

A Guide to Foods, beverages & menu items allowed for sale in Ontario schools

To promote children's health, the **Ontario School Food and Beverage Policy (PPM150)** provides nutrition standards for foods and beverages sold in elementary and secondary schools.

Food items are categorized as:

- ✓ **Sell Most** - Healthiest choices; must make up $\geq 80\%$ of offerings
- **Sell Less** - Slightly higher in fat, sugar, and/or sodium; must make up $\leq 20\%$ of offerings
- ✗ **Not Permitted** - Low in essential nutrients and are high in fat, sugar or and/or sodium; not allowed for sale

Research shows that:

>50% of foods & beverages from **grocery stores**

>84% of menu items from chain **restaurants**

are **Not Permitted** for sale in Ontario schools.

Scan to find a list of Sell
Most and Sell Less
foods under PPM150

or

🔗 download [here](#)



How can schools use this list?

- To choose healthy options for school food settings
- To share with caterers and vendors
- To ensure school foods align with school nutrition policies

Other PPM150 Resources

🔗 Policy document



🔗 Research paper

