



EATING WELL

Administrative Procedure 164, Nutrition



HEALTHY SCHOOLS

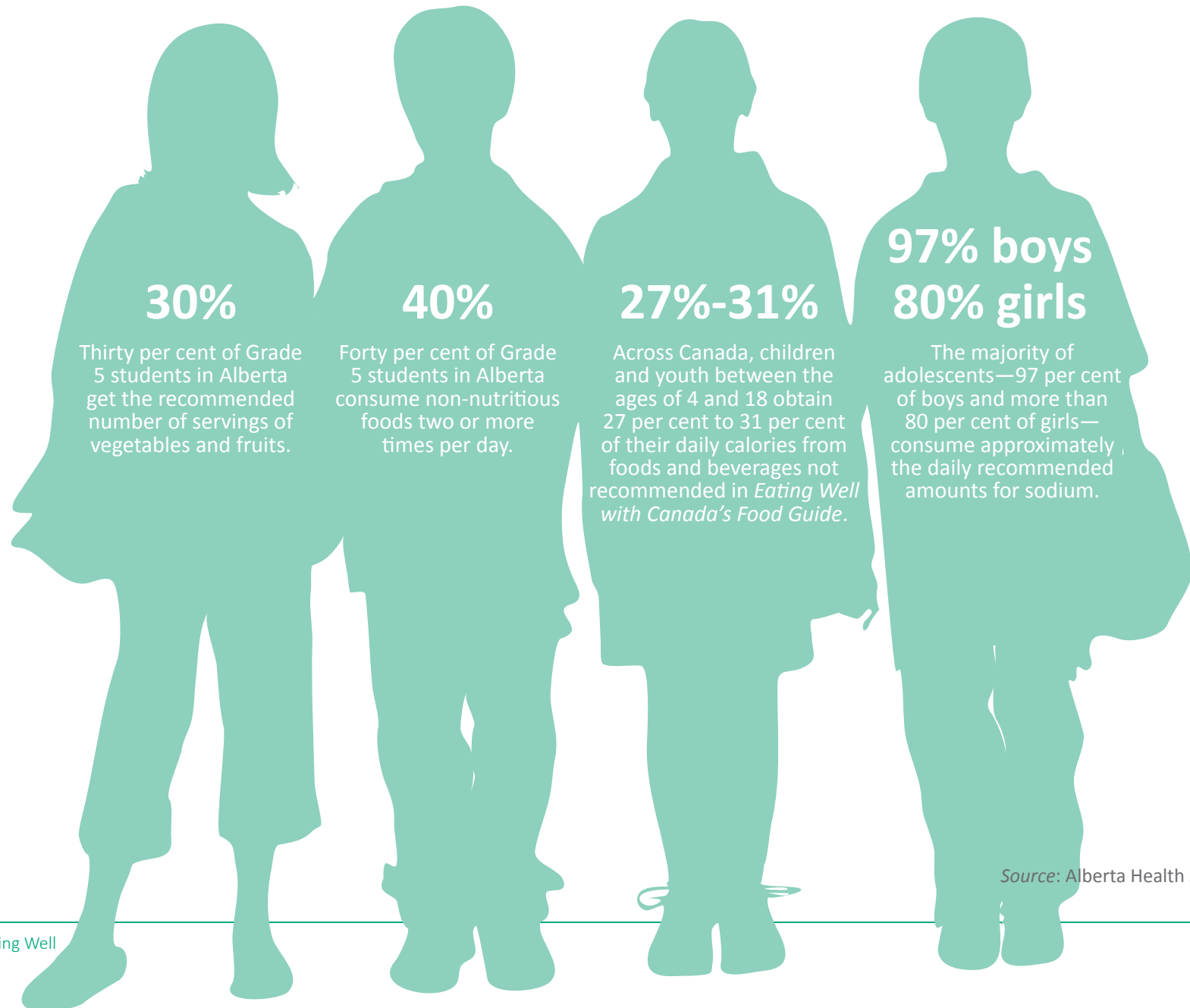
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Why is a nutrition administrative procedure important?

