



Policy 800.6(7): PROCEDURES

Policy 800.6: Nutrition and Healthy Eating

800.6(7.1) Exceptions

Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools may need to be flexible on occasion. At the discretion of the principal, schools are permitted to allow food to be served and/or sold from outside the provincial *School Food Guidelines* a **maximum of three times per school year** under the following conditions:

- 7.1.1 Healthy food choices which do fit the School Food Guidelines are also available.
- 7.1.2 The school administration registers the upcoming event by contacting the School Health Promotion Liaison Consultant (SHPLC).
- 7.1.3 This **does not** include fundraising items.

800.6(7.2) Standards: Quality & Access of Foods Served/Sold in Schools

7.2.1 Food and Beverage Choices

- a) All food and beverages served and sold at Nova Central School District schools and work sites will be consistent with those recommended in the *Serve Most* and *Serve Moderately* categories of the provincial School Food Guidelines.
- b) Schools are expected to serve reasonable food portion sizes, consistent with those recommended by Canada's Food Guide and the provincial School Food Guidelines. Super-sized and extra-large portions are not in accordance with this policy.
- c) Schools will encourage water consumption by ensuring that students have access to clean drinking water at all times during the school day, including in the classroom. Water will be promoted as the best beverage to quench thirst.

- d) Energy drinks are high in caffeine, sugar, and additives. As schools are concerned about their effect on behavior and health, these drinks are *not permitted* on school property.
- e) Schools are encouraged to use and promote local products first, where possible.

7.2.2 Feeding Programs

a) SCHOOL MILK PROGRAM

The School Milk Foundation of Newfoundland and Labrador was established in 1991 with a mandate to “increase the consumption of milk amongst school aged children throughout Newfoundland and Labrador.” The Foundation subsidizes the cost of milk and promotes the drinking of milk by students. It is expected that all NCS D schools will participate in the School Milk Program of Newfoundland and Labrador, unless they are unable to access milk supplies.

b) BREAKFAST/SNACK/LUNCH Programs

The Kids Eat Smart Foundation Newfoundland and Labrador partners with communities, schools, corporations and governments to support children’s access to nutritious food. For a variety of reasons, many children now attend school without eating breakfast. Schools are expected to consider the needs and circumstances of their school community and to consider partnering with The KES Foundation to provide breakfasts, snacks or lunches that will be available to all students.

7.2.3 Promotion and Pricing

Schools are expected to partner with food providers to support a healthy eating environment through:

- a) Promoting and/or advertising daily healthy food choices (those in the “Serve Most” and “Serve Moderate” lists in the *School Food Guidelines*) using attractive, current promotional materials (e.g. posters, displays, etc) which highlight the importance of healthy eating.
- b) Not permitting any promotional materials in schools that highlight food or beverages inconsistent with the School Food Guidelines.
- c) Carrying materials that support the Nutrition Policy and Regulations in school resource centers (e.g. books, videos, pamphlets).
- d) Participating in festivities that promote healthy eating and active living (eg. Living Healthy Commotions, National Nutrition Month) whenever possible.

- e) Keeping costs for healthy food choices as low as possible.
- f) Incorporating nutrition information in their school community where possible (for example memos, newsletters, websites, etc).

7.2.4 Time to Eat

The evidence suggests that academic performance will benefit from nutritional breaks, and that the human brain requires at least 20 minutes to register satiety after eating. It is also recognized that children and youth require regular meals and snacks in order to maintain a blood glucose concentration high enough to support the activity of the brain. Well-nourished students perform better in school. It is expected that schools will:

- a) Provide a recess break for all students an appropriate interval between start of school day and lunch break.
- b) Schedule eating time separate from recreational and other activities (eg. first 20 minutes of the lunch hour scheduled specifically for eating lunch), so that school-based activities do not compete with food intake.
- c) Create a pleasant and safe environment for students to eat.

7.2.5 Students with Special Needs

a) *Students with Exceptionalities*

It is expected that school administrators will discuss any special needs of students with exceptionalities (related to implementation of the School Food Guidelines), with the Student Support Services Sub-Division at NCSD Board Office.

b) *Students with Allergies and Chronic Conditions*

Schools will follow the guidelines for dealing with students with allergies/anaphylaxis as set out in [Anaphylaxis – A Handbook for School Boards](#); [NCSD Protocol: Life-threatening Allergies/Anaphylaxis](#), or any Department of Education and/or NCSD Policies developed to address the needs of students with allergies.

7.2.6 Fundraising

Schools must work with parents, students, volunteers, and fundraisers to implement fundraising activities based on non-food products, or on foods that are consistent with the *Serve Most/Serve Moderately* categories. Fundraising activities cannot be used as one of the three “exceptions” as mentioned in section 6 of this document.

7.2.7 Food Safety

- a) Schools are required to prepare and serve foods in accordance with *Food Premise Regulations* and its standards, as outlined by the provincial Department of Health and Community Services, and enforced by Environmental Health Officers. For information on the regulations and other food safety resources, go to the Government of Newfoundland and Labrador site on [Food Safety Information](#).
- b) Schools will ensure that all food service preparation, storage, and delivery equipment are in working order and have proper temperature controls.
- c) Schools will make every effort to ensure that students have access to a clean place to eat; special precautions are encouraged if students are to eat at their desks.
- d) Schools will promote hand washing before meals.

7.2.8 Food Service Contracts

- a) New contracts with food service providers will be negotiated, taking into account the Provincial School Food Guidelines and *Serve Most/Serve Moderately* categories.
- b) All new food service provider contracts must be reviewed by the SHPLC and the Regional Nutritionist with Central Health.

800.6(7.3) Requirements/Standards: Nutrition Education

7.3.1 School Environment

- a) Nova Central School District encourages schools to take a comprehensive approach to supporting healthy lifestyles for students, and to take steps to ensure well-nourished children and youth.
- b) Schools are expected to appoint an individual or link to an existing committee that will be responsible for the promotion of healthy eating and the implementation of the School Food Guidelines and NCS Nutrition and Healthy Eating Policy. This individual or committee will carry out an annual review of the canteen, cafeteria, vending machines, and breakfast programs to ensure compliance, and must seek input from the SHPLC and Regional Nutritionist with Central Health, in consultation with the school administrator.
- c) In consultation with the administration or responsible body, opportunities are to be provided to students in Grades 7-12 to have input into the planning of healthy food choices in the school environment.

- d) Schools will not offer food as an incentive, withhold food from students as punishment, or reward good behaviour or performance with food. Schools are encouraged to offer non-food items or activities as incentives or rewards.
- e) Administrators, teachers, other staff, and school volunteers are expected to model and promote healthy eating.

7.3.2 Curriculum

Schools will endeavour to promote healthy eating messages and nutrition policies through existing curriculum, based on the most current Canadian resources. Nutrition education and healthy eating messages are integral components of health curriculum, physical education curriculum, and other subjects. These educational outcomes will be supported by extending consistent messaging into the broader school environment (i.e., outside the classroom including the cafeteria, fundraising, etc.) for reinforcement of nutrition concepts involving the whole school community. Taken together, this comprehensive approach can positively influence the nutrition knowledge, attitudes, skills, and eating habits of the students in our district.

7.3.3 Community Resources

Schools are expected to develop working partnerships with relevant community partners, to help promote healthy eating in schools, which include:

- School council
- Public Health Nurses
- Environmental Health Inspectors
- School Milk foundation
- Kids Eat Smart
- School council
- Food Security Network of NL
- Other local businesses, service organizations, and community recreation groups

800.6(7.4) References

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