

# NUTRITION

### Belief

The Division recognizes that healthy eating is critical to students' growth, development and learning.

### Guidelines

1. The Division is committed to creating environments that are supportive of life-long health by encouraging healthy eating for students and staff and by providing nutrition education and healthy food choices for all students and staff.
2. Division sites shall promote nutritious eating as delineated by the *Alberta Nutrition Guidelines for Children and Youth*<sup>1</sup> document which describes the food categories of *Choose Most Often*, *Choose Sometimes* and *Choose Least Often*.
3. This administrative procedure applies to food and beverage choices made available to students and staff in all division sites and at division or school-sponsored events.
4. This administrative procedure does not apply to lunches and snacks that students or staff members bring from home.
5. Reaching the intended goals of life-long health through healthy eating will involve a process that occurs over time.

### Procedures

6. The supervisor at each site shall ensure that strategies are in place to foster the knowledge, skills, and attitudes that promote healthy eating. The site supervisor shall:
  - 6.1 establish linkages between health education and foods available at the site,
  - 6.2 promote nutrition education and positive food messages as provided by Alberta Education and the division,
  - 6.3 offer foods primarily from the *choose most often* and *choose sometimes* categories at special events,
  - 6.4 monitor and guide teachers in the use of food items as rewards.

7. Site supervisors shall promote healthy, reasonably priced food choices when food is sold in sites.
8. In consultation with the school community, staff will:
  - 8.1 access expertise in the community through partnerships, programs and referrals,
  - 8.2 as age appropriate, involve students in taste testing and decisions pertaining to changes to school vending machines and or other school food vendors such as canteens,
  - 8.3 review options with food suppliers so as to offer foods and beverages that are primarily in the *choose most often* and *choose sometimes* categories, in all vending machines,
  - 8.4 offer food choices that are primarily in the *choose most often* and *choose sometimes* categories, in the cafeteria or other school food vendors such as canteens,
  - 8.5 create an environment where healthy foods are available, affordable, and actively promoted as best choice,
  - 8.6 choose healthy fundraising options and provide school councils with informational resources that encourage and assist them in doing the same,
  - 8.7 model healthy nutrition choices during classroom instructional time.
9. Division Office will support nutrition and healthy eating habits by:
  - 9.1 linking with Alberta Health Services on initiatives, updates, and resources regarding nutrition and healthy living,
  - 9.2 promoting healthy eating messages,
  - 9.3 disseminating information for staff on food use in sites, nutrition education, and other information related to healthy eating,
  - 9.4 offering food choices primarily from the *choose most often* and *choose sometimes* categories for all functions hosted by the division,
  - 9.5 working with vending machine companies should contractual issues arise.

Reference: Alberta Nutrition Guidelines for Children and Youth (February 2008)