Healthy eating behaviours among school-aged children in Canada can be improved



Source: Alberta Health Services

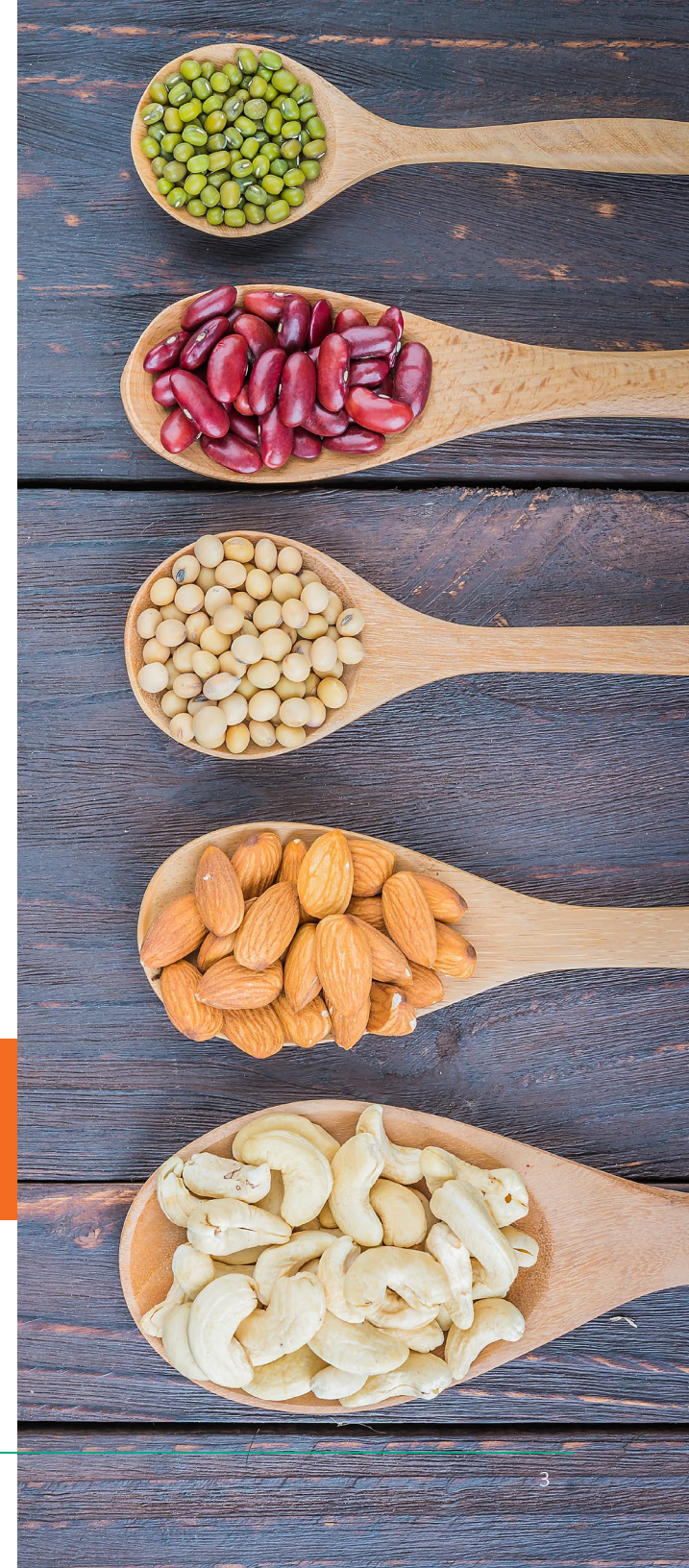
Healthy eating is an integral part of growth and development, and good nutrition is conducive to student learning. As such, Elk Island Public Schools (EIPS) has introduced a new Administrative Procedure (AP) focused on nutrition, *AP 164, Nutrition*. The AP follows the [Alberta Nutrition Guidelines for Children and Youth](#) and includes nutrition standards for foods and drinks found in:

- all venues on school property such as cafeterias, canteens and vending machines;
- contracted food services and hot-lunch programs;
- fundraising activities such as bake sales; and
- events on school property such as classroom parties, celebrations and sports.

