

Policy and Regulation

4.05.01 - Nutrition

Policy Approved: 2010.04.14

POLICY

The Board of Trustees believes that healthy eating is an integral part of growth and development and that good nutrition is conducive to student learning. Therefore, the Board of Trustees is committed to creating school environments that encourage healthy eating habits among all students and staff.

The Superintendent of Schools is responsible to implement procedures that ensure the provision of comprehensive instruction with respect to nutritional health, that promote the development of healthy eating habits among all students and staff, and that limit the sale and distribution of non-nutritious foods.

DEFINITION

1. In the Regulation, “items sold,” means items offered for sale in vending machines, school stores and cafeterias, or in conjunction with fundraising activities and sporting events. It also includes items distributed through school snack programs, hot lunch programs, food rewards, and other similar initiatives. School-sponsored special events, celebrations, and ceremonies such as class parties, meet-the-teacher events, graduation banquets and other similar events are not included in the definition, although schools are encouraged to give attention to healthy eating practices when planning these events.
2. In the Regulation, “at least 50%,” means the number of offerings, not the total sales.

REGULATION

1. Principals are responsible to ensure that appropriate emphasis is given to the portion of the *Health and Life Skills Kindergarten to Grade 9* program of study (Alberta Education 2002, and all subsequent revisions) that addresses nutritional health.
2. Principals are responsible to ensure that appropriate emphasis is given to the portion of the *Career and Life Management* program of study (Alberta Education 2002, and all subsequent revisions) that addresses nutritional health.
3. The nutrient criteria for reference for the sale and distribution of food and beverages in District schools shall be the Alberta Nutrition Guidelines for Children and Youth, (and all subsequent revisions), henceforth referenced as ANGCY.
4. This Regulation applies to food or beverage items sold to students on school grounds or at school-sponsored events, regardless of the organizing group.
5. Principals are responsible to ensure that 100% of the food and beverage items sold in District schools are in the Choose Most Often and Choose Sometimes categories, as described in the ANGCY Standards.

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6. Principals are responsible to ensure that foods in the Choose Least Often or Not Recommended categories, as described in the ANGCY Standards, are not sold in District schools.
7. Principals are responsible to ensure that schools limit the use of food rewards.
8. The Superintendent of Schools is responsible to ensure that a Comprehensive School Health Implementation Team, consisting of representation from across the District, as well as from Alberta Health Services and others, is established to assist with the implementation of this policy and regulation.
9. This policy/regulation is not intended to address food allergy concerns.

REFERENCES

- *The Alberta Nutrition Guidelines for Children and Youth* (September 2008, and all subsequent revisions)
- *Canada's Food Guide* (2007, and all subsequent revisions)
- *Health and Life Skills Kindergarten to Grade 9* (Alberta Education 2002, and all subsequent revisions)
- *Career and Life Management* (Alberta Education 2002, and all subsequent revisions)