

School Nutrition Policies

Annotated Web Reference List

Prepared for:

Physical and Health Education Canada

Prepared by:

Doug Gleddie B.Ed., M.A.

Director

Ever Active Schools

New Brunswick

<http://www.gnb.ca/0000/pol/e/711A.pdf>

This policy applies to all school districts and public schools in New Brunswick. It is based on food designations of **Maximum** (can be served daily), **Moderate** (can be served up to twice a week) **and Minimum Nutritional Value** (should not be served). The document also includes a statement of goals and principles that recognize the importance of healthy eating in development of optimal health as well as physical and intellectual development.

Further parts of the policy include:

- 1. General Requirements:** promotion of maximum value foods priced as close to cost as possible, pleasant eating environments including adequate time and space, food safety guidelines, schools are not to withhold food as punishment or be offered as a reward (except in special circumstances).
- 2. Fundraising:** sale of foods with minimum nutritional value is not permitted in fundraising organized by schools and students, schools will develop their own plans for fundraising that include food of maximum or moderate nutritional value or non-food items.
- 3. Food Services:** contracts with food providers will be evaluated based on provision of nutritious choices, competitors will not be excluded at the request of a food provider and no exclusive access will be provided indefinitely, contracts must be signed by the superintendent or a district rep, breakfast and hot lunch programs must be consistent with this policy, sale and promotion of maximum and moderate nutritional value foods only – including vending machines
- 4. Guidelines and Recommendations:** age appropriate servings sizes are necessary, administration, staff and community partners should promote foods of maximum nutritional value and should model healthy eating, messages about healthier eating in schools should be supported and reinforced, effort should be made to have food for special occasions included foods of maximum and moderate nutritional value, schools should encourage provision of a healthy breakfast and healthy foods at home.
- 5. District Policy Making:** District Education Councils may develop nutrition policy that is more comprehensive than the provincial policy.

British Columbia Guidelines for Food and Beverage Sales in BC Schools

http://www2.sd38.bc.ca/SD%2038%20Policy/Related%20Resources/guidelines_sales07.pdf

Further resources at: <http://www.bced.gov.bc.ca/health/tools.htm>
<http://www.healthyeatingatschool.ca/>

Schools in British Columbia are at the forefront of creating healthy eating environments. The sale of junk-food is steadily being replaced with healthy food and beverage choices in school vending machines, cafeteria, stores, and school fundraisers.

The 2007 update to the *Guidelines for Food and Beverage Sales in BC Schools* (2005 Guidelines) strengthens BC's commitment to providing a healthy eating environment for students. The former implementation date of 2009 has been accelerated to 2008. The revised Guidelines also contain stricter nutrition criteria for the consumption of calories, fat, salt, and sugar to support making food and beverage choices in BC schools the healthiest in North America.

Richmond (School District 38), British Columbia

<http://www2.sd38.bc.ca/SD%2038%20Policy/FOV4-00011DA0/S028788B1>

Richmond's policy framework is quite broad and includes reference to numerous B.C. documents and resources. There is a strong commitment to health promotion, physical activity, social and physical environments and compliance with the *Guidelines for Food and Beverage Sales in BC Schools*.

Components of the policy include:

1. **Nutrition:** follow the guidelines, use the *Health and Career Education K-10* curriculum to help educate children about nutrition
2. **Vending Machines:** no carbonated or similar beverages for sale in elementary schools, secondary schools may sell beverages but healthy choices must be available and all choices must indicate caloric values, by September 2008 no school may have any beverage with sugar as the second ingredient, elementary schools may not provide food through vending machines, secondary schools can – but all food must be labeled according to the *Guidelines*, by 2009 at least 50% of all foods and beverages sold in schools must be of the “choose most often” category with 0% in the “not recommended” category, healthy choices at eye level, recognition of price as a factor

Alberta Nutrition Guidelines

[http://www.healthyalberta.com/Documents/AB_Nutri_Guidelines_2008\(1\).pdf](http://www.healthyalberta.com/Documents/AB_Nutri_Guidelines_2008(1).pdf)

The Alberta Nutrition Guidelines for Children and Youth will help assist Albertans to create an environment which provides and promotes healthy food choices and healthy attitudes about food. As individuals, families, organizations and communities, we can work together to increase the availability and appeal of healthier food choices, and to teach and model healthy eating behaviours. On a practical level, the guidelines will help Albertans to recognize and apply the concepts of healthy nutrition in a consistent way, so that children will have access to nutritious foods wherever they go. The Alberta Nutrition Guidelines

for Children and Youth will be an evolving resource manual.

