

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, 2012.

The Greater Saskatoon Catholic Schools Nutrition Policy encompasses all foods served or sold to students, 24 hours a day – every day, and at all school-sponsored events, 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
- Hosting tournaments, festivals, fairs, and other co-curricular events

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*

Procedures/Guidelines

Administrators are responsible to ensure that services and products provided by catering personnel and other food and beverage suppliers meet the provincial School Food Guidelines.

1. Healthier Choices of Food

The nutrition policy is based on the Saskatchewan School Boards Association - Nutrition Guidelines for Schools School Food Guidelines that emphasize healthier choices of foods and beverages. The guidelines categorize foods into "Serve Most Often", "Serve Sometimes", and "Serve Least Often".

Foods Served and Sold in Schools

1.1 Foods and Beverages served and sold to students will be selected from the "Serve Most Often" or "Serve Sometimes" or "Serve Least Often" (Nutrition Positive Guidelines).

These foods will emphasize:

- vegetables and fruit
- lower fat milk products
- whole grain products
- lean meats
- foods prepared with little or no fat
- foods low in salt, sugar and caffeine
- foods high in vitamins and minerals

1.2 Schools are encouraged to serve a variety of healthy meals, which include all of the four food groups in Canada's Food Guide, and to ensure the additional daily lunch items are healthy foods.

1.3 Foods "Served Least Often" are foods that are generally low in nutrients and may be high 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 Schools should try to avoid deep fried foods.

1.5 50% of food in vending machines will be selected from the Heart Smart Selection. Vending machines will not be allowed to sell regular or diet carbonated soft drinks, milks and water with flavors or sweeteners, sweetened juices, fruit drinks with less than 100% juice or sports drinks.

Beverages

1.6 Schools should encourage water consumption by allowing water in classrooms.

1.7 Energy drinks are high in caffeine, sugar, and additives. As schools are concerned about their effect on students' behavior and health, these drinks are not allowed on school property.

Classroom Rewards

- 1.8 In instances where schools choose to offer a reward to students, the School Division encourages schools to offer non-food items or physical activities. If any food is used, it should meet the school food guidelines.

Celebrations

- 1.9 Celebrations, such as birthday parties, Halloween, Christmas, Valentine's Day, Easter, etc., should reflect healthier food choices from the Heart Smart Choices. 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 good safe food handling practices.
- 3.3 When schools provide appropriate equipment (microwaves or warming ovens) to reheat meals that students bring to school from home, care shall be taken to ensure this equipment is cleaned and maintained frequently.
- 3.4 Food allergies and ethnic sensitivity should be considered for foods served and brought into schools.
- 3.5 Designated schools should have appropriate food preparation areas and equipment to accommodate the Child Hunger Education Program.

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 at an appropriate interval between start of school day and lunch break.
- 4.3 Schools shall allow a minimum of 20 minutes 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 within the whole school community.
- 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 Health Eating Guidelines.
- 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 Consider developing site-specific guidelines using the School Division Policy as a framework.
- 6.2 Promote the school food guidelines, make decisions on foods served, and review foods offered.

- 6.3 Follow the Healthy Eating Guidelines and be Nutrition Positive.
- 6.4 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.
- 6.5 Display attractive, current promotional materials related to healthy eating throughout the schools.
- 6.6 Ensure advertising, signage and other equipment reflect healthy food choices.
- 6.7 Participate in activities that promote healthy eating and active living.
- 6.8 Acquire current Canadian nutrition material for the school resource centre.
- 6.9 Schools shall incorporate nutrition information in their home and school communication (e.g. memos, newsletters, websites, etc.).

7. Community Partnerships

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

Possible contacts to assist schools:

- Businesses
- Service Organizations
- Catholic School Community Council
- CHEP (Child Hunger Education Program)
- Food Coalition
- Nutrition Positive
- In Motion
- Community Recreation Groups
- Public Health Nurse, Dietician, Nutritionist
- Others, as applicable to school communities

8. Fundraising

Fundraising activities by schools are encouraged to use non-food products or healthy food choices from the "Serve Most" or "Serve Sometimes" foods within the School Nutrition Guidelines.

References

- Saskatchewan School Boards Association Nutrition Guidelines for Schools - Research Report #04-1, September 2004
- Nourishing Minds - Eat Well · Learn Well · Live Well - Towards Comprehensive School Community Health: Nutrition Policy Development in Saskatchewan Schools, 2012

Forms

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

Date Approved

January 18, 2010

Amended

February 9, 2017