The intent is to offer students a healthier place to learn by creating supportive school environments for good nutrition and lifelong well-being. Through curriculum and experiences, students will learn about healthy eating and ways to make good choices for their bodies. Overall, the AP is part of a broader effort to develop healthier learning environments and improve student achievement.

[Read the full EIPS Administrative Procedure 164, Nutrition](#)

The AP does not apply to lunches or snacks that are brought to school from home.





Choosing the Best Foods

When deciding on food appropriate to sell or provide on school property, AP 164 follows the [Alberta Nutrition Guidelines for Children and Youth \(ANGCY\)](#), developed to support healthy food choices in schools, recreation and community centres, and child care facilities. The ANGCY is made up of three food-rating categories: Choose Most Often, Choose Sometimes and Choose Least Often. Below is a brief description of each category—click the icons to learn more.

Choose Most Often (CMO)

- Healthy choices found in *[Eating Well with Canada's Food Guide](#)*.
- The CMO category includes foods high in nutrients and without added fat, sugar or sodium.
- Choose these options daily and in appropriate amounts.

Choose Sometimes (CS)

- Food choices that provide beneficial nutrients.
- CS foods often contain higher amounts of added sugar, salt or unhealthy fats than what's found in CMO foods.
- Choose CS foods no more than three servings per week.

Choose Least Often (CLO)

- These food options are not recommended because they are high in sugar, salt or unhealthy fat.



Healthy Vending



Hot Lunches



Fundraising



Parties & Events



Role Modelling





Healthy Vending

When you think of a healthy snack at school, your first choice is probably not food from a vending machine. Traditionally, vending machines evoke images of foods high in fat, sugar or salt. But that's changing, particularly within Elk Island Public Schools (EIPS). The Division is working closely with its schools and vendors to ensure all food and beverages offered in school-based vending machines meet the criteria for Choose Most Often and Choose Sometimes. As a result, many EIPS school are making great strides in providing options in their vending machines that are healthy, easy to access and quick to eat.

Parents play an important role in helping to ensure healthy food continues to be stocked in vending machines, especially when school staff or vendors change. As vendors work directly with individual schools in EIPS, parents can be involved with school administration and vendors to select healthier options available for sale. School councils also play a role in advocating for healthy vending options. As a parent, be sure to connect with you, school council about healthy vending options and how to offer support and available resources.

Examples of healthy vending items include:



Granola Bars



Milk



Tuna and
Cracker
Snack Pack



100% Fruit
Juices



Baked Chips

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 in order 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 and/or vegetable juices and/or 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.

Source: AP 164, Nutrition; Elk Island Public Schools

Helpful Resources

- [Marketing Healthy Food Choices](#)
- [Snack Shack Tool Kit](#)
- [Healthy Vending Tool Kit](#)

Kids will just go down to the local store!

Some schools have a closed campus where children are not allowed to leave the school grounds during lunch. For schools that don't have this policy, parents can help support *AP 164, Nutrition* by teaching their children about healthy choices, discouraging them from leaving the school and encourage them to do other activities during their free time at school. Schools can also promote healthier options available within the school by hosting sales, taste tests or simply promoting new items available.

The school community includes community partners and, if parents or the school administration are comfortable, they can work together with local convenience stores to promote healthy food items and potentially limit student access during these hours. Involve students in taste testing and selecting healthier options for vending machines, canteens and hot lunches. Students are more likely to purchase foods if they're made part of the decision-making process.



Good Food in Canteens and Cafeterias

We all know young minds need healthy food to support their learning and growth. One of the most effective ways to promote and support healthy eating behaviours in schools is by offering healthy and nutritious food in canteens and cafeterias. As such, within Elk Island Public Schools (EIPS) all canteens and cafeterias must offer a variety of food options from the Choose Most Often category—fresh vegetables and fruits, salads, entrees and snacks. That’s not to say other food categories can’t be offered. It’s OK to include in menus food options from the Choose Sometimes category. And, although *AP 164, Nutrition*, discourages the sale of food from the Choose Least Often category, a small amount of offerings from the Choose Least Often category is acceptable. Certain beverages aren't permitted to be sold on school property, such as pop and energy drinks. The goal, of course, is to create healthier food environments that encourage healthy eating habits and enhance school learning environments.

