



KENORA CATHOLIC DISTRICT SCHOOL BOARD

200 Educational Programs & Materials Procedures

AP 207: Creating a Healthy Nutrition Environment

Good nutrition is vital to the health and well-being of each student and his/her potential to learn. The school, in cooperation with the parent/guardian and the community, has an important role to play in the development of positive attitudes toward nutrition and lifelong healthy eating habits.

Food served in schools should reinforce the good nutritional practices emphasized in the *Ontario Curriculum* and in educational programs offered in Kenora Catholic District schools. The director of education provides this administrative procedure to assist principals, teachers, students, school council volunteers, and parent groups to make better-informed decisions regarding the selection of nutritious foods.

The director and system and school administrators shall endeavour to provide the support and resources necessary for the implementation of this procedure. The district encourages and supports schools and parents in providing an environment in which students are encouraged to avail themselves of healthy food choices on a regular basis.

1. The Healthy School Environment

This procedure encourages consistent healthy eating messages and food selections in the school environment in order to promote a positive effect on health, growth and intellectual development.

1.1 Classroom

- 1.1.1 If food is used as part of a celebration, staff members will emphasize foods with moderate and maximum nutritional value.
- 1.1.2 Non-nutritional food should not be used as a reward to modify classroom behaviour.

1.2 Meetings—School, School Council

If food is served, foods with moderate and maximum nutrition value should be emphasized.

1.3 Fundraisers

When food is chosen as the fundraiser item it is recommended that only foods from the moderate and/or maximum nutritional value sections be used.

1.4 Special Food Days and Events

1.4.1 Schools will work toward a standard of moderate and maximum nutritional value for all special events. If food from the minimum food value list is offered, other choices from the moderate and maximum nutritional value lists must also be available for choice.

1.4.2 Schools are encouraged to ensure that menus are planned with input from students and include local, cultural and ethnic favourites of students.

1.5 School Tuck Shops

Staff members should ensure that most of the items available in a school tuck shop are from the moderate and maximum nutritional value list.

1.6 Beverage Vending Machines

1.6.1 Schools must offer only 100% fruit or vegetable juice, water or milk (white or flavoured, 2% MF or less) and no soft drinks.

1.6.2 The director and designates will work with partners and schools in an effort to provide healthy nutritional choices for students.

1.7 Snack Vending Machines, Food Services Programs and Cafeterias

The director and designates will work with partners in an effort to provide healthy nutritional choices for students and to ensure that the healthy choices are favourably priced.

2. School Nourishment Programs

2.1 School administrators shall endeavour to address the needs of hungry students in the schools through the use community partners.

2.2 The main food selections will come from the moderate and maximum nutritional value lists.

3. Nutrition Education for Students

A sequential, comprehensive nutrition education curriculum shall begin in kindergarten and continue through secondary school. This education shall include the curriculum expectations as outlined in the *Ontario Curriculum* as well as opportunities presented by planned events and incidents in the classroom.

4. Nutrition Education for Staff

- 4.1 The teaching staff will continue to be provided with resources and information in nutrition by the health unit upon request.
- 4.2 The district will work with partners to ensure that nutrition and food safety training for food service staff, including volunteers, is available.

5. Modelling Healthy Eating Behaviours

- 5.1 Staff members are encouraged to refrain from consuming foods with minimum nutritional value when students are present.
- 5.2 Schools are encouraged to implement worksite wellness programs to facilitate healthy staff and school environments.

6. Parents and Community Education

- 6.1 Each school will recognize value, support and encourage parental involvement in making changes to reflect a healthy school nutrition environment.
- 6.2 School staffs, through the school council, will provide opportunities annually for parents to be involved in the process of designing and implementing the school food and nutrition plan, for example, with a hot lunch schedule and menu.
- 6.3 Schools will include practical suggestions for school lunches and snacks in school newsletters, through collaboration with local boards of health.
- 6.4 Schools will distribute nutrition education materials stressing the advantages of healthy eating behaviours to parents, in collaboration with local boards of health.

7. Safe Food Environment

- 7.1 Kenora Catholic District staff members will collaborate with the local board of health to develop and enforce policies regarding allergy-safe foods and safe food environments.
- 7.2 The director of education and designates will ensure all food premises follow food safety policies, with the assistance of public health inspectors.
- 7.3 Schools are encouraged to make certain that enough time is available for students to wash hands before eating.

- 7.4 School administrators shall monitor school and classroom nutritional break times to ensure that students have sufficient time to eat snacks and lunches in a safe environment.

8. Nutrition Environment Handbook

Schools are encouraged to make use of the *Call to Action: Creating a Healthy School Nutrition Environment Handbook* in working with parents, staff and students.

Resource Material: Call to Action: Creating a Healthy School Nutrition Environment

Note: *The content of this procedure draws heavily from Call to Action: Creating a Healthy School Nutrition Environment, Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee. March 2004.*

Legal Reference:

Education Act S. 265 Duties of Principals: Care of Pupils

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