

Saskatchewan School Food & Nutrition Guidelines - Getting Started

The [Saskatchewan School Food & Nutrition Guidelines](#) support schools in offering nourishing food and drinks in positive, inclusive ways that foster well-being and support learning. Here are some tips to help you get started with the guidelines.

Foods Brought from Home

The *Saskatchewan School Food & Nutrition Guidelines* **do not** apply to food and drinks students bring from home or outside of the school.

When students bring their own lunch or snack to school, the:

- Family decides **what** foods to send in the lunch or snack
- School decides **when** and **where** children eat
- Student decides **whether** and **how much** to eat and in whatever order they chose

Allow students to eat without judgement, praise or pressure.

It is important that students are supported to trust the foods their caregivers have chosen.

Save food and nutrition education for during class time.

Tasty Breakfast & Lunch Ideas

Meals offered by the school should include at least: one vegetable or fruit **PLUS** one protein food **PLUS** one grain food

- Rice bowls with vegetables and shrimp
- Egg & veggie breakfast burrito or sandwich
- Whole grain pancake with fruit and yogurt
- Hearty soup or stew served with bannock
- Whole grain pasta served with tomato-based meat sauce and a side salad
- Greek yogurt, berries and granola parfait
- Quesadillas with chicken, black beans, vegetables and cheese
- Whole grain cereal with milk and orange slices
- Mini pizzas made on whole grain bagels

Snack Ideas

When providing snacks as part of school programming, include at least: one vegetable or fruit **PLUS** one protein **OR** one grain food

- Cucumber slices and hummus
- Bananas and yogurt
- Carrot & celery sticks and cheese cubes
- Apple wedges and whole wheat muffin (made in-house)



Developed by SHA Public Health Nutritionists (2025)
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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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Create a Supportive Food Environment

- Include menu items that feature vegetables or fruits
- Offer whole grain buns, bagels, rice and wraps
- Include water with combo meals instead of pop or juice
- Grill, bake or steam foods instead of deep frying
- Offer small salads or veggies as a side
- Add low sodium beans, lentils or chickpeas to soups, stews, chilis, wraps and salads
- Price *May be Offered* items the same, or lower, than *Not Recommended to Offer* items

Celebrate Culture

- Food has the power to connect people
- Regularly offer cultural and traditional foods to reflect the student population
- Work with families to support cultural food needs of students

Sellable Ideas

- Fresh apples, oranges or bananas
- Overnight oats
- Trail mix made with seeds, dried fruit and whole grain cereals
- Bannock with cheese
- Individual pre-packaged vegetables or vegetable cups with dip
- Hummus or tuna and cracker packages
- Chili made with beans and veggies
- Cheese strings or packets of cheese
- Greek or Caesar chicken wraps
- Fruit cup with yogurt dip
- Snack cup with grapes, snap peas, mini carrots, whole grain crackers, cubes of cheese or hummus
- Vegetable, chicken and chickpea salad bowl

Drinks

- Water is the best choice for hydration and should always be available
- When providing drinks as part of school programming, unsweetened cow's milk or unsweetened fortified soy beverage should be offered once per day

Fundraising that Supports Well-Being

- Fresh vegetable and fruit boxes (e.g., BC apples)
- Community/school garage or book sale
- Grocery store gift cards
- Bottle drive
- Read, math, walk or bike 'a-thons'
- Seeds, plants or bedding flowers/bulbs
- Silent auctions or raffles
- Art or exercise nights (e.g., host paint night, dance lessons or yoga)
- Dinner theatre or themed cooking class

