

		<b>Adopted:</b> June 28, 2011 <b>Amended:</b> July 8, 2015
	<b>External References:</b> <ul style="list-style-type: none"> <li>• Education Act: Sections 85, 87, 109, 175</li> <li>• SSBA Nutrition Guidelines for Schools</li> <li>• Canada Food Guide</li> <li>• Health Canada Safe Food Handling Tips</li> </ul>	<b>Internal References:</b>

## Background

Schools play an important role in supporting healthy lifestyle choices for students and staff. Current scientific evidence links food to several health conditions such as obesity and other eating disorders, type 2 diabetes, heart disease and tooth decay. Well-nourished students attend school more regularly, concentrate better, are more alert and exhibit better social skills. Schools have a responsibility to support good nutrition for student well-being and to create a healthy food environment.

Lifelong eating habits are established in childhood. Research demonstrates a relationship between nutrition and children's physical, emotional and intellectual readiness to learn. Promoting good nutrition, physical activity and making positive choices is an important goal for each school.

## Procedures

1. All schools are expected to promote, model and educate students about general health, the Canada Food Guide and obesity and other eating disorder issues related to nutrition.
2. Snacks in school can help students concentrate and do their best. Snacking anytime on healthy choices – fruits and vegetables or water can encourage good eating habits and increase concentration.
3. Vending/Sales of Food and Beverages
  - 3.1 All schools are expected to provide nutritious food and beverage options in vending machines and/or in canteens.
  - 3.2 The Principal in consultation with the School Community Council annually reviews the food and beverage choices in their school.
  - 3.3 School fundraising committees will consider healthy options related to the sale of food items.
  - 3.4 Vending machines that are accessible to students, may be installed and operated in schools, either by the school or by an outside contractor, subject to the following requirements:
    - 3.4.1 Net revenues from the sale of products to students shall be used to support student activities.
    - 3.4.2 The Principal is responsible for the placement of the vending machine(s), the products to be sold and the disposition of the net revenues.
    - 3.4.3 At least fifty percent (50%) of beverages for purchase shall be one hundred percent (100%) fruit juices, milk or water and the remainder may be a variety of beverages.

- 3.4.4 At least fifty percent (50%) of the selection of items for purchase in the food vending machine shall be from the “Serve Most Often” and “Serve Sometimes” categories of the Saskatchewan School Boards Association Nutrition Guidelines for Schools.
  - 3.4.5 Any alterations to a school to accommodate the installation of vending machines shall require the approval of the Facilities Supervisor.
- 4. Food/canteen services may be provided in schools, either by the school or by an outside contractor, subject to the following requirements:
  - 4.1 One staff member shall hold a Food Safe Certificate as a resource to staff and community members. School procedures related to serving food to students must follow Health Canada Safe Food Handling guidelines. The Principal shall be responsible for the products to be sold and the disposition of the net revenues.
  - 4.2 At least fifty percent (50%) of the beverage items shall be one hundred percent (100%) fruit juices, milk or water, and the remainder shall be comprised of a variety of beverages.
  - 4.3 At least fifty percent (50%) of the selection of food items for purchase shall be from the “Serve Most Often” and “Serve Sometimes” categories of the Saskatchewan School Boards Association Nutrition Guidelines for Schools.
  - 4.4 Consideration shall be given to a selection of nut-free products.
  - 4.5 Net revenues from the sale of products shall be used to support student activities.
- 5. Information to parents regarding nutrition procedures shall occur at the beginning of the school year. Ongoing nutrition education for students and families is encouraged via the school newsletter and other activities.
- 6. Staff members are encouraged to model healthy eating practices.
- 7. All individuals who handle food served to students must follow school level procedures related to the safe handling of food.
- 8. All schools are to offer and serve healthy, nutritious foods in its snack and lunch programs and at any other school function where food is served to students.