If you’re a parent and have concerns about the foods being served in your child’s school, it’s important to voice these by speaking with the school’s administration team. Additionally, ideas regarding items to include or add to a school’s canteen or cafeteria menu are always welcomed. Simply, bring these forward to the school’s principal and the school council.



2. Marketing of Food

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 foods from the “Choose Least Often” category.

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

Source: AP 164, Nutrition; Elk Island Public Schools

Helpful Resources

- [Healthy Food Checker](#)
- [Strive for Five for Schools!](#)

**There aren't
any tasty
choices!**

There are many healthy food items on the market that are both tasty and popular among students. EIPS has compiled resources to support schools in making healthy choices. These resources are available to all schools and can be shared with parents. All of these resources provide food options supporting *AP 164, Nutrition*.

[View healthy eating-sample menu for meal-plan ideas](#)

Case Study: Charting a new course

Strathcona Christian Academy Secondary's canteen, The Eagles' Nest, offers food for purchase to students during school breaks. In anticipation of *AP 164*, staff decided to look at the food sold in the canteen and determine what healthier options could be made available. They decided to offer a wider variety of healthy food options and to raise the price of unhealthier food items. The decision to increase prices encouraged students to select healthier options such as the new teriyaki rice bowl. To make this initiative more exciting, the lettuce offered in the Eagles' Nest canteen comes from the school's aquaponics farm when in harvest. Already, the change is a huge success. In fact, the canteen has trouble keeping food stocked and often runs out of the healthier food options. Looking ahead, Strathcona Christian Academy Secondary hopes to increase the long-term sustainability of the canteen by bringing more students into the planning process through student council and involving the school council group.



Healthy Hot Lunches

It's no secret, children learn better when they eat a healthy, balanced diet. For that reason, and the fact students are being taught daily in school about healthy living and healthy eating, *AP 164, Nutrition* also addresses how menus are chosen for hot-lunch programs within Elk Island Public Schools (EIPS). Similar to how all food and beverages are sold on EIPS school property, hot-lunch menus must be chosen in the spirit of the ANGCY, with most options coming from the Choose Most Often and Choose Sometimes categories. Additionally, all EIPS Hot-Lunch Committees need to work with vendors or parent volunteers to find healthy options. To assist, EIPS hosts annual information sessions for committees to explain the ANGCY and offer direction on how to choose healthy hot-lunch options.

Parents are also free to supplement what a child receives with a hot-lunch order by sending food from home if they feel they want their child to have a specific food. Additionally, parents can volunteer with their school's Hot-Lunch Committee, suggest food options for future hot-lunch dates and talk to their children about what kind of healthy lunch options they would like on the menu.

Tips for Planning a Healthy Hot Lunch

- ✓ Meet with vendors in the community, many can offer options from the Choose Most Often and Choose Sometimes categories.
- ✓ Review the ANGCY for menu options and ideas.
- ✓ Discuss with school administration the purpose and goals of the school lunch offerings to ensure the purpose is clearly communicated to the rest of the school community—staff, students and families.

2. Marketing of Food

2.1.3 Hot Lunches

2.1.3.1 Hot lunches (including those prepared on site by parent 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).

Source: *AP 164, Nutrition*; Elk Island Public Schools

Helpful Resources

- [Bake It Up](#)
- [Bake Better Bites](#)
- [Healthy Food Checker](#)
- [Strive for Five for Schools!](#)
- [Food Safe Alberta Certification Course](#)
- [School Food Activities Requiring and Not Requiring Food Permits](#)
- [eaTracker](#)

What are some ways to get the school community excited about healthy menu options?

