

4250 Nutrition in Schools

Policy 4250

STATUS: ADOPTED

NUTRITION IN SCHOOLS

Approved: December 15, 2004

Last Revised: June 19, 2013

Description:

The Board of Education believes that where food and beverages are available to students, schools will include and promote nutritious, healthy food choices.

The Board of Education further believes that schools must educate students about the content of healthy food choices and of the benefits in selecting nutritious foods throughout their lifetime.

NUTRITION IN SCHOOLS

Board Approved: December 4, 2004

Last Revised: June 19, 2013

Description:

- 1) Schools shall provide educational programs that promote health and nutrition. Schools shall also ensure that the variety of food and beverages sold in schools shall complement the nutrition education program of the students.
- 2) Each school shall develop a nutrition policy in consultation with staff, students, and their Parent Advisory Council.
- 3) School policy governing the sale of food during all school-sanctioned events shall be based on nutritional guidelines described in the most recent version of *Guidelines for Food and Beverage Sales in BC Schools: Ministry of Education & Ministry of Health*:
 - At least 50% (minimum) of food items sold shall be selected from the Choose Most category;
 - Up to 50% (maximum) of food items may be selected from the Choose Sometimes category;
 - Items from the Choose Least and Not Recommended lists are not to be sold in schools.
- 4) PACs and school groups that are conducting fundraising activities outside of school-sanctioned events, may include the sale of food items from the Choose Least and Not Recommended categories.
- 5) During special events in schools such as celebrations or school ceremonies, food may be provided that would not ordinarily be served under the school's nutritional guidelines. School policy shall include criteria to guide the selection of food and beverages when it is given to students and not sold.
 - When food given to students, is outside the Choose Most or Choose Sometimes categories, items from the Choose Least would be preferable over items in the Not Recommended category.
- 6) School policy shall also include criteria to identify the nature of a "special event". In particular the criteria will describe what days may be considered a school celebration or school ceremony:
 - The "special event" criteria will be used to guide decisions about occasions that are appropriate for food and beverages to be given to students;
 - The school principal shall approve all occasions identified as meeting the criteria for a school celebration or school ceremony.
- 7) Schools shall also:
 - Eliminate the advertising of food and beverages that fall into the "Choose Least" and "Not Recommended" categories;
 - Ensure that the food options provided under contract, or by an outside commercial enterprise meet regulation requirements.