



LETHBRIDGE SCHOOL DISTRICT NO. 51

Accepted: February 23, 2010

504.11 Healthy Nutritional Choices

In order to enhance student learning in our schools, the Board authorizes the implementation of procedures that:

- a. ensure the provision of comprehensive nutritional health instruction,
- b. promote healthy eating habits among all students and staff, and
- c. mandate the sale and distribution of nutritious foods in schools.

REGULATIONS

1. The primary reference for the provision, promotion, sale and distribution of food in schools shall be the Alberta Nutrition Guidelines for Children and Youth from which schools shall include foods from the choose most often and choose sometimes categories, and avoid foods from the choose least often category.
2. Schools must ensure that strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation, schools shall:
 - a. promote nutrition education and create an environment of positive food messages,
 - b. establish strong connections between nutrition education and foods available at the school,
 - c. schedule lunch that provides time for eating and recreation,
 - d. avoid the use of food items as rewards.
3. All school communities will examine their nutrition practices and provide opportunities, support and encouragement for staff and students to eat healthy foods. In fulfilling this expectation, schools shall:
 - a. choose healthy fundraising options,
 - b. create an environment where healthy foods are available, affordable and promoted as the best choice,
 - c. review options with food suppliers to maximize the nutritional value of the items,
 - d. limit the frequency of special days when food is offered,
 - e. be encouraged to model healthy nutritional practices.

As well, schools are encouraged to create their own health and wellness team that includes staff, parents, public health nurses and students with possible involvement from other health-related organizations.

4. Schools will promote healthy, reasonably priced food choices when food is sold or otherwise offered. In fulfilling this expectation, principals, in consultation with the school community, shall:
 - a. access expertise in the community through partnerships, programs, referrals etc.,
 - b. offer healthy foods in meal combinations in all places.

The Board delegates to the Superintendent the authority to develop the procedures necessary to implement this policy.

PROCEDURES

1. The provision, distribution and sale of foods include items offered for sale in vending machines, school stores and cafeterias, or in conjunction with fundraising activities and sporting events. It also includes items distributed through school snack programs, breakfast programs, hot lunch programs, food rewards, school-sponsored special events, celebrations, and ceremonies such as class parties, meet-the-teacher events, graduation banquets, staff luncheons and other similar events.
2. 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.
3. Staff are strongly encouraged to promote healthy food choices during off-campus activities such as field trips and community activities.
4. Principals are responsible to ensure that the policy is implemented according to the following schedule:
 - a. Elementary schools – September 2010
 - b. Middle schools – September 2010*
 - c. High schools – September 2010*

*Subject to current contract obligations that may require extensions on a case by case basis.

5. The Education Centre Leadership Team will support nutrition education and healthy eating by any or all of the following:
 - a. linking with Alberta Health Services, South Zone, on initiatives, updates, and resources regarding nutrition and healthy living,
 - b. coordinating information and in-services for District staff on food use in schools relating to cafeterias, stores and vending machines,
 - c. coordinating information and in-services for District staff on cross-curricular connections with health outcomes,
 - d. providing and modelling positive food messages,
 - e. disseminating research on nutrition education, and other information related to healthy eating,

- f. participating in research projects and disseminating findings, such as promoting the best practices in healthy eating,
- g. seeking and maintaining partnerships that reduce hunger across the District by increasing access to food programs to be provided in a non-stigmatizing manner.

REFERENCES

Alberta School Act: Section 60

Other: Alberta Nutrition Guidelines for Children and Youth

Single Serving Packaged Food List: Supporting Nutrition Initiatives in Schools Health (K-12) and CALM Programs of Study