

NUTRITION

Background

Healthy eating is an integral part of growth and development, and good nutrition is conducive to student learning. Therefore, High Prairie School Division (HPSD) is committed to creating supportive school environments for good nutrition and lifelong well-being by encouraging healthy eating for all students and staff.

HPSD respects and supports parents/guardians in their role as providers and decision-makers in the home and what they send to school for individual consumption by their children. In school environments, HPSD will promote the exploration, provision, and sales of healthy food choices for all students.

Procedures

1. Staff shall:

- 1.1. create a school environment where healthy foods are available, affordable, and promoted;
- 1.2. promote nutrition education and positive food messages that align with the Canada Food Guide and the Alberta Nutrition Guidelines for Children and Youth;
- 1.3. partner with community organizations, when possible, to make available affordable, healthy food choices; and
- 1.4. limit the use of food as a form of student reward.

2. The Principal Shall:

- 2.1. Ensure strategies are in place to foster the knowledge, skills, and attitudes that promote healthy eating by:
 - 2.1.1. establishing links between healthy eating and foods provided by the school;
 - 2.1.2. promoting nutrition education that involves students in choice and preparation of healthy foods;
 - 2.1.3. scheduling nutrition breaks that provide time, opportunities, and space for healthy, communal eating as per the Canada Food Guide; and
 - 2.1.4. ensuring food served and sold in school lunch and snack programs aligns with the intent of the Alberta Nutrition Guidelines for Children and Youth (ANGCY; 2012.)

3. Marketing of Food

- 3.1. The principal shall consider the ANGCY guidelines and endeavour to offer food choices in keeping with the spirit of the guidelines to provide healthy food choices and promote healthy eating habits.
- 3.2. Vending Machines
 - 3.2.1. All beverage vending machines in HPSD schools will have products of 100% unsweetened fruit juices, vegetable juices, and/or milks. Drinks such as pop and/or energy drinks will not be sold in vending machines.
 - 3.2.2. Food product vending machines will offer “choose most often” and “choose sometimes” foods.
- 3.3. School Food Services
 - 3.3.1. HPSD canteens will offer at least 50% of foods as “choose most often”, and limit “choose sometimes” foods to no more than 50%.
 - 3.3.2. Drinks such as pop or energy drinks will not be sold in HPSD schools.
 - 3.3.3. School milk programs will have the option of including flavoured milk.

4. Fundraising

- 4.1. School Based Fundraisers
 - 4.1.1. Schools shall be permitted to run fundraising events that include sale of food products.
 - 4.1.2. When all fundraisers for the year are considered, the ratio of food items offered shall be 50% from the “choose most often”, 40% from the “choose sometimes”, and 10% from the “choose least often” categories.

4.2. Community Based Fundraisers

- 4.2.1. Parent and community organizations/committees (excluding school councils) shall be permitted to run fundraising events as they choose.

5. **Celebrations**

5.1. As per Canada Food Guide recommendations:

- 5.1.1. HPSD encourages the use of traditional food sharing and preparation to foster connection between generations and cultures without restriction.
- 5.1.2. HPSD encourages up to 3 community celebration/engagement events to foster connection between families, schools, and communities involving food without restriction. This could include family fun nights or other community engagement events.
- 5.1.3. If families would like to celebrate their child's birthday with food in the school, food choices must be in alignment with ANGCY guidelines. HPSD encourages non-food birthday celebrations in the school setting.

References

Alberta Nutrition Guidelines for Children and Youth
Canada Food Guide