

Nutrition Receipt Review

The Issue

- Food insecurity affects approximately 1 of 6 children in Canada¹
- Nearly 1 million Canadian children are at risk of getting nothing to eat before they go to school in the morning²



- Partners with schools and volunteers to offer nutritious breakfast to students daily
- Mission: "[They] nurture potential and grow healthy students giving an equal chance of success to all kids, one breakfast at a time"**²

Why It Matters

Insecure food access for children is linked to:

- Mental & physical health issues such as depression, suicidal ideation, hyperactivity & asthma³
- Decrease classroom learning²
- Increase bullying & social isolation⁴

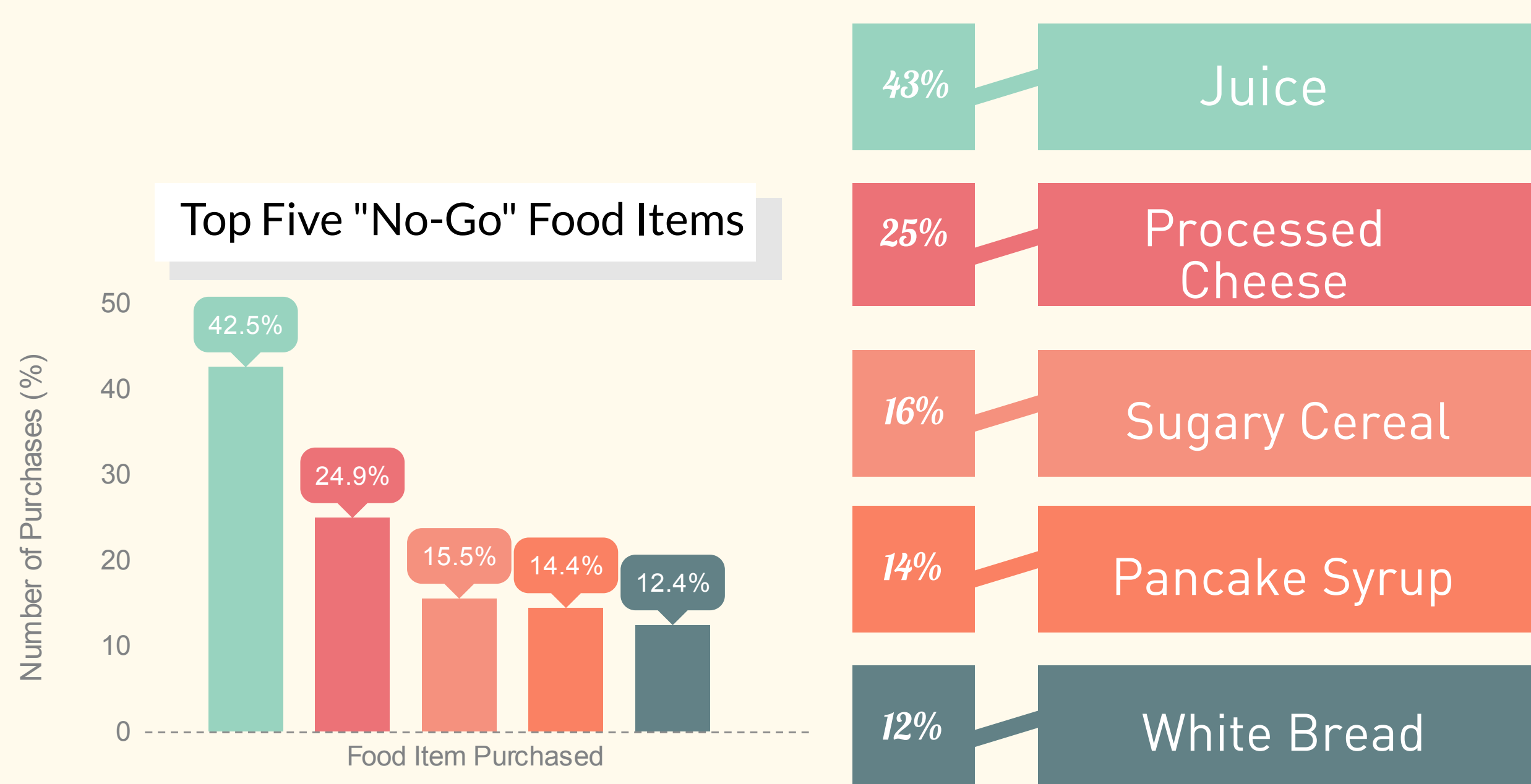
Our Objective

- Determine what food items being purchased by schools don't fit the BCC's nutrition guidelines through a receipt review
- Create an informative pamphlet to advise about potential nutritious alternatives to utilize

Methods

- Review 1876 grocery receipts from 345 participating schools from September 2018 to March 2019
- Compare purchases to BCC's nutrition guidelines and their list of "no go" foods to avoid purchasing
- Compile data to determine what the top 5 most commonly purchased "no go" foods are
- Develop an 8.5"x11" pamphlet illustrating healthier swaps for "no go" foods for BCC to distribute to volunteers

Receipt Review Results



Suggested Alternatives⁵

- 01 | Juice**
Serve whole fruits.
- 02 | Processed Cheese**
Purchase real cheese in bulk instead.
- 03 | Sugary Cereal**
Serve cereals that contain less sugar or make granola using natural sweeteners such as honey.
- 04 | Pancake Syrup**
Serve pancakes with natural sweeteners such as fruit, honey & maple syrup.
- 05 | White Bread**
Serve with 100% whole grain bakery items such as whole wheat bread and English Muffins.

Take Home Messages

- Room for improving schools "no go" food purchases
- With switches there may be budgetary implications, costing more or less
- Providing schools with information for healthy swaps is the first step in the reduction of "no go" food purchases

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