

Public Schools Branch

OPERATIONAL PROCEDURE

Nutrition in Schools	
<i>Policy Section</i> School & Workplace Health and Safety	<i>Procedure Number</i> 602.1
<i>Pages</i> 3	<i>Approved Date</i> November 15, 2016
<i>Reviewed Date</i>	<i>Effective Date</i> November 15, 2016
Replaces: WSB EF - Nutrition Policy June 2005 ESD - ADG-R – School Nutrition April 7, 2011	

1.0 INTRODUCTION

- 1.1 The following procedures are set out to assist schools to achieve the objectives of the Public Schools Branch Nutrition Policy.

2.0 STUDENT ACCESS TO FOOD

2.1 Programming

- 2.1.1 All schools will continue to participate in and promote the PEI School Milk Program.
- 2.1.2 All schools are encouraged to stock an emergency food cupboard with healthy choices for students in need. Schools are encouraged to provide breakfast or snack programs when a need is identified, which will be open to all students but will not be promoted as a replacement for breakfast eaten at home.

2.2 Pricing

- 2.2.1 Schools will support healthy food and beverage choices by pricing approaches which encourage students to choose healthy foods and beverages over less healthy foods and beverages when these are sold at school.

2.3 Promotion and Advertising

- 2.3.1 Schools will work to develop an environment that promotes healthy eating by:
 - a) Promoting only healthy food and beverage choices from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” lists in the *Guide to Food Choices*.
 - b) Not accepting advertising of food products for unhealthy food and beverage choices those in the “Foods to Serve Least Often” list.
 - c) Giving priority display space to foods from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” food lists over the

“Foods to Serve Least Often” e.g. placement of fruits and vegetables at student eye level, counter-top refrigerators, etc.

- d) Displaying attractive, current promotional materials related to healthy eating throughout schools e.g. posters, displays, etc.
- e) Carrying materials that support the nutrition policy and procedure in school resource centres e.g. books, videos, pamphlets.

2.4 Time to Eat

2.4.1 Schools shall:

- a) Allow a minimum of 20 minutes for students to eat lunch.
- b) In the elementary setting, encourage that foods are eaten after outside play, whenever possible.
- c) Assure that lunch is eaten in a calm positive environment.

2.5 Student Choice

- 2.5.1 School staff, cafeteria staff and parent groups should involve students in planning school food choices.
- 2.5.2 Students should be encouraged to choose food from the “Foods to Serve Most Often” and “Foods to Serve Sometimes” lists.
- 2.5.3 Schools may provide microwaves in classrooms and/or cafeteria settings to broaden the range of food choices for students.

3.0 **QUALITY OF FOOD AND BEVERAGES AVAILABLE AT SCHOOL**

3.1 Criteria for food and beverages available in canteens, cafeterias, school lunch, breakfast programs, and snack programs:

- 3.1.1 Foods and beverages sold or made available at school for lunch, canteen, breakfast and snack programs will be selected from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists and will emphasize vegetables and fruit; lower fat white and chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.
- 3.1.2 Foods would rarely come from the “Foods to Serve Least Often” list.
- 3.1.3 Energy drinks, such as Red Bull, Full Throttle, Rockstar, Amp, Stoked, SoBe Adrenaline Rush and the like are prohibited from being on Public Schools Branch property.
- 3.1.4 Teachers and administrators will encourage students to drink water.
- 3.1.5 Schools should try to use local products first, where possible.

3.2 Criteria for Vending Machines

- 3.2.1 All food and beverages in vending machines which are accessible to students will be selected from the “Healthy Vending Machine and Canteen Foods” list. Vending machines will not be used to sell carbonated soft drinks, fruit drinks, fruit juices with less than 100% juice, sports drinks or energy drinks.
- 3.2.2 Schools will manage and operate vending machines in accordance with the terms of these procedures.

3.3 Special Functions

3.3.1 Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days/events.

3.3.2 Schools are encouraged to offer healthy foods or non-food items as rewards to students for good behaviour, or achievement.

3.4 Food Safety

3.4.1 Administrators will ensure that school staff and parent volunteers are familiar with safe food handling practices.

3.4.2 Schools will adhere to the Provincial Anaphylaxis Handbook.

3.4.3 Students should wash their hands properly before eating or preparing food.

4.0 NUTRITION EDUCATION

4.1 Schools should use a comprehensive approach to nutrition education involving the whole school community (families, individuals and organizations in the community) in nutrition education activities to positively influence students' nutrition knowledge, attitudes, skills, and eating habits.

4.2 When possible, schools should incorporate nutrition education into other subject areas and outside classroom activities.

4.3 Recognizing the importance of role modelling in promoting healthy eating: Teachers, administrators, and school staff should act as positive role models to promote healthy eating within the classroom and school environment.

5.0 CROSS REFERENCE

5.1 PSB Operational Policy *602 School Nutrition*

5.2 *Guide to Food Choices*

~ ~ ~