



ALGONQUIN AND LAKESHORE CATHOLIC DISTRICT SCHOOL BOARD

ADMINISTRATIVE PROCEDURES

HEALTHY SCHOOL NUTRITION (Policy Statement: Healthy School Nutrition)

Purpose

To provide directions for schools in creating, supporting, and promoting healthy eating environments for the school community.

References

Call to Action: Creating a Healthy School Nutrition Environment, Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee, March 2004.

Nutrition Tools for Schools© Nutrition Standards, 2010.

Ontario Curriculum, K – 12, Ministry of Education

P/PM 150 School Food and Beverage Policy, October 2010.

Student Nutrition Program Nutrition Guidelines, MCYS, July 2008.

Eating Well with Canada's Food Guide, Health Canada, 2007

Board Policy/Ethical Fundraising and Charitable Activities in Schools S-2009-10-2

Board Policy/Pupils with Special Medical Care Needs and/or Emergency Medical Care Needs, S-1999-12-2

Board Policy/Anaphylaxis S-2006-10-2

School Resource for Ethical Fundraising, Committee for Social Justice, ALCDSB, 2006

Ontario Catholic School Graduate Expectations, ICE

Ontario Regulation 2008/08 "Trans Fat Standard", Education Act.

Procedures

The Ministry of Education's School Food and Beverage Policy (P/PM 150) requires that all food and beverages offered for sale in Ontario's publicly funded elementary and secondary schools, for school purposes, comply with the requirements set out in the policy, including the nutrition standards, by September 1, 2011. In addition, all food sold in schools must meet the standards set out in Ontario Regulation 200/08, "Trans Fat Standards", made under the Education Act.

P/PM 150 classifies food and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale. Products in the Sell Most category must make up at least 80% of all food and beverages choices. Products in the Sell Less category must be limited to 20% or less of available choices. This is referred to as the 80/20 Rule.

The Nutrition Tools for Schools® Nutrition Standards (NTS) are adapted from the Ministry of Education's School Food and Beverage Policy (P/PM 150) Nutrition Standards. The NTS Nutrition Standards include an additional category to identify food and beverages that meet or exceed the P/PM150 Nutrition Standards and provide Maximum Nutritional Value. By using the Maximum Nutritional Value category in the NTS Nutrition Standards, schools will be complying with P/PM 150. To keep it simple, only provide food and beverages that meet the Maximum Nutritional Value and Sell Most criteria to ensure schools are always meeting the 80/20 rule.

1. Nutrition Education for Students

- 1.1 A sequential, comprehensive nutrition education curriculum shall begin in Kindergarten and continue through secondary school. This education shall include the curriculum expectations as outlined in the Ontario Curriculum (ie. Health and Physical Education, Grades 1-12; Healthy Living Strand; The Kindergarten Program; Health and Physical Activity Learning Expectation), as well as opportunities presented by planned events and incidents in the classroom, be informed by the Ontario Catholic School Graduate Expectations and the Ministry of Children and Youth Services, July 2008, Student Nutrition Program Nutrition Guidelines.
- 1.2 Schools are encouraged to recognize that any occasion for the sharing or consumption of food is an opportunity for prayerful expressions of gratitude to our God who is the source of all good things (see Appendix 1).

2. Nutrition Education for Staff

- 2.1 The Board will support nutrition education opportunities for staff on an on- going basis in partnership with Public Health.
- 2.2 The Board will work with partners to ensure that nutrition and food safety training for food service staff, including volunteers, is available.

3. Nutrition and Healthy Choices

Special Food Days and Events

- 3.1.1 Foods and beverages offered for sale during school events, on school premises, must comply with School Food and Beverage Policy (P/PM 150).
- 3.1.2 If food or beverages are sold as part of a special event, the school principal may designate ten days or fewer during the school year as special event days on which food and beverages sold in schools would be exempt from the P/PM 150 nutrition standards. As a result, collaboration within the school community is necessary. Principals are encouraged to make every attempt to have fewer than ten special event exemption days per year. The school principal must consult with the Catholic School Council school council prior to designating a day as a special event day. School principals are encouraged to consult with their students when selecting special event days.

