

## NUTRITION

### Background:

Healthy eating is an integral part of growth and development, and good nutrition is conducive to student learning. Therefore, the Division is committed to creating supportive school environments for good nutrition and lifelong well-being by encouraging healthy eating for all students and staff.

The Division respects and supports parents/guardians in their role as providers and decision-makers in the home for the kinds of food they serve to their children and what they send to school for individual consumption by their children. In school environments, the Division encourages and supports schools to promote healthier foods and limit the sale and serving of unhealthy foods.

### Procedures:

1. The Principal Shall:
  - 1.1. create an environment where healthy foods are available, affordable and promoted as the best choice;
  - 1.2. ensure strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation, the Principal shall:
    - 1.2.1. establish linkages between health education and foods available at the school;
    - 1.2.2. promote nutrition education and positive food messages provided by the Division;
    - 1.2.3. schedule lunch breaks that provide time for healthy eating and recreation; and
    - 1.2.4. develop school guidelines and procedures pertaining to food served and sold at school that align with the intent of the [Alberta Nutrition Guidelines for Children and Youth \(ANGCY; 2012\)](#).
  - 1.3. develop school guidelines and procedures pertaining to food allergies and with reference to [Administrative Procedure 316: Medication/Personal Care](#); and
  - 1.4. monitor the implementation and maintenance of this Administrative Procedure on an annual basis.
2. Marketing of Food
  - 2.1. The Principal shall consider the ANGCY guidelines and endeavour to offer food choices in keeping with the spirit of the guidelines to provide healthy food choices and promote healthy eating habits.
    - 2.1.1. Vending Machines
      - 2.1.1.1. All beverage vending machines in Division schools will have water and may have products in the form of 100 per cent

unsweetened juice, vegetable juices and milk. Drinks such as pop and energy drinks will not be sold in vending machines.

2.1.1.2. All food product vending machines in Division schools will always offer “Choose Most Often” foods and “Choose Sometimes” foods, and will limit the sale of “Choose Least Often” foods.

2.1.2. Canteens and Cafeterias

2.1.2.1. Canteens and cafeterias in Division schools will always offer “Choose Most Often” foods, may offer “Choose Sometimes” foods, and will limit the sale of “Choose Least Often” foods.

2.1.2.2. Drinks such as pop and energy drinks will not be served or sold in canteens and cafeterias.

2.1.3. Hot Lunches

2.1.3.1. Hot lunches (including those prepared on-site by parent/guardian volunteers or school staff) will include food choices in keeping with the spirit of the ANGCY guidelines. Hot lunch committees that purchase lunches from external providers are encouraged to choose vendors who offer choices in keeping with those guidelines—offer foods from the “Choose Most Often” and “Choose Sometimes” categories, and only occasionally offer small portions and limited amounts of food from the “Choose Least Often” category.

2.1.4. Fundraising

2.1.4.1. The Principal is encouraged to consider non-food fundraising activities. When food is included, food items from the “Choose Most Often” and “Choose Sometimes” food categories will be offered.

2.1.4.2. If hot lunches are part of a fundraising strategy, the Principal shall clearly communicate the purpose of the hot lunch program to school communities.

2.1.5. Special Events and Celebrations

2.1.5.1. Special events will incorporate the principles outlined in the ANGCY. The Principal shall encourage organizers to offer food choices from the “Choose Most Often” and “Choose Sometimes” categories, and limit foods from the “Choose Least Often” category.

2.1.5.2. For celebrations such as birthdays, the Principal shall work with parents/guardians to promote alternatives to treats from the “Choose Least Often” category.

2.2. The Principal shall ensure contracted food service providers provide healthy food and beverage options in compliance with this Administrative Procedure.

3. Food in the School

3.1. The Principal shall:

- 3.1.1. encourage limited use of food as rewards and incentives;
- 3.1.2. ensure food is not withheld as punishment—such as, denying snack time because of poor behaviour;
- 3.1.3. allow students to carry and use water bottles during instructional time;  
and
- 3.1.4. limit other beverages in the classroom during instructional time.
- 3.2. As role models, teachers and other school staff will set a positive example in terms of healthy eating.
  - 3.2.1. Division staff members are encouraged to model healthy food and beverage choices while at school.
  - 3.2.2. Foods and beverages offered at Division and school meetings and events should be from the “Choose Most Often” and “Choose Sometimes” food categories.
- 3.3. Administrative Procedure 164 does not apply to lunches, snacks or foods for individual consumption that students or staff members bring from home.

**Reference:**

Section 11, 33, 52, 53, 55, 196, 197, 222 *Education Act*  
[Alberta Nutrition Guidelines for Children and Youth, 2012](#)  
[Alberta Health Services Food Safety Information](#)