

# Public Schools Branch OPERATIONAL POLICY

<b>NUTRITION IN SCHOOLS</b>	
<i>Policy Section</i> <b>School and Workplace Health and Safety</b>	<i>Policy Number</i> <b>602</b>
<i>Page</i> <b>1 of 2</b>	<i>Approved Date</i> <b>October 18, 2016</b>
<i>Reviewed Date</i>	<i>Effective Date</i> <b>October 18, 2016</b>
<i>Replaces:</i> <b>WSB - EF Nutrition Policy EF, December 2010</b> <b>ESD - School Nutrition Policy ADG, April 6, 2011</b>	

## 1.0 PURPOSE

- 1.1 This policy will guide Public Schools Branch personnel and school communities in development of healthy school environments that support student learning and success by encouraging students, staff and parents/guardians to make nutritious food and beverage choices.

## 2.0 POLICY STATEMENT

- 2.1 The Public Schools Branch believes, and research has shown, that nutrition has a significant impact on the health and academic achievement rates of students. Good nutrition is essential for healthy growth and development, and reduces the risk of obesity, heart disease, cancer, diabetes, and osteoporosis.
- 2.2 The Public Schools Branch believes it critical to establish healthy eating behaviours in childhood so as to provide children and youth with the opportunity to develop healthy eating behaviours for life. Healthy eating behaviours begin at home in early childhood and later become a cooperative effort between the home and the school.
- 2.3 The Public Schools Branch will mandate schools to encourage and maintain supportive environments which promote healthy food choices, both in the foods available at school and through educational programs.

## 3.0 PARAMETERS

- 3.1 The Public Schools Branch will improve student access to food by improving access by all students to healthy, safe, reasonably priced, attractively presented food choices; and will attempt to reduce hunger among children living with food insecurity, through enhanced access to healthy foods within the school setting, provided in a non-stigmatizing manner.
- 3.2 The Public Schools Branch recognizes that the quality of food available at school is an important determinant of healthy eating in children. Enhanced healthy eating will be achieved by providing healthy food and beverage choices in cafeterias, vending machines, canteens and school food programs and using

healthy food choices, or non-food items for fundraising activities and campaigns. The regulations are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home.

- 3.3 The Public Schools Branch believes that nutrition education is important and most effective if a comprehensive approach involving the school and broader community is used. Teachers and school staff are a valuable resource in helping students understand the relationship between nutrition, health and physical activity and developing the knowledge, positive attitudes and skills necessary to make healthy food choices for life.
- 3.4 While recognizing that parents are ultimately responsible for their child's nutritional health, schools should work with their parent groups and other community partners to encourage and support parents to:
  - 3.4.1 Ensure that their children eat a healthy breakfast.
  - 3.4.2 Pack healthy lunches.
  - 3.4.3 Eat healthy meals at home.

**4.0 CROSS REFERENCE**

- 4.1 Operational Procedure *602.1 Nutrition*

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