Calgary Separate School District

http://www.cssd.ab.ca/default.asp?V_ITEM_ID=1456

The CSSD recognizes the role of nutrition for growth development, learning and activity. As well, it is important that healthy messages are reinforced by the food served or sold in a school setting. The primary goal for the district is for foods and beverages sold within schools be consistent with Canada's Food Guide to Healthy Eating and the Provincial Nutrition Guidelines for Children and Youth. This should also be consistent with Alberta curriculum.

Further policy information includes:

1. **Beverage sales:** schools will serve beverages from the “serve most”, “serve sometimes” and “serve least categories according to the following percentages:
 - a. Elementary: 100%, 0%, 0%
 - b. Junior High: 90%, 10%, 0%
 - c. High School: 70%, 20%, 10%
2. **Snack Food from Vending Machines:** schools will serve foods from the “serve most”, “serve sometimes” and “serve least categories according to the following percentages:
 - a. Elementary: 100%, 0%, 0%
 - b. Junior High: 90%, 10%, 0%
 - c. High School: 70%, 20%, 10%

Calgary Board of Education

<http://www.cbe.ab.ca/policies/policies/AR3047.pdf>

Rationale for the regulation is to encourage lifelong healthy living skills through curriculum, modeling and changing the school culture around food offered in schools. Nutrition policy links with values around personal development: “Each student will acquire the skills, attitudes and knowledge to achieve personal highest potential. Accordingly, each student will: Develop and maintain a healthy, active lifestyle.”

Policy contents include:

1. **Purpose:** ensure students are exposed to healthy food choices while at school
2. **Role of the Principal:** ensure that strategies are in place to promote good nutrition, nutritious food is available in all delivery systems
3. **Sale of Food:** requirement for nutritious food does not apply to occasional treats as long as they adhere to the 80/20 rule, principals ensure that all food

sold in the school meets policy, students may not sell food to others unless it is approved as a fundraiser and meets the policy requirements

4. **Beverages:** pop, sweetened juice and sport drinks are not to be sold to grades K-9, sport drinks permitted for sale to grades 10-12, energy drinks not recommended for children
5. **Responsibilities:** principal must ensure that an ingredient list is available upon request for all foods offered for sale at a school, Nutrition Services provides advice, Purchasing Services approves all contracts etc. for food
6. **80 / 20:** effective January 2011, 80% or more of all foods for sale must come from the “serve most often” or “serve sometimes” categories and 20% or less from the “serve least often” category.

Edmonton Public Schools

<http://policy.epsb.ca/gbe.ar.shtml>

The EPSB recognizes both the importance of nutrition education and healthy eating within the school community. The policy has four general components:

1. **The Principal:** will link health education and foods available in the school, will schedule lunch breaks with time for eating and recreation, will limit the use of food rewards, will include both choose most often and choose sometimes foods on special occasion days
2. **The School:** will promote healthy, reasonably priced foods choices, will access expertise in the community, offer foods from the choose most often and sometimes categories
3. **The Staff:** may choose healthy fundraising options, may create a positive food environment, review options with food providers for healthy schools, define frequency of special food days
4. **Central Services:** will link with the health region, coordinate information regarding school stores, cafeterias and vending, increase access to food programs to reduce hunger, meet regularly with district suppliers

Edmonton Catholic School District

http://www.ecsd.net/policies_forms/general_school_admin.html

The Board commits, within the limits of resources, to support the creation of school environments that promote wellness and facilitate healthy lifestyle choices for staff and students. This is in line with the Catholic belief that the human body is good and is to be properly cared for. In order to grow, learn and thrive, students need access to healthy food. The district will engage stakeholders to discuss and jointly make decisions which promote healthy eating. Specifically:

1. All students, K-12, will have opportunities, support and encouragement to eat healthy foods

2. Foods and beverages sold or served at school will support healthy eating choices
3. Schools will provide nutrition education and will establish links between education, food available at school and for school activities
4. Each school has its own uniqueness and can meet these guidelines within their own environment.

Ontario Ministry of Education

<http://www.edu.gov.on.ca/eng/healthyschools/sixSteps.html>

The ministry website provides a wide variety of resources and supports for school nutrition. This also includes general nutrition policy for the provinces schools.

