

## Administrative Procedure 168

### Appendix C - Nutrition

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## NUTRITION

### Background

Elk Island Catholic Schools (EICS) recognizes nutrition as an essential element of student and staff wellness, and acknowledges its role in optimal growth and development. We are committed to creating nutrition environments in schools that promote and provide access to healthy food choices for all. This nutrition AP serves to reinforce the principles of healthy eating outlined in [Eating Well with Canada's Food Guide](#), and the [Alberta Nutrition Guidelines for Children and Youth](#).

EICS is committed to the development of healthy eating habits as achieved through education in a positive nutrition environment. Working with the [Comprehensive School Health](#) Approach.

Division schools shall implement a coordinated nutrition plan that ensures food and beverages served and sold in schools contribute to healthy growth and development and promote a healthy school community.

Working together with parents and community groups, we endeavour to provide consistent messaging around nutrition and the promotion of making healthy choices.

### Education

Each school will:

- Create a nutrition environment where healthy foods are available, affordable, and promoted.
- Ensure strategies are in place to foster the knowledge, skills, and attitudes that promote healthy eating.
- Establish linkages between health education and foods available at the school.
- Promote nutrition education and positive food messaging.

The primary reference for the provision, promotion, sale and distribution of food in schools shall be the [Alberta Nutrition Guidelines for Children and Youth](#). Using this Guideline, schools shall include foods from the 'Choose Most Often' and 'Choose Sometimes' categories, and avoid foods from the 'Choose Least Often' category.

The criteria for classifications of food into the 'Choose Most Often', 'Choose Sometimes', and 'Choose Least Often' will be clearly communicated to all stakeholders.

EICS will use The [Food Rating System](#) from Alberta Nutrition Guidelines for Children and Youth and the [Healthy Food Checker](#) to assess the classifications of food.

### **Celebrations, Meetings & School Events**

All EICS special events (meetings, sports events, celebrations, class parties, field trips, etc.) will incorporate the principles outlined in the [Alberta Nutrition Guideline for Children and Youth \(2012\)](#).

EICS will ensure that food and beverages purchased for Division and school meetings and events will be from the 'Choose Most Often' and 'Choose Sometimes' food categories.

This Administrative Procedure will be communicated clearly to parents and volunteers who may bring food into schools for special occasions.

### **Parent Role**

EICS recognises that nutrition is fundamentally a parental decision first. We recognise that it is the parent responsibility to provide appropriate nutrition for their child and acknowledge parents as the first teacher of their child.

EICS does not regulate snacks and lunches brought to school for personal consumption, but staff and students are encouraged to make healthy food choices.

This Administrative Procedure does apply to foods brought for classroom parties and celebrations.

Schools will clearly communicate this Nutrition Administrative Procedure with parents and volunteers.

## Hot Lunch Programs

Hot Lunch Programs will provide healthy choices from the '*Choose Most Often*', and '*Choose Sometimes*', categories and will phase out foods from the '*Choose Least Often*' categories.

## Cafeterias

Schools that choose to operate a cafeteria or canteen shall incorporate the principles outlined in the [Alberta Nutrition Guidelines for Children and Youth \(2012\)](#).

EICS will eliminate the sale of food items in the '*Choose Least Often*' category.

EICS will ensure that foods in the '*Choose Most Often*' category are competitively priced and are visible and easily accessible to students.

EICS will offer portion sizes of food that are consistent with serving sizes in "[Eating Well with Canada's Food Guide](#)".

Contracted food service providers must be aware of this Administrative Procedure and provide healthy food and beverage options in compliance with it.

## Vending Machines

All beverage vending machines in all Division schools will have water and may have products in the form of 100 percent unsweetened juice and/or vegetable juices and/or milk. All food product vending machines in all Division schools will always offer items in the '*Choose Most Often*', and '*Choose Sometimes*' categories. EICS will secure contracts with companies that can fulfill this obligation.

## Fundraising

EICS will seek out non-food items for fundraising. Food-related fundraising activities will only include items from the '*Choose Most Often*' and '*Choose Sometimes*' categories. Parent groups will be encouraged to also include only items from the '*Choose Most Often*' and '*Choose Sometimes*' categories.

## Foods Options

Teachers of Foods programs are encouraged to include items from the "Choose Most Often" and "Choose Sometimes" lists as much as possible. At times with certain curricular outcomes however, this may not be possible.

## Rewards

Schools will use non-food rewards to provide incentives. If serving food is essential to the event, teachers/ event organizers will provide food and beverages from the '*Choose Most Often*' and '*Choose Sometimes*' categories.

## Monitoring

Administration teams will monitor the implementation and maintenance of this Nutrition Administrative Procedure on an ongoing basis. Health Champions will support the ongoing work of school leadership with the AP.

Principals are responsible for providing a timeline for the phasing out of foods in the '*Choose Least Often*' category.

Certain rare events in a school may require, for a variety of reasons, involvement of foods from the '*Choose Least Often*' category. In communication with parents, a Principal may allow for a specific event to include foods from this category. (i.e. graduation)

This Administrative Procedure does not impact lunches, snacks, or foods that students or staff members bring from home.

**Resources:** Alberta Nutrition Guidelines for Children and Youth (2012) – Appendix  
Alberta Health Services  
Eating Well With Canada's Food Guide