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Dear School Supported Lunch Supplier,

The Waterloo Catholic District School Board (WCDSB) is committed to creating healthy schools for our staff and students. To comply with WCDSB elementary and secondary food and nutrition policies, we require that our schools sell catered food and beverages that provide Maximum Nutritional Value (e.g., vegetables, fruit, whole grain bread, lean meats) in addition to meeting the Sell Most criteria of the Ontario Ministry of Education's School Food and Beverage Policy (P/PM 150). For more specific nutritional requirements for all School Supported Lunches, please consult the following: [Food and beverage policies and standards at Ontario schools](#).

The WCDSB requires that catered lunch suppliers offer lunches to _____
that meet the following criteria: (insert name of school)

- At least 80% of the food sold will be from the Sell Most category or food with Maximum Nutritional Value (e.g., fruit, vegetables, whole grain products, yogurt)
- No more than 20% of the food sold will be from the Sell Less category (e.g., full fat cheese)
- Only beverages from the Sell Most category or beverages with Maximum Nutritional Value will be sold, if offered (e.g., water, 100% juice, lower-fat milk)
- Do not sell any food and beverages from the Not Permitted for Sale category

We strongly encourage that you have your menu reviewed by a registered dietitian. To find a dietitian, call Eat Right Ontario at 1-877-510-5102.

For information about the WCDSB food and nutrition policies, please contact the Healthy/Active Living Consultant at the Waterloo Catholic District School Board (519-578-3660 ext. 2279).

For more information about school nutrition, please contact Region of Waterloo Public Health at 519-575-4400 or visit www.region.waterloo.on.ca/nutrition

For information on healthy schools go to the Ministry of Education Healthy Schools website <http://www.edu.gov.on.ca/eng/teachers/healthyschools.html>

We look forward to working with you.

Sincerely,

Principal

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