





“What does Policy 711 Say?” A Guide for Parents/Guardians

Created in 2005, Policy 711 set the requirements for the sale of foods in schools: “The sale and promotion of foods at school can only consist of foods of maximum or moderate value.” What does that mean?

Examples of what can and can't be served in our school cafeterias

From Healthier Eating and Nutrition in Public Schools: A Handbook for Policy 711

“Nutritional Value”	“To be offered...”				
Maximum	Every day	Whole grains	Fresh vegetables	White milk	Chicken and beef
Moderate	Twice a week	Low fat loaf breads	Canned vegetables	Yogurt drinks	Breaded meats
Minimum	“Should not be served”	Pastries, pies, pre-packaged cookies	Poutine, french fries	Ice cream	Fried or processed meats, hot dogs, bacon

What else can't be served in cafeterias? Candy; chips; pop; sweetened beverages; deep fried products of any kind; chocolate bars; or commercially prepared cookies.

How does your school's cafeteria menu compare? Email the [New Brunswick Medical Society](#) your child's menu today or [post it on our Facebook page](#) to be entered into our contest and win!