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HOLY FAMILY CATHOLIC REGIONAL DIVISION NO. 37	Category: **NUTRITION**	
	Legal Reference: Alberta Government Public Health Act Food Handling Regulations 2006; Alberta Health and Wellness Food Retail and Food Services Code; Alberta Nutrition Guideline for Children and Youth 2008	
EDUCATION POLICIES MANUAL	Amended: 06-19-08	
	Adopted: 11-12-03	Resolution #: 64-11-03

BACKGROUND

The Board recognizes that healthy eating is an integral part of growth and development. An increasing amount of research draws connections between student health and potential for learning. Additionally, children learn from role models. Therefore, the Board is concerned about creating supportive school environments for good nutrition and lifelong well-being by encouraging healthy eating for all students and staff.

POLICY

The Board believes that the development of healthful eating habits is achieved through education in a health-promoting environment. The policy is intended to set guidelines for schools to implement a coordinated comprehensive food and nutrition policy that encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods, and controlling the sale and use of non-nutritious foods.

GUIDELINES AND PROCEDURES

1. Each school council will monitor the maintenance of the nutrition policy on an annual basis.

2. All beverage vending machines in all Division schools will be limited to unsweetened fruit and/or vegetable juice, and/or water and/or milk.

3. The school level administrator shall develop a monitoring system that ensures all foods offered are prepared in accordance with the Alberta Health and Wellness Food Retail and Foodservices Code and the Alberta Government Public Health Act Food Handling Regulations 2006.

4. All food product vending machines in all Division schools will have 50% product chosen from the "Choose Most Often" list and 50% product chosen from the "Choose Sometimes" list (Alberta Nutrition Guidelines for Children and youth 2008 http://www.health.alberta.ca/public/Nutrition-Guidelines-2008.pdf).

5. Schools that choose to operate a canteen will always offer items from the "Choose Most Often" list and may offer foods from the "Choose Sometimes" list, and limit the sale of foods from the "Choose Least Often" category to a maximum of one item per week.

6. Schools that choose to operate a cafeteria shall incorporate the principles outlined in Eating Well With Canada's Food Guide (2006).

7. All schools in the Division will be limited to only one food-related fundraising activity per year which includes items from the "Choose Least Often" list as per the Alberta Nutrition Guideline for Children and Youth 2008.

   7.1 All other food-related fundraising activities will include items from the "Choose Sometimes Choose Most Often" list as per the Alberta Nutrition Guideline for Children and Youth 2008.

8. All Division schools will use non-food rewards.

9. All Division schools' special events (sports events, class parties, field trips, etc.) will incorporate the principles outlined in Eating Well With Canada's Food Guide (2006).

10. The beverage consumed by students during instructional time will be water or other healthy choices as allowed by individual school policy.

11. Division staff shall model healthy food and beverage choices during instructional and supervision time.

12. The foods and beverages offered at the Division office and school meetings shall incorporate the principles of Eating Well with Canada's Food Guide (2006). Foods from the "Choose Least Often" category will be limited.

13. The school level administrator shall develop guidelines and procedures pertaining to snack and meal programs offered at the school in line with Eating Well with Canada's Food Guide (2006).

14. The school level administrator shall develop guidelines and procedures pertaining to food allergies and with reference to Policy D-1120 Student Illnesses/Administering of Medication.

15. This policy does not impact on lunches, snacks, etc. that students or staff members are bringing from home.