



# NUTRITION AND HEALTHY EATING POLICY

**Revised June 2009**

*Living*  
*Healthy*

# LABRADOR SCHOOL BOARD NUTRITION AND HEALTHY EATING POLICY

*Currently there is an enormous amount of activity going on at the school level with the goal of providing healthier food options in schools. Educating our school community about the value of healthy eating, nutrition, physical activity and staying smoke free has also been very positive. This policy attempts to support these efforts.*

## *Policy Statement:*

The Labrador School Board believes that nutrition has a significant impact on the health and academic achievement rates of students. Good nutrition and physical activity are essential for healthy growth and development, and reduces the risk of conditions such as being overweight, obesity, heart disease, cancer, diabetes and osteoporosis. It is therefore critical to establish healthy eating behaviors in childhood and provide children and youth with the opportunity to develop healthy eating behaviors for life. The Labrador School District encourages schools to maintain supportive environments which promote healthy food choices, both in the foods available at school (including fundraising) and through educational programs as they correspond to the *School Food Guidelines*.

The District and administrators recognize that the quality of food available at school is an important determinant of healthy eating in children. This will be achieved by providing healthy food and beverage choices endorsed by the *School Food Guidelines* in vending machines, canteens, school food programs and using healthy food choices or non-food items for fundraising activities.

## 1. *Rationale:*

1.1. The Labrador School District will provide guidelines for **all foods sold and served in schools** during the school day and at school sponsored events. A School Nutrition Policy will ensure that good nutrition is promoted in theory and practice.

1.2 This policy relates:

1.2.1 In all selling under the jurisdiction of the Labrador School Board, including all schools, board offices, and other work sites operating under the name of the Labrador School Board and any other individual schools.

1.2.2 To Foods sold in schools through privately contracted food service providers as foods served or sold by school staff, students, and volunteers.

1.3 *Through practice this policy relates to:*

- cafeteria, canteen and vending machines
- breakfast, recess and snack programs
- school and classroom celebrations
- meetings
- student extra-curricular events
- fundraising activities
- hosting tournaments
- Signage on school property.

1.4 The policy will not apply to:

- Foods brought to school by students
- Foods brought to Labrador School Board Worksites by staff
- Foods purchased and consumed during school field trips (for example, visits to special sites, tours, etc.).

## ***2. Scope:***

2.1. Schools are encouraged to communicate to all stakeholders to discuss how they will implement the nutrition policy, which officially commenced in September 2007.

2.2. Schools should implement Healthy Living initiatives as part of their Safe and Caring Schools scheme in their school development plan, with the intent to help direct and support school based health promotion initiatives.

## ***3. Regulations:***

3.1 The nutrition policy is based on the provincial *School Food Guidelines* that emphasizes healthier choices of foods and beverages. The guidelines categorize foods into “*Serve Most*”, “*Serve Moderately*”, and “*Foods Not Included*”.

## *4. Foods Served and Sold in Schools:*

4.1 Foods and Beverages served and sold in schools or at school events will be selected exclusively from the “*Serve Most*” or “*Serve Moderately*” foods, as stated in the *Provincial School Food Guidelines*.

4.1.1 These foods will emphasize:

- Vegetables and fruit
- Lower fat milk products
- Whole grain products
- Lean meats
- Foods prepared with little or no fat
- Foods low in salt, sugar, and caffeine
- Foods high in vitamins and minerals

4.2 The school environment cannot be used by outside caterers or businesses to sell or provide foods or beverages that do not fall within the *School Food Guidelines* or are in direct competition with the school catering/canteen contract.

4.2.1 Where a caterer has been awarded a contract to provide the food service to the school, outside operators are not permitted to deliver to or sell food and or beverages on the school property.

## *5. Student access to food:*

5.1 *Criteria for Food and Beverages Available in Vending Machines, Canteens, School Lunch, Breakfast Programs, and Snack Programs;*

5.1.1 Foods and beverages sold or made available at school for lunch, canteen, and snack programs will be selected from the “*Serve Most*” or “*Serve Moderately*” lists and will emphasize vegetables and fruit; lower fat white and/or chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.

5.1.2 Energy drinks are high in caffeine, sugar, and additives. As schools are concerned about their affect on student’s behavior and health, these drinks are not permitted on school property.

