

NUTRITION

Background

The District has a primary responsibility for students' intellectual development and a shared responsibility with families and the community for students' human, social and career development. Current research provides clear evidence about the negative trends in students' nutrition practices and lifestyle choices. It is essential for school staff to join together with parents, community members, and health officials to address these alarming trends.

The health of our students impacts on their ability to learn. It is no longer an issue of why we are to switch to healthier food choices/options for our students; it is clear that principals and staff need to take a leadership role in promoting healthy food choices to our students.

Procedures

1. Positive nutrition practices must begin in early childhood when lifelong habits and attitudes are being formed. The District believes that these habits and attitudes must be reinforced throughout the school years. The school staff's role is to not only provide nutrition education programs, but also to encourage the consumption of nutritious foods by the students in our schools.
2. The District supports healthy food choices and directs the effective implementation of "Guidelines for Food and Beverage Sales in B.C. Schools – 2005" (amended, September 4, 2007, amended 2013) by the Ministry of Education and Ministry of Health, in all schools. Each Principal is expected to develop and implement a "healthy food choices" approach utilizing these guidelines.
3. Each Principal is to establish a "Healthy Choices Team" to make decisions on items ordered for the hot lunch menu, school store, special events, fundraisers, vending machine choices, and other food purchases that meet the requirements of the "Guidelines for Food and Beverage Sales in B.C. Schools – 2005" and as amended September 4, 2007 and 2013. Representatives on the team are to include a student, teacher, Parents' Advisory Council (PAC) member, and administrator. The "Healthy Choices Team" could be a subcommittee of the PAC or an independent committee at the discretion of the Principal.
4. Principals are required to meet the guidelines recommended by the Ministry of Education and Ministry of Health in "Guidelines for Food and Beverage Sales in B.C. Schools – 2005" and as amended September 4, 2007 and 2013.
 - 4.1. Principals must honour the terms of existing food/beverage/vending machine contracts provided that vendors meet the healthy food guidelines. All new or renewed contracts must follow the healthy food choice guidelines.

5. Principals must follow the criteria for categorizing food products as outlined in the province's "Guidelines for Food and Beverage Sales in B.C. Schools – 2005 as amended September 4, 2007 and 2013."

Reference: Sections 17, 20, 22, 65, 85 School Act
Health Act
School Regulation 265/89
Canada Food Guide for Healthy Choices Guidelines
Guidelines for Food and Beverage Sales in B.C. Schools
Daily Physical Activity Kindergarten to Grade 12

Adopted: November 2019
Revised: