

Elk Island Public Schools

Administrative Procedure 164

NUTRITION

Background:

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 Division endeavours to create supportive school environments for good nutrition and lifelong well-being by encouraging healthy eating for all students and staff.

The development of healthy eating habits is achieved through education in a health-promoting environment. Division schools shall implement a coordinated comprehensive food and nutrition plan that ensures good nutrition theory is promoted both in theory and in practice and 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.

Procedures:

1. Each Principal shall:
 1. Create an environment where healthy foods are available, affordable, and promoted as the best choice.
 2. Ensure strategies are in place to foster the knowledge, skills, and attitudes that promote healthy eating. In fulfilling this expectation, schools will:
 1. Establish linkages between health education and foods available at the school.
 2. Promote nutrition education and positive food messages provided by the Division.
 3. **Schedule lunch breaks that provide time for healthy eating and recreation.**
 3. Develop school guidelines and procedures pertaining to snack and meal programs offered at the school **in line with** the [Alberta Nutrition Guidelines for Children and Youth \(2012\)](#).
 4. Develop school guidelines and procedures pertaining to food allergies and with reference to [Administrative Procedure 316, Medication/Personal Care](#).
 5. Monitor the implementation and maintenance of this nutrition Administrative Procedure on an annual basis.

2. Alberta Nutrition Guidelines for Children and Youth (2012) – Appendix
 1. The Appendix is to serve as a guideline only, as the lists are not comprehensive or exhaustive. Food and beverage choices not listed in the guidelines are to be considered in the spirit of the guidelines.
3. Vending Machines
 1. All beverage vending machines in all Division schools will have water and may have products in the form of 100 per cent unsweetened juice and/or vegetable juices and/or milk.
 2. All food product vending machines in all Division schools will always offer “Choose Most Often” foods and “Choose Sometimes” foods.
4. Schools that choose to operate a canteen will always offer “Choose Most Often” foods, and may offer “Choose Sometimes” foods and limit the sale of foods from the “Choose Least Often” category.
5. Schools that choose to operate a cafeteria shall incorporate the principles outlined in the [Alberta Nutrition Guidelines for Children and Youth \(2012\)](#).
6. Contracted food service providers must be aware of this Administrative Procedure and provide healthy food and beverage options in compliance with this Administrative Procedure.

Insert a separate point about Hot Lunch Programs

7. All schools in the Division will be limited to only **one major food-related fundraising activity** which may include items from the “Choose Least Often” list. All other food-related fundraising activities will only include items from the “Choose Most Often” and “Choose Sometimes” lists.
8. All Division schools are **encouraged to limit** the use of unhealthy food as rewards and incentives.
9. **All Division school special events (sports events, class parties, field trips, etc.)** will incorporate the principles outlined in the [Alberta Nutrition Guideline for Children and Youth \(2012\)](#).
10. The beverages consumed by students during instructional time will be water or other healthy choices as allowed by individual school procedures.
11. Division staff are encouraged to model healthy food and beverage choices during instructional time.
12. This Administrative Procedure does not impact on lunches, snacks, or foods that students or staff members bring from home.

Reference:

Section 18, 20, 22, 45, 45.1, 60, 61, 113 *School Act*
[Alberta Nutrition Guidelines for Children and Youth, 2012](#)
[Alberta Health Services Food Safety Information](#)
[Appendix A, Healthy Eating Food Guide](#)
[Appendix B, Frequently Asked Questions \(AP 164\)](#)

Last updated: February 2016