

## **1.0. School Administration**

### **1.A. General**

#### **1.A. NUTRITION GUIDELINES**

**Adopted: March 2007**

**Reviewed by Committee: October 27, 2015, December 10, 2019**

**Policy Reference: EL-1.1**

Lakeshore School Division recognizes that the responsibility of the schools in cooperation with the home and community is to encourage healthy lifestyles. The division acknowledges the important role that nutrition plays in the total development and performance of the individual. Readiness to learn is enhanced when children and youth are well-nourished.

It is the intent of the school division to reinforce sound nutrition principles through food services and educational programs. The Lakeshore School Division shall establish practices and procedures that support and promote healthy lifestyles and nutrition. Canada's *Food Guide to Healthy Eating* and additional resources from Health Canada will be used to guide decision making.

As a division, we accept the responsibility of teaching good nutrition both in theory and in practice.

References: Manitoba School Nutrition Handbook (Manitoba Education)  
Healthy Schools Manitoba  
Canada's Food Guide to Healthy Eating  
Provincial Anaphylaxis Policy  
Phys Ed/Health Curriculum

Following are guidelines that will assist the schools in the development of appropriate food services and educational programs.

## **GUIDELINES FOR DEVELOPING SCHOOL LEVEL NUTRITION PRACTICES**

Schools will provide readily available nutrition information for parents that encourages healthy eating at home, and healthy lunches brought to school, at more than one time during the year.

Staff will be encouraged to incorporate the concepts of healthy nutrition in their classroom activities.

The schools' health programs will include topics on nutrition as outlined in the Phys Ed/Health curriculum.

The schools will support healthy eating by providing acceptable food choices in canteens, drink machines, classrooms, offices or anywhere that food items are offered.

Nutritious options will be offered at an affordable price when and where food and beverages are available.

Whenever reasonable, nutritious food will be served as treats for activities such as rewards and classroom celebrations, and for field trips, sports events, canteens, workshops, etc.

The majority of fundraising by the school will not rely on the sale of food with low nutritional value.

When an entire meal is provided in the school, or at a school related activity, nutritional composition will be considered.

As often as possible, students will be engaged in decisions regarding the food choices available in schools.

Breakfast and/or snack programs should be open to all students, but should not encourage students to replace breakfast/snacks normally eaten at home.

Schools will work towards creating pleasant eating environments which will include appropriate supervision, adequate length of time and space for eating meals.

Schools will ensure that staff, including volunteers, are made aware of food allergies and food related chronic diseases. However, it is the responsibility of the child and the family to make informed food choices from the available food.

Administrators will ensure safe food handling practices are practiced by staff and volunteers.

Schools will adhere to the Provincial Anaphylaxis Policy.