



HOLY FAMILY ROMAN CATHOLIC SEPARATE SCHOOL DIVISION NO. 140

OPERATIONS AND PROCEDURES

CATEGORY: SCHOOL OPERATIONS

TITLE: NUTRITION IN SCHOOLS

CODE: 5127 Nutrition In Schools

Reference Matrix	
Education Act (1995)	Section 188
Other Related Acts	<i>Public Health Act (1994); The Food Safety Regulations (2009)</i>
Holy Family Related Procedures	
Holy Family Related Manuals	
Resources (Ministry, SSBA, SCSBA)	Canada Food Guide/Health Canada: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
Date Reviewed	January 6, 2016

Background:

The Board of Education is committed to supporting healthy lifestyle choices in keeping with the Canada Food Guide and as such believes in promoting and offering nutritious food in its schools. A diet of nutritious foods contributes to academic achievement and better health. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools share the responsibility with the home and community in educating children on the need for healthy, nutritious food.

Procedures:

1. All schools shall offer and serve healthy, nutritious foods in its breakfast, snack, and lunch programs and at any other school function or venue where food is served to students.
2. The development of a Nutrition Committee for each school is highly encouraged. The Committee may include representatives from the following, but not be limited to these: parents, students, school administrators, teachers, and School Community Council.

2.1. The role of the Nutrition Committee would be to:

2.1.1. Annually review the school nutrition policy.

2.1.2. Amend the nutrition policy as necessary in an effort to keep current with nutritional information pertaining to food(s) at school.

2.1.3. To present the nutrition policy to the students, staff, and families of the school.

2.1.4. To promote and encourage healthy eating in schools.

2.1.5. To help enforce and monitor the implementation and maintaining of the nutrition policy.

3. General Guidelines

3.1. Nutritious foods sold at school functions will be competitively priced and appropriately promoted and advertised.

3.2. Vending machines will only provide nutritious choices.

3.3. Nutritious foods or non-food items will be offered most often as extrinsic rewards at school.

4. Food Safety

4.1. Schools should create a strategy to ensure students wash their hands properly prior to eating.

4.2. All food handlers should demonstrate good safe food handling practices.

4.3. When schools provide appropriate equipment (microwaves or warming ovens) to reheat meals that students bring to school from home, care should be taken to ensure this equipment is cleaned and maintained frequently.

4.4. Food allergies and ethnic sensitivity, and sensitivity to alternative diets should be considered for foods served and brought into schools.

5. School Community

5.1. Schools should promote activities to positively influence nutrition knowledge, attitudes, skills, and eating habits within the whole school community.

5.2. Schools will encourage parent(s)/ guardian(s) to send nutritious meals and snacks to schools.

5.3. Teachers, administrators, and other school staff should act as positive role models to promote healthy eating within the school environment, in accordance with the Canada Food Guide and other resources outlined in # 4 mentioned above and in attached documents.

5.4. The School Division, schools, and school community will support and reinforce messages about healthier eating in schools.