

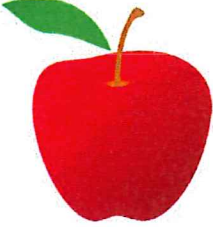
Background

Feedback


Resources

What's Next

Questions



Background




Comprehensive School Health

Why an Administrative Procedure about Nutrition?

- Makes the healthy choice the easy choice
- Reinforces the healthy eating messages taught in the classrooms
- Creates a shared vision
- Allows for sustainable change of the school environment
- Supports healthy learners

Why is Healthy Eating Important

- Food choices during childhood can establish lifelong eating habits
- Eating habits can influence:
  - growth, development, and disease prevention
  - academic performance, behaviour, and self-esteem
- Many meals and snacks are consumed at school



Feedback from Parent Councils

- How rigorous do we have to adhere to ANGCY food rating system?
- How do we address hot lunches?
- What about Birthdays?
- Is there a difference between classroom events and school-wide events?
- How much latitude do individual schools and school councils have?

### Guiding Principles

Encourage **vegetables & fruit** wherever food is served/sold

Offer **whole grains**

Promote **water**; provide access to milk/fortified soy beverages

If offering juice, ensure it is **100% juice** and is in small portions

**Avoid** foods with **sugar substitutes** (eg aspartame and stevia)

Choose and prepare foods that are **baked, broiled or steamed** rather than fried foods

### Resources



### What's Next

School - School Council Working Group - Let's find a date that works for interested parents and school

Monday, February 13 am or pm

Tuesday, February 14 - pm only

Wednesday, February 15 am or pm

Tuesday, February 21 - pm only

### Questions