There's many ways to gain the support of your school community. One of the easiest is through communication. Let your school community know about the hot-lunch program and that the school supports healthy eating. Tell them what's changing and what you're trying to achieve. Consider using certain strategies to communicate this information by using posters or incentives to promote foods listed in the ANGCY. Consider also pricing Choose Most Often at a better price than the Choose Sometimes options. There's also easy ways to adapt some of the school's favourite foods to make them more nutritious—pizza can be made with a wholewheat crust, serve pasta with a vegetable-based sauce and offer hamburgers served with a wholewheat bun and a side of vegetables.

Case Study:

New trend on special

Ardrossan Junior Senior High traditionally operated a make-your-own sandwich bar in its cafeteria during the lunch hour. The item is popular among students, mostly because it allows for individual choice. With the introduction of the Division's *AP 164*, Nutrition school staff decided to take a deeper look at what other items the cafeteria could serve to offer other healthy options for students.

After examining both *AP 164* and the *ANGCY*, the committee decided to focus on providing appropriate portion sizes and reducing the fat and sodium content in the lunch offerings. In 2017, during March Nutrition Month, the school piloted its new salad bar—an instant hit. In fact, it was so popular students who typically didn't use the cafeteria began sampling the new menu and sales soared. As a result, the school now offers the salad bar every Wednesday.



Healthy Fundraising

School fundraisers are an excellent opportunity to promote healthy foods, physical activity or non-food items. Traditional, school fundraising often include selling chocolates or candy, co-ordinating bake sales and hosting barbecues and event dinners—in many cases the food sold at these events come from the Choose Least Often category. While all are excellent ways to raise money, there are many other fundraising options schools can organize that promote healthy living and are equally profitable. As such, *AP 164, Nutrition* encourages all EIPS schools to organize fundraisers that steer away from the immediate consumption of food. By doing this, it offers the opportunity to send consistent and positive messages that complement what’s being taught in the classroom and promote healthy living to students and families.



Non-Food Fundraiser Ideas

Sales: school cookbooks, school-spirit apparel, holiday greeting cards, school calendars

Services: car washes, photography, caroling, athletic workshops

Events: tournaments, bottle drives, craft fairs, school performances, school-a-thons

2. Marketing of Food

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.

Source: AP 164, Nutrition; Elk Island Public Schools

Helpful Resources

- [Bake It Up](#)
- [Bake Better Bites](#)
- [Healthy Fundraising for Schools](#)
- [Healthy School Fundraising](#)
- [Healthy Fundraisers](#)

What are some ideas for school fundraisers that include food and promote healthy eating?

There are many ways schools can fundraise using healthy foods. In fact, these types of fundraisers often generate as much profits for schools, and sometimes even more, as what's generated from fundraisers selling foods from the Choose Least Often category. Some examples include the sale of fruit boxes, vegetable boxes, frozen meats, nut varieties, herb kits and grocery gift cards. The bonus, all of these promote healthy eating and raise money for the school at the same time.



Class Celebrations and School Events: Healthy and Fun

Providing healthy classroom celebrations is an easy way to role model healthy lifestyles. Celebrations can be as simple as school carnivals, extra recess time or playing games outside—and they certainly don't need to include food. When celebrations do include food, it's critical the activity demonstrate to children healthy food is also fun. Avoid cupcakes, chips, candy and pop—many other foods from the Choose Most Often category can be offered to make the event both tasty and exciting. The take away: Students learn healthy food is good for their bodies and is easily incorporated into any occasion.

Easy and Fun Ideas for Healthier School Celebrations

With Food

- Yogurt Parfait
- Sliced apples with cinnamon
- Make your own wrap
- Make your own trail mix
- Fruit Salad, contributed by each student
- Fruit Kabobs dipped in Yogurt
- Veggie trays with hummus, salsa and low-fat dressing
- Fruit popsicles

Without Food

- Donate a book to the school library
- Donation or collection to a charity chosen by the class
- Trip to the treasure box, filled with items such as pencils, fidget toys and stickers
- Scavenger hunts
- Healthy Party Idea Book, ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts

2. Marketing of Food

2.1.5 Special Events and Celebrations

2.1.5.2 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 to promote alternatives to treats from the “Choose Least Often” category.

