Service:

"The Visiting Committee commends the leadership and staff team in the Food Services Department for the attention to safety and sensitivity of preparation and the quality of the food made available in an inviting environment and a financially sustainable system."

Over the next five years, as outlined in HSC's Strategic Plan—Towards 20/20—the College aims to build on this commendation, and to reinforce our long term commitment to student nutrition with a focus in three areas—a whole food approach, shortened ingredient lists, and improved supplier relationships. HSC students are already benefitting from changes and will further benefit by those inspired by our new strategic plan. Many other improvements will roll-out over the coming years.

The following is a brief outline of changes underway. We will communicate and update the community as we implement further improvements to Food Services at HSC.



THE WHOLE FOOD APPROACH

- New menu options that reflect this approach with an emphasis on omnivore eating—such as varied whole grains, brown rice, and additional raw, colourful salad bar options
- Remove or reduce processed products—such as breaded and sliced, overly processed meats—from the menu
- Fresh ingredients and “made from scratch” whenever possible
- Equipment investments (combi-ovens, steamers, etc.) that allow us to cook nutritious food quickly, cleanly and efficiently

SHORTER INGREDIENT LISTS

- Scrutinize ingredient lists to remove excess sodium and unnecessary saturated and hydrogenated fats
- Work to remove hidden sugars and texturized vegetable proteins and other unnecessary ingredients
- Work to source products that use local and sustainable ingredients emphasizing freshness

SUPPLIER RELATIONSHIPS

- Align with new suppliers who share our Food Services whole food approach philosophy
- Work with existing suppliers to review ingredient lists and see where improvements can be made
- Establish with suppliers a commitment on both sides to responsible local sourcing

WHAT TO EXPECT

Emphasis on flavour and the enjoyment of food and its value to our community is a priority. HSC communicates about nutrition initiatives on a number of platforms including social media, the HSC website, the Parent E-News, EBroadcasts and the *HSC Review*. Look for Food Services profiles, recipes, tips on nutrition and wellness for you and your children. Remember to regularly check the Lunch Menu online at www.hsc.on.ca/meal-menus, for a preview of the nutritious items available to students each week.



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Learn with Joy. Live with Purpose.