

Canteen Ideas for Schools

Please use the Provincial School Food Guidelines to determine if foods and drinks can be sold or served in a school canteen. Check them out at gov.nl.ca/healthyeating/school. Here are some ideas that have worked well in school canteens:

In the pantry

- Fruit cups (canned or plastic cups – packed in juice or light syrup)
- Fresh fruit like bananas, apples, oranges
- Granola bars (not yogurt or chocolate dipped)
- Whole grain cereals
- Whole grain muffins or loaves (homemade)
- Whole grain English muffins or bagels
- Whole grain crackers
- Popped corn

In the fridge

- Fruit cups or kebabs prepared fresh (grapes, cut melon or pineapple, berries, etc.)
- Smoothies (homemade with fruit, milk, yogurt)
- Vegetable cups with dip (e.g. ranch dressing)
- Hummus (serve with vegetables or whole grain pita or crackers)
- Yogurt (alone or pair with fruit and cereal to make a parfait)
- Yogurt tubes (can also freeze these if have a freezer)
- Yogurt drinks
- Cheese sticks or strings
- Pitsik (dried fish)
- Milk (through the [School Milk Foundation](#))
- Carbonated water, naturally flavoured, not sweetened with sugar or non-sugar sweeteners

Notes

- The focus of the Provincial School Food Guidelines is to improve access to nutritious choices from Canada's Food Guide. Schools and food service providers are encouraged to have vegetables and fruits (fresh, frozen or canned) available for students whenever possible.
- It is also important to keep safe food handling in mind when preparing or serving foods. For more information on free online training modules on a variety of food safety topics, visit skillspassnl.com.

- Please be allergy aware and check for any ingredients that are not permitted in your school.
- There are other foods and drinks that align with the Provincial School Food Guidelines, these are just some suggestions. If you are looking for specific examples of products, please reach out to the Regional Nutritionist in your region using the contact information below.

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