



AP

FOOD AND NUTRITION GUIDELINES

BACKGROUND

PROCEDURES

Schools will support healthy food choices by providing affordable, nutritious food.

Foods and beverages sold or made available at school for lunch, canteen, and snack programs will primarily be selected from the “Foods to Serve Most Often” or “Foods to Serve Sometimes” lists.

That where “Serve Rarely” items are offered for sale, equal space/number allotment for “Serve Most” and “Serve Sometimes” items must be provided, and competitively priced.

School community members will be encouraged to bring only food belonging to one or more of the four food groups of Canada’s Food Guide to Healthy Eating for class parties, recess snacks and lunches. Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days.

Schools are encouraged to choose fundraising activities, rewards and incentive programs which do not compromise students’ healthy food choices.

Recognizing the importance of role modeling in promoting healthy eating, teachers, administrators, and school staff should act as role models to promote healthy eating within the classroom and school environment.

Staff, students, and school volunteers planning activities, events and programs will make decisions that are in accordance with the Nutrition Procedure.

Nutrition messages throughout the school will be consistent with and reinforce the procedure.

Education is vital to the successful implementation of the Nutrition Procedure.

- Parents and the school community will be involved and informed.
- Students will receive nutrition education that teaches the knowledge, skills and attitudes that promote healthy eating habits for a lifetime.
- Teachers will receive training and resources to achieve the outcomes outlined in the *Kindergarten to Grade 12 Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*.

Adopted: August 2015