



Policy: Healthy Eating in Schools

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1.0 Policy Statement

- 1.1. The Superior North Catholic District School Board believes that good nutrition is vital to the health and well being of each student and his/her success and potential to learn.
- 1.2. The school, in cooperation with the parent or guardian and the community, has an important role to play in the development of positive attitudes toward nutrition and lifelong healthy eating habits.
- 1.3. Food served in schools should reinforce the good nutritional practices emphasized in the Ontario Curriculum and in educational programs offered in Superior North Catholic schools. This policy is intended to assist principals, teachers, staff, students, volunteers and parent groups, to make better informed decisions regarding the selection of nutritious foods.
- 1.4. The Board shall endeavor to provide the support and resources necessary for the implementation of this policy and encourage and support schools and parents in providing an environment in which students are encouraged to avail of healthy food choices on a regular basis.

2.0 Definitions

2.1. Food

Includes both foods and beverages.

2.1. Food Service Provider

Private, for profit company that contracts to sell food and/or beverages

2.1. Healthy Eating

Eating the recommended types and amounts of food as per Canada's Food Guide, which includes choosing foods from the Sell Most and Sell Less categories, as defined below, more often.

2.1. Healthier Food Preparation

Cooking methods that require little or no added fat or sodium, such as baking, B-B-Q, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

2.1. Nutrition Standards for Foods

Food is divided into "Vegetables and Fruit", Grain products", "Milk and Alternatives", and "Meat and Alternatives", following Canada's Food Guide. There are also "Mixed Dishes" for products that contain more than one major ingredient (e.g. pizza, pasta, soup, salads, and sandwiches), and "Miscellaneous Items", for items that are to be used in limited amounts (e.g. condiments, sauces, dips, oils and dressings) and for confectionary, which is not permitted for sale (e.g. candy, chocolate). To determine whether a specific product may be sold in schools, it is necessary to read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria.

2.1. Special Event Days

A day designated by the principal of the school on which food and beverages sold in schools are exempt from the nutrition standards outlined in PPM 150 and this policy.

2.1. Nutrition Education

As outlined in the Ontario Curriculum.

2.1. PPM's

Policy/Program Memorandum No 150; School Food and Beverage Policy- Ontario Ministry Of Education, 2010. Policy Program Memorandum No. 135 Healthy Foods and Beverages in Elementary School Vending Machines- Ontario Ministry of Education, 2004

References

- <http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>
PPM 150
- Eating Well with Canada's Food Guide .
- Ministry of Education Policy/Program Memorandum PPM135
- Schools Food & Beverage Policy Guide
http://www.edu.gov.on.ca/eng/healthyschools/PPM150Quick_Reference_Guide_2010.pdf

Approval and Review Dates

Prior Date Approved: June 20, 2005

Revised Date Approved: October 16, 2017

Review Prior To: September, 2020

Reviewed by: Policy Review Committee, Administrative Council