

SECTION 600 – Students

POLICY 642: HEALTHY NUTRITIONAL CHOICES

BACKGROUND

Healthy eating is an integral part of growth and development. Good nutrition is conducive to student learning. It is essential to create an environment that provides healthy food choices and promotes healthy attitudes about food.

POLICY

The principal shall ensure that the school provides age-appropriate nutritional health instruction to students, that healthy eating habits are promoted among all students and staff, and that nutritious foods are consistently the primary choice available for sale and/or distribution.

GUIDELINES

Medicine Hat Public School Division (MHPSD) supports access to healthy, safe nutritional food choices for students as defined in the Alberta Nutrition Guidelines for Children and Youth (Exhibit 001) by:

1. Providing students with the skills and the opportunities they need to adopt healthy eating patterns.
2. Ensuring that good nutrition is promoted both in theory and in practice.
3. Establishing nutritional procedures that make healthy choices the easy choice through practices such as having nutritional food and beverages prominently and positively displayed, and easily accessible.
4. Offering healthy food and beverage choices in school cafeterias, vending machines, stores or canteens, at special events and for fundraising.

ADMINISTRATIVE PROCEDURE

[642 AP 001 – Promoting Nutrition Education and Healthy Eating in School Communities](#)

ADMINISTRATIVE PROCEDURE – EXHIBITS

[642 E 001 – Alberta Nutrition Guidelines for Children and Youth](#)

[642 E 002 – A Guide to Offering Healthy Food and Drinks in Schools](#)

Approved: September 7, 2004

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