

## **NUTRITION POLICY**

### **Policy Statement**

Eastern School Board is committed to positive nutrition and providing students with an emphasis on eating healthy foods while educating them to be aware of healthy choices in all parts of their lives.

Schools in the Eastern District will work with their food service operator to offer a wide variety of foods to promote healthy lifestyles.

The Eastern School Board is committed to promoting healthy eating patterns that encourage optimal health, growth, intellectual development and the prevention of immediate and long-term health problems. School programs can assist in this regard by providing students with the supportive environments and opportunity to develop skills that they need for lifelong, healthy eating behavior.

### **Rationale**

Schools can play a significant role by ensuring an environment that supports healthy eating. Improving the quality of students' dietary intake is important since meals and snacks consumed at school make a major contribution to their total daily consumption of food and nutrients.

The relationship between good nutrition and learning is well documented with well-planned and well-implemented school nutrition programs being shown to positively influence students' food choices. Healthy eating is essential for maximum academic, physical and mental performance. It improves punctuality, behavior, social skills, alertness, and the ability to cope with stress. Research has also clearly shown that many of the chronic degenerative diseases such as heart disease, type 2 diabetes and cancer have their roots in childhood and early food consumption habits.

By providing explicit guidelines for all food sales and services in the school system, a school nutrition policy ensures that good nutrition is promoted both in theory and in practice.

### **Scope**

This policy is applicable to all District and school-sponsored student programs and initiatives under the jurisdiction of the Eastern School Board.

This policy encompasses all foods served or sold to students during the school day and at school-sponsored events. This includes, but not limited to;

- ▶ breakfast programs
- ▶ lunch breaks
- ▶ cafeterias
- ▶ fundraising sales
- ▶ recess breaks
- ▶ vending machines
- ▶ canteens
- ▶ other foods available on site

### Procedures

1. The Eastern School District will establish Administrative Regulations that govern the application of this policy.
2. The Administrative Regulations will be reviewed by the CEO/Director of Education in collaboration with district staff.
3. This policy adheres to the Provincial School Food Guidelines
4. This policy supports the philosophy that all food served to students should be nutritious.
5. The Eastern School District will strive for continuous improvement in the quality of all food service.
6. The Eastern School District encourages schools without a scheduled recess break to work towards providing a minimum 15 minute break to students. This break will be appropriately placed between the start of the school day and lunch break.
7. Foods sold or served in schools will be selected exclusively from the *Serve Most/Serve Moderately* categories of the Provincial School Food Guidelines.
8. At the discretion of the principal, some flexibility in adherence to procedural statement #7 is permitted during celebrations to allow for food to be served from outside the *Serve Most/Serve Moderately* categories. Where possible these celebrations should include healthy food options.
9. The Eastern School District encourages schools to offer non-food items or physical activities as a reward for good behaviour, achievement or participation in school activities. If any food is used, it should meet the school food guidelines.
10. Fundraising initiatives must be either a non-food product or a healthy food choice.

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Authority: Eastern School Board  
Legal Reference:  
Cross Reference: The Schools Act, 1997

Date Approved by the Board: October 4, 2006  
Date of Amendments: