

<b>HOLY FAMILY CATHOLIC REGIONAL DIVISION NO. 37</b>	Code: D-1190	Page 1 of 3
	Category: <b>NUTRITION</b>	
<b>EDUCATION POLICIES MANUAL</b>	Legal Reference:	
	Amended:	
	Adopted: 11-12-03	Resolution #: 64-11-03

## **BACKGROUND**

The Board of Trustees 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 of Trustees 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 implementation and maintenance of the nutrition policy on an annual basis.
2. By the end of the 2003-2004 school year, all beverage vending machines in all division schools will have 50% product in the form of 100% unsweetened fruit juice and/or vegetable juices and/or water and/or milk. By the end of 2004-2005 school year 100% of the product will be unsweetened fruit and/or vegetable juice, and/or water and/or milk.

<b>HOLY FAMILY CATHOLIC REGIONAL DIVISION NO. 37</b>  <b>EDUCATION POLICIES MANUAL</b>	Code: D-1190	Page 2 of 3
	Category: <b>NUTRITION</b>	
	Legal Reference:	
	Amended:	
	Adopted: 11-12-03	Resolution #: 64-11-03

3. By the end of the 2003-2004 school year, all food product vending machines in all division schools will have 50% product chosen from the “Choose and Serve Most Often” list and 50% product chosen from the “Serve Sometimes” list (see Appendices 1 and 2).
4. Schools that choose to operate a canteen will always offer items from the “Choose and Serve Most Often” list (Appendix 1) and may offer foods from the “Serve Sometimes” list (Appendix 2), and limit the sale of foods from the “Other” (Appendix 2) category to once a week.
5. Schools that choose to operate a cafeteria shall incorporate the principles outlined in Canada’s Food Guide to Healthy Eating (1992) and Canada’s Guidelines for Healthy Eating (1991).
6. All schools in the Division will be limited to only one major food-related fundraising activity which may include items from the “Other” list (Appendix 2). All other food-related fundraising activities will only include items from the “Choose and Serve Most Often” list (Appendix 1).
7. All division schools are encouraged to limit the use of food rewards.
8. All division schools’ special events (sports events, class parties, field trips, etc.) will incorporate the principles outlined in Canada’s Food Guide to Healthy Eating (1992) and Canada’s Guidelines for Healthy Eating (1991).
9. The beverage consumed by students during instructional time will be water or other healthy choices as allowed by individual school policy.
10. Division staff shall model healthy food and beverage choices during instructional time.
11. The school level administrator shall develop guidelines and procedures pertaining to snack and meal programs offered at the school in line with Canada’s Food Guide to Healthy Eating (1992) and Canada’s Guidelines for Healthy Eating (1991).

<b>HOLY FAMILY CATHOLIC REGIONAL DIVISION NO. 37</b>  <b>EDUCATION POLICIES MANUAL</b>	Code: D-1190	Page 3 of 3
	Category:	
	Legal Reference:	
	Amended:	
	Adopted: 11-12-03	Resolution #: 64-11-03

12. 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.
13. This policy does not impact on lunches, snacks, etc. that students or staff members are bringing from home.

## APPENDIX 1

### “CHOOSE AND SERVE MOST OFTEN” LIST

---

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt.

Grain Products	Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes, muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, crackers, tortillas, taco shells, rice.
Fruits and Vegetables	Fresh fruit, fresh vegetables, caned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads, vegetable soup.
Milk Products	2% and 1% white or chocolate milk, yogurt, cheese slices, cheese sticks, milk-based puddings, individual cheese portions, milk-based soups.
Meat and Alternatives	Canned fish, lean meat, fish, poultry, cheese and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legumes, nuts, seeds.
Sauces, Toppings, Garnishes and Dips	Syrup, honey, jam, salsa, tomato sauce, low or non-fat dressings, spreads, mayonnaise, dips.
Sweets	Fruit bars (apple, raspberry, fig), graham crackers, cereal bars (multi-grain, low fat).

## APPENDIX 2

### “SERVE SOMETIMES”

---

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also high in fat, sugar or salt. If serving these foods combine with foods from “Choose and Serve Most Often” list.

Grain Products	Cookies (made with oatmeal, peanut butter, or dried fruit), granola bars.
Fruits and Vegetables	French fries, fruit in light syrup.
Milk Products	Yogurt drinks, ice cream, frozen ice cream treats, eggnog, milkshakes.
Meat Alternatives	Wieners, sausages, cold cuts, luncheon meats, pepperoni sticks, pizza pops, pizza, sesame bars, processed cheese spread.

### “OTHER”

**(Maximum of one item per week.)**

Most of these foods are considered poor sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D and are also high in fat, sugar or salt.

Pastry danishes, doughnuts, cake, sticky buns, chips, cheese puffs (cheezies), candy, chocolate, flavored gelatin (jell-o), flavored fruit drinks/slushies, hot chocolate, froze ice pops, frozen ice cream treats, packaged instant soups, noodle soup, chocolate-covered granola bars, crispy rice squares, pre-sweetened breakfast cereals, pop, sport drinks, coffee/tea.

\* Implementation Guild will include Canada’s Food Guide to Healthy Eating (1992) and Canada’s Guidelines for Healthy Eating (1991) as well as fundraising ideas and contacts.