



504.11 Healthy Nutritional Choices

Policy

The principal shall ensure that the school provides age appropriate nutritional health instruction to students, that healthy eating habits are promoted among all students and staff, and that nutritious foods are available for sale and/or distribution.

Regulations

1. The primary reference for the provision, promotion, sale and distribution of food in schools shall be the Alberta Nutrition Guidelines for Children and Youth from which schools shall include foods from the *choose most often* and *choose sometimes* categories, and avoid foods from the *choose least often* category.
2. Schools must ensure that strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation, schools shall:
 - 2.1. promote nutrition education and create an environment of positive food messages;
 - 2.2. establish strong connections between nutrition education and foods available at the school;
 - 2.3. schedule nutrition break(s) that provides time for eating and recreation; and
 - 2.4. avoid the use of food items as rewards.
3. All school communities will examine their nutrition practices and provide opportunities, support and encouragement for staff and students to eat healthy foods. In fulfilling this expectation, schools shall:
 - 3.1. choose healthy fundraising options;
 - 3.2. create an environment where healthy foods are available, affordable and promoted as the best choice;
 - 3.3. review options with food suppliers to maximize the nutritional value of the items;
 - 3.4. limit the frequency of special days when food is offered; and
 - 3.5. be encouraged to model healthy nutritional practices.



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4. Schools are encouraged to create their own health and wellness team that includes staff, parents, public health nurses and students with possible involvement from other health-related organizations.
5. Schools shall promote healthy, reasonably priced food choices when food is sold or otherwise offered. In fulfilling this expectation, principals, in consultation with the school community, shall:
 - 5.1. access expertise in the community through approaches including but not limited to partnerships, programs, referrals; and
 - 5.2. offer healthy foods including healthy meal combinations..

The Board delegates to the Superintendent the authority to develop the procedures necessary to implement this policy.

References

School Act:	60
Other:	Alberta Nutrition Guidelines for Children and Youth, Single Serving Packaged Food List: Supporting Nutrition Initiatives in Schools Health (K-12), CALM Programs of Study