

ADMINISTRATIVE PROCEDURE 210

Creating a Healthy Nutrition Environment

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.

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* 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 students are encouraged to avail themselves of healthy food choices on a regular basis.

Existing Guidelines – Health Issues Handbook, June 2007 and in conjunction with the direction of AP 315 The Safety of Anaphylactic Students.

1.0.0 THE HEALTHY SCHOOL 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.

1.1.0 Classroom

- 1.1.1 If food is used as part of a celebration, staff members will emphasize foods with moderate and maximum nutritional value, **and with the knowledge of anaphylactic student(s)**.
- 1.1.2 Food should not be used as a reward to modify classroom behaviour.
- 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.

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1.2.0 Meetings—School, School Council

1.2.1 If food is served, foods with moderate and maximum nutrition value should be emphasized, **with the knowledge of anaphylactic student(s)**.

1.3.0 Fundraisers

1.3.1 When food is chosen as the fundraiser item it is recommended that only foods from the moderate and/or maximum nutritional value sections be used, **with the knowledge of anaphylactic student(s) and the community**.

1.4.0 Special Food Days and Events

1.4.1 Schools will work toward a standard of moderate and maximum nutritional value for all special events. If food from the minimum food value list is offered, other choices from the moderate and maximum nutritional value lists must also be available for choice, **with the knowledge of anaphylactic student(s)**.

1.4.2 Schools are encouraged to ensure that menus are planned with input from students and include local, cultural and ethnic favourites of students, **and respect anaphylactic allergy**.

1.5.0 School Tuck Shops

1.5.1 Staff members should ensure that most of the items available in a school tuck shop are from the moderate and maximum nutritional value list.

1.6.0 Beverage Vending Machines

1.6.1 Schools are strongly encouraged to offer only 100% fruit or vegetable juice, water or milk (white or flavoured, 2% MF or less) and no soft drinks.

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

1.7.0 Snack Vending Machines, Food Services Programs and Cafeterias

1.7.1 The Director and designates will work with partners in an effort to provide healthy nutritional choices for students and to ensure that the healthy choices are favourably priced, **and not to include food that is life threatening**.

1.7.2 Food service providers will support a principal's request not to stock specific food drinks or snacks (e.g. peanuts).

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2.0.0 SCHOOL NOURISHMENT PROGRAMS

- 2.1.0 School administrators shall endeavour to address the needs of hungry students in the schools through the use of the “Food Sharing Project”.
- 2.2.0 The main food selections will come from the moderate and maximum nutritional value lists, **and will not include foods that are life threatening.**
- 2.3.0 The “Food Sharing Project” menus will be planned in co-operation with the dietician at **Public Health.**

3.0.0 NUTRITION EDUCATION FOR STUDENTS

- 3.1.0 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.
Awareness of anaphylaxis shall be provided as developmentally appropriate.

4.0.0 NUTRITION EDUCATION FOR STAFF

- 4.1.0 The teaching staff will continue to be provided with resources and information in nutrition by a registered dietician upon request, **as well as anaphylaxis.**
- 4.2.0 The district will work with partners to ensure that nutrition and food safety training for food service staff, including volunteers, is available.

5.0.0 MODELLING HEALTHY EATING BEHAVIOURS

- 5.1.0 Staff members are encouraged to refrain from consuming foods with minimum nutritional value when students are present.
- 5.2.0 Schools are encouraged to implement worksite wellness programs to facilitate healthy staff and school environments.

6.0.0 PARENT AND COMMUNITY EDUCATION

- 6.1.0 Each school will recognize, value, support and encourage parental involvement in making changes to reflect a healthy school nutrition environment.
- 6.2.0 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, for example, with a hot lunch schedule and menu.

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6.3.0 Schools will include practical suggestions for school lunches and snacks in school newsletters, through collaboration with local boards of health, **including alternative suggestions for life threatening foods.**

6.4.0 Schools will distribute nutrition education materials stressing the advantages of healthy eating behaviours to parents, in collaboration with local boards of health.

7.0.0 SAFE FOOD ENVIRONMENT

7.1.0 Limestone District staff members will collaborate with **Public Health** to develop and enforce policies regarding allergy-safe foods and safe food environments. (See Health Issues Handbook -- Strategies of Avoidance: Minimizing The Risk AT School, page A29.)

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

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

7.4.0 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.

8.0.0 NUTRITION ENVIRONMENT HANDBOOK

8.1.0 Schools are encouraged to make use of the Call to Action: Creating a Healthy School Nutrition Environment Handbook in working with parents, staff and students.

Resource Material:

*Note: The content of this procedure draws heavily from Call to Action: Creating a Healthy School Nutrition Environment, Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee. March 2004. **Health Issues Handbook LDSB Section A Anaphylaxis January 2006** **Anaphylaxis Resource Kit ADE January 2006***

Legal Reference:

Education Act S. 265 Duties of Principals: Care of Pupil
Sabrina's Law Bill 3

Last reviewed December 2007