

Manitoba Healthy Food in Schools eNews

Supporting positive school nutrition environments

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Supports and Services

Contact a Registered Dietitian to learn more about the nutrition resources available to your school or division, ask questions or discuss potential solutions to your school nutrition challenges.

Contact Us

Toll free number:
1-888-547-0535

Email:
mbhealthyfoodinschools@dietitians.ca

Website: manitoba.ca/healthyschools/foodinschools

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Is Dairy in the New Food Guide?

When the 2019 version of Canada's [food guide](#) was released in January, the most common comment I heard and saw in the media was "Dairy is Out"! The headline got a lot of attention, but is very misleading. The reality is:

Foods from the Milk and Alternatives Food Group are still a part of a nutritious and varied diet and can now be found in the 'protein foods' category.

The overarching messages suggested by the new food guide are that we eat plenty of vegetables and fruit, whole grain foods, protein foods, and make water our drink of choice. It also encourages us to enjoy a variety of healthy choices every day. This is especially important when looking at the protein foods section of the plate.

Do I need to include dairy from the 'protein foods'?

Food is made up of nutrients, such as protein, carbohydrates, fat, vitamins and minerals. Not only are dairy products an excellent source of protein, but also of calcium -- a key building block of strong bones.

Common calcium-containing 'protein foods':

- Dairy products (e.g. milk, yogurt)
- Unsweetened fortified plant-based foods and beverages (e.g. soy beverage, tofu)
- Canned salmon or sardines (with the bones)

Important to note!

Foods recommended by the Food Guide are not limited to those depicted on the Food Guide Snapshot. Lower-fat dairy and other calcium-containing foods are reflected throughout the Food Guide materials, including the Canada's Dietary Guidelines, recipes, and tips.

How do you know if you're getting enough calcium?

Choosing dairy products can be an easy way to get enough calcium but it's not the only way. There are many other food sources of calcium. Find out if you're getting enough by checking out this [list of food sources of calcium](#) or try the Calcium Calculator™ mobile app in the [App Store](#) or on [Google Play](#).

What about vitamin D?

Vitamin D helps to increase the absorption of calcium. The dream team for strong bones! It is naturally found in very few foods, such as fatty fish. Dietary sources of vitamin D are mainly fortified foods, such as milk and plant-based beverages. All of these foods are included in the new Food Guide!

What else can I do?

Include foods you enjoy and choose a variety of foods. No single food provides us with all the nutrition we need.

Adapted from: Vancouver Coastal Health Child and Youth Public Health Dietitians

More Information

If schools have questions about the new Food Guide and the foods and beverages, they are providing call: *Manitoba Healthy Food in Schools*: 1-888-547-0535.

If families have questions about the new Food Guide and whether or not they are getting enough calcium through their daily food choices, they can call *Dial-A-Dietitian*:

Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

School Lunch + School Milk Program = Good 2 Grow

Milk adds nutritional value to your students' lunches and supports a nutritious food environment at your school. Join hundreds of schools across Manitoba in offering milk as part of healthy eating. If

your school has a milk program, where milk is available for students at least 3 times a week, we want to help your school community celebrate this nutritious choice. Visit <http://www.milk.mb.ca/Schoolmilk> for more information and to register your school!



What is in store for 2019-20 School Year?

Manitoba Healthy Food in Schools will once again be offering hands-on workshops, informative webinars, and tailored presentations.

Cooking with Canada's Food Guide Workshops are for people working hands-on with food in schools, such as breakfast programs, canteens, cafeterias and hot lunch programs. Learn how to add whole grains & plant-based options to your menus and save time & money!

Webinars will be 30 minutes – 1 hour in length. If you're unable to attend live, we encourage you to still register as you'll receive a link to the recording, and you can watch at your convenience.

Presentations: book a school or division presentation by email or calling our initiative Registered Dietitian. Presentations are for school staff (educators, those working hands on with food, administrators, parent-councils, wellness committees, etc.) and tailored to meet your needs. Topic ideas include: incorporating Canada's food guide into your school, non-food rewards in the classroom, building positive school nutrition environments, and nurturing healthy eaters.

Workshop dates available [here](#) and webinar [information](#) and [recording](#) [here](#)!

Recipe Corner

[Send us](#) your schools favourite recipe - it could be featured in our next eNewsletter!

Overnight Apple Pie Oatmeal

Makes 6 cups (approx. 12-15 servings)

Ingredients

- 2 ¼ cup plain yogurt
- ¾ cup milk
- 3 tsp maple syrup or sugar
- 1 ½ tsp vanilla
- ¾ tsp cinnamon, ground
- 3 apples, cored & finely diced
- 1 ½ cup large flake oats

Directions

- In a bowl, whisk together yogurt, milk, maple syrup, vanilla, and cinnamon.
- Stir in apple and oats until well combined.
- Cover and refrigerate overnight.



Recipe adapted from: Cookspiration; Featured image contributed by [Food Network](#)