

Medicine Hat Public School Division

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**MEDICINE HAT PUBLIC BOARD OF EDUCATION OPERATES AS MEDICINE HAT PUBLIC SCHOOL DIVISION,
AND FOR THE PURPOSE OF THIS DOCUMENT WILL BE REFERRED TO AS "MHPSD" AND/OR "DIVISION"**

SECTION 600 – Students

ADMINISTRATIVE PROCEDURE: PROMOTING NUTRITION EDUCATION AND HEALTHY EATING IN SCHOOL COMMUNITIES

<i>PROCEDURE CODE:</i>	<i>642 AP 001</i>
Policy Reference: 642 – Healthy Nutritional Choices	Exhibits: 642 E 001 – Food Choices

PROCEDURE

1. The primary references for the provision, promotion, sale and distribution of food in schools shall be the Alberta Nutrition Guidelines for Children and Youth and A Guide to Offering Healthy Food and Drinks in Schools, from which schools shall include foods from the choose most often and choose sometimes categories. This includes foods in cafeterias, canteens or tuck shops, vending machines, hot lunches and other fundraising on campus sporting events, celebrations and rewards. These guidelines do not apply to foods students bring from home.
2. The principal of each school will ensure that strategies are in place to foster the knowledge, skills and attitudes that facilitate healthy eating. In fulfilling this expectation schools will:
 - 2.1. establish strong connections between health education and foods available at the school,
 - 2.2. provide comprehensive nutrition education and positive food messages,
 - 2.3. schedule and provide flexible breaks for nutrition and activity, avoid the use of food items as rewards,
 - 2.4. include foods from the “choose and serve most often” and “serve sometimes” categories on special occasion days,
 - 2.5. when appropriate, involve students in food choice decisions at their schools,
 - 2.6. encouraged school staff to model healthy eating behaviors during instructional time.
3. Schools will create an environment where healthy foods are available and offered as the best choice. In fulfilling this expectation, principals, in consultation with the school community, will:

- 3.1. offer healthy foods options in all vending machines, stores and canteens, meal programs, cafeteria services, food served at school activities, during school sponsored activities, special events, celebrations and fundraising events.
4. Meet regularly with their Comprehensive School Health Team to support nutrition education and healthy eating and to work with food suppliers to establish which products meet the vendor product list. Principals or administrators of each site shall review this policy with staff and the School Council annually to ensure that practices are consistent with the Policy and the Procedures.
5. Central Office will support nutrition education and healthy eating by any or all of the following:
 - 5.1. linking with Alberta Health and Education on initiatives, updates, and resources regarding nutrition and healthy living,
 - 5.2. coordinating information and in-services for Division staff on student food provisions in schools,
 - 5.3. coordinating information and in-services for Division staff on cross-curricular connections with health outcomes,
 - 5.4. providing positive food messages,
 - 5.5. disseminating research on nutrition education, and other information related to healthy eating,
 - 5.6. participating in research projects and disseminating findings, such as promoting the best practices in healthy eating and obesity prevention gleaned from the research done such as the School of Public Health, University of Alberta, and other research agencies,
 - 5.7. 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,
 - 5.8. meeting regularly with Division food suppliers.

Approved: January 13, 2009

Revised: March 24, 2025

