

SECTION 600 – Students

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

PROCEDURE CODE:	642 AP 001
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.
~~1. , and avoid foods from the choose least often category.~~
2. The principal of each school will ensure that strategies are in place to foster the knowledge, skills and attitudes that ~~promote healthy~~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 ~~promote~~ nutrition education and positive food messages ~~provided by the Division,~~
 - ~~2.3. schedule lunch breaks that provide time for eating and recreation,~~ schedule and provide flexible breaks for nutrition and activity,
 - ~~2.4.2.3.~~ 2.3. 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.~~
 - 2.5.2.6. school staff are encouraged to model healthy eating behaviors during instructional time.

3. Schools will create an environment where healthy foods are available, ~~affordable~~ and ~~promoted-offered~~ as the best choice. In fulfilling this expectation, Principals, in consultation with the school community, will ~~plan to~~:
 - 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, ~~rewards~~, celebrations and fundraising events.
 - ~~3.2. create their own health and wellness team that includes staff, parents and students establish and meet regularly with their Comprehensive School Health Team to as part of supporting nutrition education and healthy eating and to work with food suppliers to establish which products meet the vendor product list. (ex. what students eat and how much they eat)~~
 - ~~3.3. review options with food suppliers to maximize the nutritional value of the items,~~
 - ~~3.4. define the frequency of special food days in yearly calendars and ensure that healthy food items are available on those days.~~
4. 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 use in schools ~~relating to cafeterias, stores and vending machines,~~
 - 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

