



## **504.11 Healthy Nutritional Choices**

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. District staff members 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:
  - 4.1. Elementary schools – September 2010
  - 4.2. Middle schools – September 2010\*
  - 4.3. 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:
  - 5.1. linking with Alberta Health Services, South Zone, on initiatives, updates, and resources regarding nutrition and healthy living;
  - 5.2. coordinating information and in-services for District staff on food use in schools relating to cafeterias, stores and vending machines;
  - 5.3. coordinating information and in-services for District staff on cross-curricular connections with health outcomes;
  - 5.4. providing and modelling positive food messages;
  - 5.5. disseminating research on nutrition education, and other information related to healthy eating;
  - 5.6. participating in research projects and disseminating findings, such as promoting the best practices in healthy eating; and
  - 5.7. seeking and maintaining partnerships that reduce hunger across the District by increasing access to food programs to be provided in a non-stigmatizing manner.