Thames Valley District School Board

http://www.tvdsb.on.ca/policies/policydocs/food_guideline.pdf

The TVDSB recognizes the link between a healthy learning environment and student's academic success. This will be achieved in accordance with the Ministries Foundations for a Healthy School. Specifics include:

1. **Beverage and food vending and tuck shops:** comply with Ontario legislation, work with partners to ensure healthy food
2. **Fundraising:** explore non-food items, refer to guidelines for food items
3. **Education for Parents and Community:** encouragement for distribution of information about healthy food
4. **Education for Staff**
5. **Education for Students:** link established between curriculum and food in the schools
6. **Safe Food Environment:**
7. **School Cafeterias:** work together with partners to ensure healthy food is available, partner to promote healthier food choices
8. **School Environment:** teachers encouraged to role model, use non-food items as class rewards, emphasize foods with moderate and maximum nutritional value for consumption in the classroom
9. **Special Food Days:** work with parents to improve hot lunches and food served at special occasions

Toronto District School Board

<http://www.tdsb.on.ca/ppf/uploads/files/live/102/198.pdf>

The Toronto District School Board recognizes the direct relationship between healthy nutrition and the academic achievement of our students: that healthy nutrition helps to support students' learning, and enhances their physical, emotional, social and intellectual development; that well nourished students are able to concentrate better, retain and apply information more effectively, and are

more likely to demonstrate positive behaviours and relationships with peers. The Board is committed to working with its community partners to ensure that students have equitable access to high quality school-based nutrition programs, and that through curriculum activities, they have opportunities to develop an appreciation for the value of proper nutrition as an integral part of their present and future lives. Specifically:

1. Procedures are established for school based nutrition programs if they support student learning
2. These programs developed with partners and where possible, involve students
3. Programs are provided in a safe and welcoming environment, are sensitive to cultural needs and conform to the Canada's Food Guide
4. Nutrition education is part of the curriculum for all students and is supported with resources and supports for teachers
5. Parents and community are provided with information
6. Procedures are in place to secure external funding

Winnipeg School Division

http://ww.wsd1.org/board/policies_pdf/policy_IGAEA.pdf

The Winnipeg School Division believes that all students shall be provided with the knowledge, skills and experiences necessary to make nutritious and enjoyable food choices. Good nutrition is vital to the mental and physical health of each student and his/her potential for learning. The Board has a responsibility to promote and support good nutrition in schools by ensuring that healthy food choices predominate in school cafeterias, breakfast and lunch programs, canteens, vending machines, snack programs fundraising activities and school-wide events. The school, in cooperation with the parent/guardian and the community, has an important role to play in the development of positive attitudes towards nutrition and lifelong healthy eating habits. This includes:

1. **Objectives:** foods offered in the WSD reflect the Manitoba Nutrition Guidelines, professional development for staff, educate and involve family and community
2. **Guidelines:** all food and beverages served or sold are consistent with the Guidelines, beverage vending will only include milk, milk products, 100% juice and water, all food sold at staff, student and parent special events will comply, fundraisers will be encouraged to be non-food items or healthy food, WSD will ensure appropriate training for teachers, access to water for all students all day
3. **Food Safety:** according to the standards of the City of Winnipeg, staff training, food preparation, storage and serving areas must meet the standards, access to safe, clean places to eat
4. **Student / Community Involvement:** student's involved in planning and choices when appropriate, involvement of community in food choices for cultural applications

5. **Nutrition Education:** part of health education, school staff encouraged to model healthy eating
6. **Allergies:** parents and schools work together to ensure safety
7. **Responsibilities:** Superintendent to ensure food contracts conform to the Guidelines and monitor school plans, principal ensures that time is provided for teaching the nutrition outcomes of the curriculum, determining a school action plan, forming a committee to monitor school food and reporting the nutrition plan in the annual school plan

Nova Scotia School Districts

Policy

The policy is divided into Directives and Guidelines. It is based on a review of local, national, and international school food and nutrition policies; examination of health evidence; and feedback from public consultation. It has been developed in consultation with members of the Food and Nutrition in Nova Scotia Schools Policy Work Group.

Directives

1. Food and Beverages Served and Sold in School

1.1 During the school day when students are present, food and beverages served and sold in school will be consistent with the Food and Beverage Standards for Nova Scotia Public Schools. This includes cafeterias, canteens, vending machines, and lunch, breakfast, and snack programs.

1.2 The policy and food and beverage standards are also in effect during evening programs for students provided by the school. (Refer to Directives 5 and 6 for considerations for Fundraising and Special Functions.)

1.3 Schools will ensure that the majority of choices available are from food and beverages of Maximum Nutrition, recognizing that they are more nutritious than those of Moderate Nutrition.