- 3.1.3 When food and beverages are offered as part of an event (e.g. meetings, celebrations such as dances, assemblies, birthdays, holidays, Feast Days) food and beverages that meet the Maximum Nutritional Value and Sell Most nutrition criteria in the NTS Nutrition Standards will be emphasized.
- 3.1.4 Avoid offering food or beverages as a reward or an incentive for good behaviour, achievement, or participation.
- 3.1.5 Every effort should be made to minimize or eliminate the promotion of corporate logos or brand names. Actual packaged foods to teach critical label reading are permissible.
- 3.1.6 Schools are encouraged to ensure that snack and meal planning incorporate student input and consider local, cultural and ethnic favourites.

Fundraising

- 3.2.1 Non-food items are preferable for school fundraising. When fundraising campaigns involve food or beverages, schools will endeavour to make items available that meet Maximum Nutritional Value and Sell Most criteria in the NTS Nutrition Standards.
- 3.2.2 In all cases, fundraising events are governed by the Board Policy - Ethical Fundraising and Charitable Activities in Schools S-2009-10-2.
- 3.2.3 In a world where hunger is a daily issue for so many people, any use of food outside of normal consumption (i.e. snacks, lunches) should take into consideration the resource School Resource for Ethical Fundraising with a view to eliminate the inappropriate use of any foodstuffs (for example: eating contests, activities that are unnecessarily wasteful).

Canteens / Tuck Shops / Vending Machines

- 3.3.1 Food and beverages offered for sale in vending machines, tuck shops and canteens must comply with the School Food and Beverage Policy. Aim to have all foods and beverages meet the Maximum Nutritional value or Sell Most nutrition criteria in the NTS Nutrition Standards.
- 3.3.2 Schools should be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps). Students must have access to drinking water during the school day. School staff and students are encouraged to support the ALCDSB “Thirsting for Justice” water campaign and use refillable containers with tap water as opposed to bottled water.

4. Modeling Healthy Eating Behaviours

- 4.1 While in the presence of students, staff and volunteers are encouraged to have a positive attitude about healthy eating, and select foods that meet the Maximum Nutritional Value and Sell Most nutrition criteria in the NTS Nutrition Standards.
- 4.2 Schools, in conjunction with the Board, are encouraged to implement appropriate worksite wellness programs to facilitate healthy staff and school environments. Local Public Health Units can provide support for workplace wellness.

5. Parent and Community Education

- 5.1 Each school will recognize value, support and encourage parental involvement in making changes to reflect a healthy school nutrition environment.
- 5.2 School staff, through the Catholic School Council, are encouraged to provide annual opportunities for parents to be involved in the process of designing and implementing the school food and nutrition plan, including catered food and beverages (e.g. lunch programs and menu).
- 5.3 Schools will include practical suggestions for school lunches and snacks in school newsletters, through collaboration with Public Health.
- 5.4 Schools will distribute nutrition education materials stressing the advantages of healthy eating behaviours to parents, in collaboration with Public Health.

6. Student Nutrition Programs

- 6.1 School Administrators in conjunction with the ALCDSB Catholic Education Foundation, their Public Health Units and other community agencies shall endeavour to address the needs of hungry students in schools through use of the “Food for Learning “or “Food Sharing Project” programs.
- 6.2 Programs shall follow the Ministry of Children and Youth Services Student Nutrition Program Nutrition Guidelines when selecting foods and beverages to distribute to children.
- 6.3 It is encouraged that student nutrition program menus will be planned in cooperation with Public Health.

7. Safe Food Environment

- 7.1 Schools with students possessing anaphylactic food allergies will comply with Board Policies – Pupils with Special Medical Care Needs and/or Emergency Medical Care Needs, Policy S-1999-12-2 and Anaphylaxis, Policy S-2006-10-2.
- 7.2 Food and beverages must be prepared, served, and stored in accordance with Regulation 562, “Food Premises,” as amended under the Health Protection and Promotion Act.
- 7.3 Schools are encouraged to provide sufficient time for students to wash hands before and after eating.

8. Appropriate Scheduling of Nutrition Breaks

- 8.2 School Administrators will ensure that students have regular opportunities and sufficient time to eat snacks and lunches in a safe environment.

9. Healthy School Nutrition Resources

- 9.1 The Board encourages the schools to make use of most current resources available in working with parents, staff and students.

Appendices

Appendix 1: Sample Prayers of Thanksgiving Before or After Meals and Sample Scriptural Passages and the Promotion of Healthy Nutrition

Forms

Form A: Food Service Supplier Letter of Compliance

Associated Documents

School Food and Beverage Policy (P/PM 150)

Nutrition Standards: Nutrition Tools for Schools

Student Nutrition Program Nutrition Guidelines Quick Reference Guide

Approved: April 26, 2011