

## 504.11 Healthy Nutritional Choices

Healthy eating is an integral part of growth and development. Good nutrition is conducive to student learning. Division schools ensure age appropriate nutritious food choices are available to students and support the education of healthy eating habits among all students and staff.

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 to “choose and serve most often” and “serve sometimes” categories on special occasion days.
2. Schools must ensure strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation, schools shall:
  - 2.1. create an environment of positive food messages;
  - 2.2. establish strong connections between nutrition education and foods available at the school;
  - 2.3. provide age-appropriate time and space for eating and recreation; and
  - 2.4. limit the use of unhealthy food items as rewards or incentives.
3. All schools 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:
  - 3.1. choose healthy fundraising options;
  - 3.2. create an environment where healthy foods are available, affordable and promoted as the primary choice;
  - 3.3. endeavor to offer healthy food options in all vending machines, stores and canteens, meal programs, cafeteria services, food served at school sponsored activities, special events, celebrations and fundraising events;
  - 3.4. review options with food suppliers to maximize the nutritional value of the items; and
  - 3.5. be encouraged to model healthy nutritional practices.
4. Schools are encouraged to create their own health/wellness team that includes staff, parents, and students with involvement from other health-related organizations where possible.
5. Schools shall 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:
  - 5.1. access expertise in the community through approaches including, but not limited to, partnerships, programs, referrals;
  - 5.2. when appropriate, involve students in food choice decisions at their schools;
  - 5.3. offer healthy foods including healthy meal combinations.



### **504.11 Healthy Nutritional Choices, Cont'd...**

6. Central Office will support nutrition education and healthy eating by any or all the following:
  - 6.1. linking with Alberta Health and Education on initiatives, updates, and resources regarding nutrition and healthy living;
  - 6.2. coordinating information and in-services for Division staff on student food provisions in schools;
  - 6.3. working alongside Health Champions at each school to disseminate research and information related to healthy eating;
  - 6.4. seeking and maintaining partnerships that reduce hunger across the Division by increasing access to universal food programs to be provided in a non-stigmatizing manner.

#### **References**

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| Education Act: | 53 (1) a, b, c   |
| Other:         | Alberta Nutrition Guidelines for Children and Youth,<br>Single Serving Packaged Food List: Supporting Nutrition<br>Initiatives in Schools Health (K-12),<br>A Guide to Offering Healthy Food and Drinks in Schools |