- 5.1.3 All food and beverages in vending machines accessible to students will be selected from the *School Food Guidelines*. Vending machines will not be used to sell carbonated soft drinks, fruit drinks, sport drinks or less than 100% fruit juices.
- 5.1.4 Schools will not cook or supply deep fried foods.
- 5.1.5 Schools should encourage water consumption
- 5.1.6 Schools should try to use local products first, where possible.
- 5.1.7 Schools are encouraged to provide snack programs when a need is identified. This will be open to all students but will not be promoted as a replacement for breakfast served at home.

## *6. Schools and Food Safety Practices*

- 6.1 Schools should use the following principals to ensure food safety is maximized.
  - 6.1.1 Schools will adhere to all Allergy policies of the district when considering foods sold, served or brought into the school.
  - 6.1.2 Emphasize proper hygienic practices prior to the consumption and preparation of food (such as, but not limited to the washing of hands, wearing hair nets, using clean utensils, etc.)
  - 6.1.3 Create a pleasant environment for students to eat (cafeterias, multi-purpose rooms, classrooms etc).
  - 6.1.4 Purchase and consume foods within listed expiary dates.
  - 6.1.5 Foods and drinks should be stored properly and in a timely fashion (such as storing it above floor level, refrigeration of milk, etc.).
  - 6.1.6 Schools should consult with, and practice procedures that are deemed appropriate by the local Environmental Health Officer.

## ***7. Promotion:***

*7.1 Schools will work to develop an environment that promotes healthy eating by:*

- 7.1.1 Promoting and/or advertising only healthy food choices (those in the “Serve Most” and “Serve Moderate” lists in the *School Food Guidelines*).
- 7.1.2 Not accepting advertising of food and drink products for unhealthy food choices (“Foods Not Included”).
- 7.1.3 Display attractive, current promotional materials (e.g. posters, displays, etc) related to healthy eating throughout schools.
- 7.1.4 Carrying materials that support the Nutrition Policy and Regulations in school resource centers (e.g. books, videos, pamphlets).
- 7.1.5 Participate in festivities that promote healthy eating and active living (eg. Living Healthy Commotions).
- 7.1.6 Schools are encouraged to price items of less nutritional value to ensure the items cost at least as much as or more than the nutritional food.
- 7.1.7 Schools should incorporate nutrition information in their home and school community where possible (for example memos, newsletters, websites, etc.).

## ***8. Time to Eat:***

*8.1 Schools should:*

- 8.1.1 Allow a minimum of 20 minutes for students to eat lunch. The lunch break should allow sufficient time to enable students to take part in physical activity before or after eating their meal.
- 8.1.2 Schedule a recess period at an appropriate interval between start of school day and lunch break.

## ***9. Nutrition Education:***

- 9.1 The Labrador School District will work with the Department of Education and community partners to promote the further development and enhancement of a current, relevant nutrition education curriculum and enhance the resources available to teachers to support their nutrition education activities.
- 9.2 All should be involved in nutrition education activities to positively influence student's nutrition knowledge, attitudes, skills and eating habits.
- 9.3 When possible, schools should incorporate nutrition education into other subject areas and outside classroom activities.
- 9.5 Schools will support opportunities for staff development and training for effective delivery of nutrition curriculum.
- 9.6 Administrators and parent groups should involve students in planning school food choices.
- 9.8 Schools should avail of the Kids Eat Smart Foundation, the School Milk Foundation, and other national or provincial food and nutrition programs.
- 9.9 Recognizing the importance of "role modeling" in promoting healthy eating, teachers, administrators, and school staff should act as positive role models to promote healthy eating within the school environment.

## ***10. Special Functions:***

- 10.1 Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools may need to be flexible on these days.
- 10.2 Schools are encouraged to offer healthy foods or non-food items as a reward to students for good behaviour, achievement, or participation in fundraising activities.

## ***11. Fundraising:***

- 11.1 Fundraising activities by schools must emphasize non-food products or healthy food choices from the “*Serve Most*” or “*Serve Moderately*” lists of the provincial ‘*School Food Guidelines*’ only.

*The Labrador School Board Nutrition and Healthy Eating Policy will be reviewed on an annual basis.*