1.4 Schools will serve or sell only milk (white, chocolate, flavoured, and nutritional alternatives to milk, e.g., soy), 100% juice, and water as beverages as per the Food and Beverage Standards for Nova Scotia Public Schools.

1.5 Schools will not use deep fat fryers to prepare food.

2. Clean Drinking Water

2.1 Schools will ensure that students and staff have access to clean drinking water during the school day.

2.2 Teachers and administrators will encourage students to drink water, especially during periods of hot weather or increased physical activity. This may be facilitated by allowing water bottles into the classroom.

3. Programming

3.1 It is expected that all schools will participate in the Nova Scotia Department of Agriculture's School Milk Program.

4. Pricing

4.1 To ensure that healthy food and beverage choices are accessible to the majority of students, schools will make affordability the primary

consideration when setting prices or profit margins. Meal programs, in particular, will be priced with this in mind.

5. Fundraising

5.1 Fundraising with food and beverages organized by and through schools will centre only on items of Maximum or Moderate Nutrition.

6. Special Functions

6.1 Food and beverages of Maximum and Moderate Nutrition will be offered during Special Functions. However, Special Functions may include items from the Minimum Nutrition list. Special Functions are events that may occur once or twice a month and include special occasions and in-school celebrations (e.g., parent-teacher night, Remembrance Day, school bazaar, Spring Fling, Halloween, Christmas bake sales).

7. Promotion and Advertising

Schools will work to develop a culture that promotes health by

7.1 promoting healthy food and beverage choices that emphasize and are consistent with the Maximum Nutrition and Moderate Nutrition lists.

7.2 giving priority space to healthy food and beverages as defined by the Maximum Nutrition list (e.g., counter-top refrigerators, placement of fruits and vegetables at student eye level).

Nova Scotia Department of Agriculture

8. Food as a Reinforcer

8.1 School staff and volunteers will not offer food as a reinforcer or withhold food from students as a consequence, except in cases where a program planning team is using applied behavioural analysis to implement an individual program plan for a student.

9. Students Who May Be Vulnerable

9.1 Schools will ensure that students and parents are aware of breakfast, lunch, and snack programs that are offered in or through the school at minimal or no cost and are accessible to all students.

9.2 Schools must ensure that any food programs are made available to students in a non-stigmatizing manner.

9.3 Schools will work with parents to ensure that staff/volunteers are aware of food allergies and guidelines for supporting children with food-related chronic diseases (e.g., diabetes, celiac disease).

9.4 Schools will ensure that any food and beverages served and sold from those listed in the Food and Beverage Standards for Nova Scotia Public Schools are in alignment with school board anaphylaxis policy, Canadian School Boards Association Anaphylaxis Guidelines, or Peanut Aware policies and guidelines.

10. Portion Sizes

10.1 Schools will serve and sell appropriate portions of food and beverages. Super-sized portions are not appropriate to serve or sell in schools.

Refer to *Canada's Food Guide to Healthy Eating* for information related to portion sizes.

11. Food Safety

11.1 Schools are required to prepare and serve foods in accordance with food

safety standards and training guidelines as outlined by the Health Protection Act of the Nova Scotia Department of Agriculture. This may require the need for a Food Establishment Permit, food safety training, and Workplace Hazardous Materials Information System (WHMIS) training.

11.2 Schools will emphasize and promote cleanliness. Placemats or disinfectant wipes are encouraged if students are to eat at their desks.

11.3 Schools will ensure that students are aware of the importance of hand washing and will provide students with the opportunity to wash their hands before consuming meals.

12. Nutrition Education

12.1 The Department of Education will work with partners to ensure continued development and currency of high-quality, evidence-based health education curriculum that includes food and nutrition outcomes.

12.2 The Department of Education will work with partners to ensure continued development and currency of high-quality, evidence-based family studies curriculum that includes food and nutrition studies.

12.3 When possible, schools should integrate nutrition education into other subject areas and activities beyond the classroom.

12.4 The Department of Education will work with partners to enhance pre-service and in-service teacher education regarding nutrition.

12.5 The Department of Education will work with partners to ensure that opportunities for ongoing professional development are made available to teachers to support food and nutrition education.

12.6 The Department of Education will work with partners to ensure that teachers and students have access to the resources they need to address food and nutrition curriculum outcomes.

