



Good nutrition is vital to the health and well-being of each student and his/her potential to learn. The school, in cooperation with the parent/guardian and the community, has an important role to play in the development of positive attitudes toward nutrition and lifelong healthy eating habits.

Food served in schools should reinforce the good nutritional practices emphasized in the Ontario Curriculum, the School Food and Beverage Policy (P/PM 150) (Appendix 1), and in educational programs offered in Limestone District schools. The Director of Education provides this administrative procedure to assist principals, teachers, students, volunteers, and parent groups to make better- informed decisions regarding the selection of nutritious foods.

The Director and system and school administrators shall endeavour to provide the support and resources necessary for the implementation of this procedure. The district encourages and supports schools and parents in providing an environment in which the healthy choice is the easy choice for our school community.

1. The Healthy School Nutrition Environment

This procedure encourages consistent healthy eating messages and food selections in the school environment in order to promote a positive effect on health, growth and intellectual development. While the school community recognizes the right of parents and guardians to feed their children whatever they choose, it must assert that the right to life and safety is greater and provide for the safety of anaphylactic children accordingly. Safety and anaphylaxis are further detailed in AP 311 Supporting Students with Prevalent Medical Conditions (Anaphylaxis, Asthma, Diabetes, and/or Epilepsy)

1.1. Classroom

- 1.1.1. If food or beverages are used as part of a celebration, staff members will emphasize foods



and beverages of “maximum nutritional value” (Appendix 2).

1.1.2. Avoid offering food or beverages as a reward or an incentive for good behaviour, achievement, or participation.

1.1.3. Classroom teaching tools should not display or promote corporate logos or brand names. The use of actual packaged foods, to teach label reading, for example, is permissible.

1.2. Meetings—School, School Council

1.2.1. If food is served, food and beverages of “maximum nutrition value” should be emphasized (Appendix 2).

1.3. Fundraisers

1.3.1. Non-food items are preferable for school fundraising. When food and beverages are chosen as the fundraiser, it is recommended that only food and beverages from “sell most” and “maximum nutritional value” sections be used (Appendix 2).

1.4. Special Food Days and Events

1.4.1. Food and beverages offered for sale during school events, on school premises, must comply with the School Food and Beverage Policy (P/PM 150).

If food is sold as part of a special event, the school principal may designate up to ten during the school year as special-event days. On special event days, food or beverages sold or served in schools are exempt from the nutrition standards outlined in PPM 150 and this policy. Notwithstanding this exemption, on special-event days, schools are encouraged to sell food and beverages from the “sell most” and “maximum nutritional value” categories. (Appendix 2).

1.4.2. The school principal must consult with the school council prior to designating



a day as a special-event day. School principals are encouraged to consult with their students when selecting special-event days.

1.5. School Tuck Shops/ Canteens

1.5.1. Food and beverages offered for sale in tuck shops/canteens must comply with the School Food and Beverage Policy (Appendix 1). Aim to have all foods and beverages meet the “sell most” or “maximum nutritional value” nutrition criteria (Appendix 2). Sporting events, such as tournaments or meets, must serve and sell food and beverages that comply with the standards of P/PM 150 and this admin procedure unless it is chosen as an exemption day.

1.6. Vending Machines

1.6.1. Food and beverages offered for sale in all vending machines must comply with the School Food and Beverage Policy (Appendix 1). Aim to have all foods and beverages meet the “sell most” or “maximum nutritional value” nutrition criteria (Appendix 2).

1.6.2. The Director and designates will work with partners and schools in an effort to provide healthy nutritional choices for students.

2. Student Nutrition Programs

2.1. School administrators shall endeavour to address the needs of hungry students in the schools through the use of the “Food Sharing Project”.

