

# NUTRITION

## Background

The Division commits, within the limits of its resources, to support the creation of school environments that promote wellness and facilitate healthy lifestyle choices for staff and students. This is in line with the Catholic belief that the human body is good and is to be properly cared for. In order to grow, thrive and learn, students need access to healthy food and regular exercise. The Division recognizes that all foods, in moderation, can be enjoyed when a lifestyle encompasses healthy eating and active living. The Administrative Procedure 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. The Division will engage stakeholders to discuss and jointly make decisions which promote healthy eating. *Specifically:*

1. All students, K-12, will have opportunities, support and encouragement to eat healthy foods.
2. Food and beverages sold or served at school will support healthy eating choices as per the *Alberta Nutrition Guidelines for Children and Youth*.
3. Schools will provide nutrition education and will establish links between education, foods available at school and school activities.
4. Each school has its own uniqueness and will meet these guidelines within their own environment.
5. Parents have the major responsibility for ensuring their children are eating healthy and living active lives.
6. Schools also have a significant responsibility for ensuring children and students are eating healthy and living active life styles by:
  - a. Ensuring the provision of comprehensive nutritional health instruction,
  - b. Promoting healthy eating habits among all students and staff, and
  - c. Mandating the sale and distribution of nutritious foods in schools.

## Procedures

1. The primary goal for the Division is for foods and beverages that are sold or served within schools are consistent with Eating Well with Canada's Food Guide and the *Alberta Nutrition Guidelines for Children and Youth*  
[http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/print\\_eatwell\\_bienmang-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf).



This should also be consistent with the Alberta Education curriculum.

NOTE: Although chocolate milk, fortified soy beverages and flavored yogurt are in the “Choose Sometimes” category because they contain added sugar, and may have more than 200 mg sodium per serving, they would be considered more nutritious choices and could be served at an elementary school. They provide the same important bone building nutrients as regular milk. Current research is also showing that chocolate milk is an excellent sports recovery beverage.

Elementary schools will need to be careful to ensure the chocolate milk and flavored yogurt brands they choose do not fall into the “Choose Least Often” category.

2. Schools will ensure that food and beverages sold or served at school by parents, staff, food service providers, and community partners will support healthy eating choices as per the *Alberta Nutrition Guidelines for Children and Youth*. This includes foods sold or served in canteens or tuck shops, cafeterias, vending machines, meal or snack programs, school activities, events, celebrations, fundraising, and those used as rewards.
3. School fundraising activities that include food or beverages will be consistent with the Alberta Nutrition Guidelines for Children and Youth  
[http://www.healthyalberta.com/Documents/FINAL\\_Nutrition-Guidelines-AB-2011.pdf](http://www.healthyalberta.com/Documents/FINAL_Nutrition-Guidelines-AB-2011.pdf)  
(This includes parent/school councils and associated school organizations who participate in fundraising off the school site or outside of the school day).

**EXCEPTION:** All schools in the Division will be limited to only one major food-related fundraiser which may involve items for the “Choose Least Often or Chose Sometimes” list from the *Alberta Nutrition Guidelines for Children and Youth*. All other food-related fundraising activities will only include items from the “Choose Most Often” list.

4. When appropriate, students should be involved in decisions regarding the food choices available at their schools.
5. All Division staff plays a prominent role in modeling healthy eating and active living as lifestyle choices.
6. Schools shall avoid the use of food items as rewards.
7. It is not the intention to regulate snacks and lunches brought to school for personal consumption but staff and students are encouraged to make healthy food choices.
8. Staffs are strongly encouraged to promote healthy food choices during off-campus activities such as extra-curricular athletic competitions, field trips and community activities.



9. Principals are responsible to ensure that the Administrative Procedure is implemented according to the following schedule:
  - a. Elementary Schools – September 1, 2012
  - b. Middle Schools – September 1, 2012\*
  - c. High Schools – September 1, 2012\*
  
10. St. Michael School in Bow Island will follow the *Alberta Nutrition Guidelines for Children and Youth* using the Junior High category for selection of food items.