Source: AP 164, Nutrition; Elk Island Public Schools

Helpful Resources

- [Bake It Up](#)
- [Healthy Holiday Eating](#)
- [APPLE Schools Birthday Book Video](#)

How can I get involved in organizing healthy class celebrations and school events?

A great way to support healthy foods choices in schools is to get involved with the school council or volunteer on planning committees for events and school-wide activities. Families can also help find community supports, such as local grocery stores or restaurants to provide healthy food options.



We're All Healthy Eating Role Models

The way adults talk about food, prepare meals and even eat can influence how students develop their own eating habits. Similar to the way children pick-up on adult expressions and acceptable behaviours, students are also influenced by how adults consume and discuss food. As such, staff, family and community members all play a role in modelling healthy eating within the Division. While, *AP 164, Nutrition* doesn't include food brought from home, it's widely encouraged Division wide staff, families and community members select foods from the Choose Most Often and Choose Sometimes categories when consuming foods in front of students in an EIPS facility—it ensures consistent messaging and promotes healthy living.

Additionally, many schools have active school council groups that meet regularly to discuss Division initiatives and school programming—fundraising, events, extracurricular activities. Healthy food options are an important part of these discussions and ensures the entire school environment provides healthy food options. Consider joining the school council to help EIPS create the healthiest environment possible.



3. Food in the School
 - 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.

Source: *AP 164, Nutrition*; Elk Island Public Schools

Helpful Resources

- [The Comprehensive School Health Approach](#)
- [Bake Better Bites](#)

Be a Healthy Role Model

Modelling healthy eating helps support students in developing their own eating habits. Try these easy tips to ensure you're role modelling healthy behaviours for your students or children:

- Get children involved in cooking: Youth who help with the purchasing and preparation of healthy food are also more likely to consume healthy foods.
- Cook, prepare and eat foods from the Choose Most Often and Choose Sometimes categories: Children who see adults eating healthy foods are more likely to develop healthy habits.
- Encourage healthy habits early in life: Children who are exposed to and develop healthy habits early in life are more likely to be healthy adults.
- Get active as a family: Children who see adults doing physical activity are more likely to develop healthy habits.
- Eat meals together: Families who eat at least one meal a day together are more likely to have healthy eating habits, a more positive mental health and better social interactions.

The guidelines are restrictive can we teach moderation for healthy eating?

EIPS believes it has a responsibility to put the health of children at the forefront. Healthy students are often better learners and the Division wants to practice what it teaches to its learners. Students who have healthy options available for purchase are more likely to choose healthy foods. The ANGCY recommends 100 per cent of foods served in elementary school be Choose Most Often foods. Similarly, *AP 164, Nutrition* encourages all EIPS school to strive to serve Choose Most Often foods whenever possible and Choose Sometimes foods when Choose Most Often options aren't available. For more information and resources visit www.eips.ca.

