

Statement of Policy

Greater Saskatoon Catholic Schools will provide healthy food choices within the school environment, in accordance with the Saskatchewan Ministry of Education - Nourishing Minds - Eat Well · Learn Well · Live Well, 2019.

The Greater Saskatoon Catholic Schools Nutrition Policy encompasses all foods served to students which include, but are not limited to:

- Cafeteria, canteen, vending machines
- Breakfast and snack programs
- School and classroom celebrations
- Meetings
- Student extra-curricular events
- Fundraising activities

Rationale

Nutrition is well recognized for its significant, positive impact on academic performance and students' growth and development. In addition, good nutrition and physical activity facilitate the development of good lifestyle habits that will contribute to students' health and maximize achievement.

Unhealthy eating, physical inactivity, and obesity are common risk factors of chronic diseases such as heart disease, stroke, diabetes and cancer.

It is important to provide nutritious foods in schools where the meals and snacks consumed can make a major contribution to students' and staffs' total daily consumption of food and nutrients.

The Nutrition Education Policy reflects the healthy eating choices and accommodates the diversity of activities that take place during the school year.

Authority

- *The Education Act (1995), Section 188*
- *Nourishing Minds: Eat Well – Learn Well – Live Well (2019), Ministry of Education Policy Statement*

Procedures/Guidelines

Administrators are responsible to ensure that services and products provided by catering personnel and other food and beverage suppliers meet the provincial Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools, Planning Healthy Menus for my School; Nutrition and Food Standards for Saskatchewan and Food Safety for my School; Nutrition and Food Standards for Saskatchewan Schools.

1. Healthier Choices of Food

The nutrition policy is based on the Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools that emphasize healthier choices of foods and beverages. The guidelines categorize foods into "Choose Most Often" and "Choose Sometimes" categories.

Foods Served and Sold in Schools

- 1.1 Foods and Beverages served and sold to students will be selected from the "Choose Most Often" or "Choose Sometimes" categories.
- 1.2 Schools are expected to serve a variety of healthy foods included within Canada's Food Guide.
- 1.3 Foods from the "Choose Sometimes" category are foods that are generally low in nutrients and may be higher in fat, sugar, salt, caffeine, and/or calories. As these foods do not contribute to a healthy school nutrition environment, they shall be served in moderation.
- 1.4 Vending machines and cafeterias will not be allowed to sell regular or diet carbonated soft drinks, fruit drinks with less than 100% juice or energy drinks with caffeine. Healthy options from the "Choose Most Often" category will be provided within school vending machines and cafeterias.

Beverages

Schools should encourage water consumption by allowing water in classrooms.

Celebrations

Celebrations, such as birthday parties, Halloween, Christmas, Valentine's Day, Easter, etc., should reflect healthier food choices from Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools. The use of non-food items, and/or physical activities is encouraged.

2. Student Access to Food

The school division encourages schools to reduce hunger among children living with food insecurity and to enhance access to healthy foods in a non-stigmatizing manner.

- 2.1 Designated schools are encouraged to meet the nutritional needs of students by providing various options for school breakfast, lunch, and snack or milk programs.
- 2.2 Schools shall offer foods at reasonable prices.

3. Food Safety

- 3.1 Schools shall create a strategy to ensure students wash their hands properly prior to eating.
- 3.2 All food handlers shall demonstrate safe food handling practices as outlined in Food Safety for my School; Nutrition and Food Standards for Saskatchewan Schools.

- 3.3 Food allergies and ethnic sensitivity should be considered for foods served and brought into schools.
- 3.4 Designated schools should have appropriate food preparation areas and equipment to accommodate food programs.

4. Environment

Place

- 4.1 Schools shall create a pleasant environment for students to eat. Eating areas (cafeterias, multi-purpose rooms, and classrooms) should be properly cleaned after lunch.
- 4.2 Schools are encouraged to schedule a recess period/snack break at an appropriate interval between the start of school day and lunch break.
- 4.3 Schools shall allow an appropriate amount of time for students to eat lunch. The lunch break shall allow sufficient time to enable students to take part in physical activity before or after eating their meal.

5. Nutrition Education

Curriculum

- 5.1 The school division will work with other partners to develop and enhance health and nutrition curriculum and resources.
- 5.2 Schools will support opportunities for staff development and training for effective delivery of nutrition curriculum.
- 5.3 Schools should incorporate nutrition education into other subject areas and outside classroom activities.
- 5.4 Students shall access nutrition education outlined in the provincial curriculum.

School Community

- 5.5 Schools shall promote activities to positively influence nutrition knowledge, attitudes, skills and eating habits.
- 5.6 Schools will encourage parents and/or guardians to send nutritious meals and snacks to schools.
- 5.7 Teachers, administrators, and other school staff should act as positive role models to promote healthy eating within the school environment, in accordance with the Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools.
- 5.8 The school division, schools, and school community will support and reinforce messages about healthier eating in schools.

6. Marketing and Promotion

Schools should:

- 6.1 Follow the Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools.

- 6.2 Schools are encouraged to price items of less nutritious value to ensure these items cost at least as much as or more than nutritious foods.
- 6.3 Display attractive, current promotional materials related to healthy eating throughout the school.
- 6.4 Ensure advertising, signage and other equipment reflect healthy food choices.
- 6.5 Participate in activities that promote healthy eating and active living.
- 6.6 Acquire current Canadian nutrition material for the school resource centre.
- 6.7 Schools shall incorporate nutrition information in their home and school communication (e.g. memos, newsletters, websites, etc).

7. Community Partnerships

Schools are encouraged to partner with local organizations to support their school projects.

8. Fundraising

Fundraising activities by schools are encouraged to use non-food products or healthy food choices from the "Choose Most Often" or "Choose Sometimes" categories within Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools.

References

- Saskatchewan School Boards Association Nutrition Guidelines for Schools - Research Report #04-1, June 2009
- Nourishing Minds - Eat Well · Learn Well · Live Well, 2019
- Healthy Foods for my School; Nutrition Standards for Saskatchewan Schools, 2014
- Planning Healthy Menus for my School; Nutrition and Food Standards for Saskatchewan, 2018
- Food Safety for my School; Nutrition and Food Standards for Saskatchewan Schools, 2018

Forms

Appendices outlined in Nourishing Minds - Eat Well · Learn Well · Live Well

Date Approved

January 18, 2010

Amended

February 9, 2017
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