2.2. The “Food Sharing Project” menus will be planned in co-operation with the dietitian at KFL&A Public Health.

3. Nutrition Education for Students

3.1. A sequential, comprehensive nutrition education curriculum shall begin in kindergarten and continue through secondary school. This education shall include



the curriculum expectations as outlined in the Ontario Curriculum as well as opportunities presented by planned events and incidents in the classroom. All classroom nutrition education will reflect the key messages in Eating Well with Canada's Food Guide (Appendix 3).

4. Nutrition Education for Staff

- 4.1. The teaching staff will continue to be provided with nutrition resources and information provided by KFL&A Public Health.
- 4.2. The district will work with partners to ensure that nutrition and food safety training for food service staff, including volunteers, is available.

5. Modelling Healthy Eating Behaviours

- 5.1. Staff members are encouraged to consume foods that meet the “sell most” and “maximum nutritional value” nutrition criteria (Appendix 2)” when students are present.
- 5.2. Schools are encouraged to implement worksite wellness programs to facilitate healthy staff and school environments.

6. Parent and Community Education

- 6.1. Each school will recognize, value, support and encourage parental involvement in making changes to reflect a healthy school nutrition environment.
- 6.2. School staffs, through the school council, will provide opportunities annually for parents to be involved in the process of designing and implementing the school food and nutrition plan, including catered food and beverages (e.g. lunch programs, pizza, subs) schedule and menu.
- 6.3. All catered food and beverages must comply with the School Food and Beverage Policy (Appendix 1). Aim to have all foods and beverages meet the “sell most” or



“maximum nutritional value” nutrition criteria (Appendix 2).

6.4. Schools will include practical suggestions for school lunches and snacks in school newsletters, through collaboration with KFL&A Public Health.

6.5. Schools will distribute nutrition education materials stressing the advantages of healthy eating behaviours to parents, in collaboration with KFL&A Public Health.

7. Safe Food Environment

7.1. Principals must take into consideration strategies developed under the school board’s policy on anaphylaxis to reduce the risk of exposure to anaphylactic causative agents. See AP 311 Supporting Students with Prevalent Medical Conditions (Anaphylaxis, Asthma, Diabetes, and/or Epilepsy).

7.2. Limestone District staff members will collaborate with community partners to support allergy-safe environments. (See Health Issues Handbook -- Strategies of Avoidance: Minimizing The Risk AT School)

7.3. The Director of Education and designates will ensure all food premises follow food safety policies, with the assistance of public health inspectors.

7.4. Schools are directed to make certain that enough time is available for students to wash/clean hands before and after eating.

8. Appropriate Scheduling of Nutrition Breaks

8.1. As much as possible, school administrators shall monitor school and classroom nutritional break times to ensure that students have sufficient time to eat snacks and lunches in a safe environment.

9. Nutrition Environment Handbook

9.1. Schools are encouraged to make use of the Call to Action: Creating a Healthy School



Nutrition Environment Handbook (Appendix 4) in working with parents, staff and students.

Appendices:

Appendix 1: [School Food and Beverage Policy \(P/PM 150\)](#)

Appendix 2: [Eating Well with Canada's Food Guide](#)

Appendix 3: <http://www.healthyschools2020.ca/pdf/OSNPPH%20Call%20to%20Action.pdf>

Resource Material:

Note: The content of this procedure draws heavily from Call to Action: Creating a Healthy School Nutrition Environment, Ontario Dietitians in Public Health Health School Nutrition Workgroup Steering Committee. March 2004.
Public Health Unit Collaboration, 2018.
Eating Well with Canada's Food Guide, Health Canada, 2007
Health Issues Handbook LDSB Section A Anaphylaxis ??
Anaphylaxis Resource Kit ADE January 2006

Reference:

Bill 8: Healthy Food for Healthy Schools Act, 2008
Education Act S. 265 Duties of Principals: Care of Pupil
Sabrina's Law Bill 3
Ontario Regulation 2008/08 "Trans Fat Standard", Education Act.
School Food and Beverage policy (P/PM 150), Ministry of Education
Healthy Foods and Beverages in Elementary School Vending Machines (P/PM 135), Ministry of Education