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> oatmeal or oatbran hot cereal with a spoonful of pureed soft tofu on top fruit milk 	<ul style="list-style-type: none"> whole-grain toast cut into strips scrambled eggs shredded cheese orange juice 	<ul style="list-style-type: none"> cubes of cheese whole-grain crackers apple juice hummus 	<ul style="list-style-type: none"> yogurt parfait: <ul style="list-style-type: none"> - yogurt - fresh or frozen berries - granola - roasted, cooked lentils sprinkled on top 	<ul style="list-style-type: none"> high fibre waffle(s) or whole wheat wrap peanut butter (or other nut butter) banana milk 	<ul style="list-style-type: none"> whole wheat English muffin cottage cheese or yogurt cantaloupe or honeydew melon tempeh slice 	<ul style="list-style-type: none"> bran-based cereal milk sliced pear or apple hard-boiled egg section
Snack	<ul style="list-style-type: none"> flax banana blueberry loaf milk 	<ul style="list-style-type: none"> raw carrots and sugar snap or snow peas crackers 	<ul style="list-style-type: none"> yogurt and dry cereal 	<ul style="list-style-type: none"> celery sticks milk 	<ul style="list-style-type: none"> fresh or canned pineapple yogurt 	<ul style="list-style-type: none"> snack mix with dried cereal and dried fruit 	<ul style="list-style-type: none"> whole wheat pita bread and hummus
Lunch	<ul style="list-style-type: none"> pizza bagel: <ul style="list-style-type: none"> - bagel - tomato sauce - mozzarella cheese - chicken slice - green pepper 100 per cent fruit juice 	<ul style="list-style-type: none"> vegetable soup tuna melt fresh or dried apricots 	<ul style="list-style-type: none"> wrap with sliced roast beef, cheddar cheese, lettuce and red pepper grapes 	<ul style="list-style-type: none"> cold or hot french toast wedges with jam sliced fresh or frozen strawberries milk 	<ul style="list-style-type: none"> grilled turkey and cheese sandwich cherry tomatoes watermelon milk 	<ul style="list-style-type: none"> pasta and meat sauce from supper raw carrots grapefruit slices milk 	<ul style="list-style-type: none"> quesadilla: <ul style="list-style-type: none"> - grated cheddar cheese, diced cooked chicken, red or green pepper - top with salsa orange slices
Snack	<ul style="list-style-type: none"> hard-cooked eggs whole-grain crackers 	<ul style="list-style-type: none"> celery and peanut butter milk 	<ul style="list-style-type: none"> smoothie with yogurt, frozen berries and milk 	<ul style="list-style-type: none"> applesauce milk 	<ul style="list-style-type: none"> banana and strawberries with fruit yogurt dip 	<ul style="list-style-type: none"> bran muffin milk 	<ul style="list-style-type: none"> yogurt tube (frozen) oatmeal cookies
Supper	<ul style="list-style-type: none"> baked fish such as sole or salmon brown and wild rice steamed green beans or asparagus 	<ul style="list-style-type: none"> burritos: <ul style="list-style-type: none"> - whole wheat wraps with seasoned ground beef/ chicken, shredded lettuce, - diced tomatoes milk 	<ul style="list-style-type: none"> barbecue pork chops whole wheat couscous or brown rice steamed peas 	<ul style="list-style-type: none"> baked homemade chicken fingers (roll in breadcrumbs) homemade healthy fries (toss sliced potatoes in olive oil and bake) salad 	<ul style="list-style-type: none"> pasta with tomato meat sauce raw veggies and dip milk 	<ul style="list-style-type: none"> hamburger patty whole wheat bun tossed green salad milk 	<ul style="list-style-type: none"> chili with baked potato and grated cheddar cheese cucumber and raw zucchini sticks and dip milk
Snack	<ul style="list-style-type: none"> kiwi fruit milk 	<ul style="list-style-type: none"> apple slices milk 	<ul style="list-style-type: none"> pumpkin or other fruit muffin milk 	<ul style="list-style-type: none"> diced mango, canned or fresh peaches milk 	<ul style="list-style-type: none"> yogurt and fresh or frozen berries 	<ul style="list-style-type: none"> cheese and crackers 	<ul style="list-style-type: none"> apple crisp milk

Source: Alberta Nutrition Guidelines for Children and Youth

Administrative Procedure 164, 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 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 that is served and sold at school that are in keeping 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 in order 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 and/or vegetable juices and/or 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 foods from the “Choose Least Often” category.
 - 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 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

- 2.1.5.2 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 to promote alternatives to treats from the “Choose Least Often” category.

2.2 The principal shall ensure that 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:

- 3.1.3 encourage limited use of food as rewards and incentives;
- 3.1.2 ensure that food is not withheld as punishment (e.g., 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 This Administrative Procedure does not apply to lunches, snacks, or foods for individual consumption that students or staff members bring from home.

References

Section 18, 20, 22, 45, 45.1, 60, 61, 113 School Act
Alberta Nutrition Guidelines for Children and Youth, 2012
Alberta Health Services Food Safety Information