Guidelines – Rationale

13. Time to Eat

Enjoying meals with others is an important component of healthy eating.⁴² After eating, the brain needs approximately 20 minutes in order to register that the body is full. Research shows that students need about the same amount of time to consume a meal. Allowing students and staff a minimum of 20 minutes to eat lunch provides time for the brain to register that the body is satisfied, provides a break in routine, and restores energy and enthusiasm for afternoon classes.

14. Nova Scotia Produce and Products

Nova Scotia produces an abundance of produce and products. Buying food that is grown and produced within the province supports Nova Scotia agriculture and business and means that more money remains in the community. Locally grown, fresh food is often more nutritious if it is used shortly after harvest.

15. Food Packaging and Environmental Consciousness

Schools in Nova Scotia have done a wonderful job partnering with and educating the community about how to be environmentally conscious at school and at home.

16. Role Models

School staff, volunteers, visitors, parents, and peers are all influential role models for students.

17. School Partnerships and Commitment

It takes many individuals and partners working together to build a supportive environment for nutrition and healthy eating in the school setting.

Guidelines

Policy guidelines are recommendations that suggest a preferred course of action.

13. Time to Eat

13.1 It is recommended that the school day be scheduled to allow students and staff a minimum of 20 minutes to eat lunch. NOTE: This does not include the time it takes to stand in line, travel to lunch areas, or prepare foods.

13.2 School schedules should recognize that students need nourishment every three/four hours, based upon the time they would have last had an opportunity to eat. For example, students may benefit from a 10-minute break to eat a snack scheduled separately from recess, if possible.

13.3 It is recommended that students be given time to eat lunch, as well as to participate in activities (e.g., intramurals). Lunch and activities should be scheduled so they complement each other, rather than compete.

14. Nova Scotia Produce and Products

14.1 Whenever possible, schools and food service providers should use food and beverages that are grown, produced, or manufactured in Nova Scotia and Atlantic Canada.

15. Food Packaging and Environmental Consciousness

15.1 Schools are encouraged to continue, as well as find new ways, to reduce consumer and food waste and to support recycling and composting options.

15.2 Schools are encouraged to support energy-saving practices for food programs (e.g., energy-saving equipment such as fridges and stoves that meet the EnerGuide standard).

16. Role Models

16.1 School staff, administrators, volunteers, and guests are encouraged to model healthy eating practices consistent with the policy and Food and Beverage Standards for Nova Scotia Public Schools.

16.2 Community partners who have use of schools for community events are encouraged to follow the policy and Food and Beverage Standards for Nova Scotia Public Schools for consistency and role-modelling purposes.

17. School Partnerships and Commitment

17.1 Students should be involved in the planning of school food menus and choices offered by canteens, cafeterias, lunch and breakfast programs, vending machines, and at special functions.

17.2 Schools are encouraged to address food and nutrition issues within a unique or existing committee that includes administration, teachers, other staff, students, parents, food service staff, and community representatives (e.g., Health Promoting Schools Committee).

17.3 Schools are encouraged to have healthy foods that meet the Food and Beverage Standards for Nova Scotia Public Schools on hand for students who may require food.

17.4 Parent and community groups who participate in fundraising off the school site or outside of the school day are encouraged to focus on non-food or food and beverage items that are of Maximum or Moderate Nutrition.

17.5 Schools are encouraged to apply the policy and the Food and Beverage Standards for Nova Scotia Public Schools during school-based programs for students taking place on weekends in the school.

17.6 Schools are encouraged to consider the policy and the Food and Beverage Standards for Nova Scotia Public Schools when choosing venues and on student school trips.

Accountability and Monitoring

- Schools will ensure that parents, staff, students, food service providers, and community partners are informed of the policy and food and beverage standards.
- The Department of Education will review the policy and food and beverage standards biennially.
- School boards will monitor and evaluate policy implementation and effectiveness related to nutrition and the promotion of healthy eating and participate in the provincial evaluation of the policy.

Implementation Schedule

The Food and Nutrition Policy for Nova Scotia Public Schools will be phased in over three years beginning in 2006–07. This policy will ensure a healthy supportive environment is created for the school community by clarifying direction. This policy will demonstrate that schools value the health of students and staff.

Any contracts for food and beverage services will remain intact until they expire. Upon expiration, it is expected that any new contracts will meet the terms of the policy and Food and Beverage Standards for Nova Scotia Public Schools. Any new contracts signed during the implementation schedule must comply with the policy and Food and Beverage Standards for Nova Scotia Public Schools. This includes agreements related to promotional items such as scoreboards, clocks, and facades for vending machines.