

---

## **NUTRITION**

The Swan Valley School Division believes that all students should be provided with the knowledge, skills and experiences necessary to make nutritious food choices essential to mental and physical health.

The School Division has a responsibility to promote and support good nutrition in schools by ensuring that healthy food choices predominate in school cafeterias, breakfast and lunch programs, canteens, vending machines, snack programs, fundraising activities, and school-wide events.

### **Components of School Nutrition**

The general objectives of The Swan Valley School Division Nutrition Policy are:

- (i) To reinforce the importance of healthy eating habits and to insure that foods offered reflect the Manitoba School Nutrition Guidelines, promote and contribute to the development of lifelong healthy eating habits.
- (ii) To ensure that the staff in Division schools have opportunities for ongoing nutrition education professional development programs that focus on strategies for lifelong healthy behaviors for students.
- (iii) To educate and involve family members and the community in supporting and encouraging nutrition education and the promotion of healthy eating habits.

### **Guidelines**

The guidelines for the implementation of the school Nutrition objectives shall be:

- i) Food and beverages served or sold by/for the school during the school day will be consistent with the Manitoba School Nutrition Guidelines. This will include Division programs, incentive, reward or recognition programs, cafeterias, vending machines, school stores as well as meetings, celebrations and other events during the school day.
- ii) Beverage vending machines will only offer milk and milk products (e.g. low fat yogurt drinks), nutritionally equivalent milk alternatives, 100% juice and water.
- iii) During scheduled classes student access to vending machines and school stores will be managed at the local school level.

- 
- iv) The foods and beverages served or sold at student, staff and parent special events (sports days, student council meetings, parent-teacher meetings, concerts, etc.) will be in accordance with the Manitoba School Nutrition Guidelines.
  - v) All groups (e.g. patrols, band, sports teams and student and parent councils) will be encouraged to raise funds by selling non-food items or healthy food and beverage choices if they choose this option for fund-raising.
  - vi) As water is an essential nutrient and mild dehydration can reduce mental functioning, alertness, and energy levels, access to water shall be available for students at meals and throughout the day as required.

### **Food Safety**

- i) All schools are required to prepare and serve foods in accordance with food safety standards.
- ii) Schools will ensure that all Division managed food service preparation areas, storage and delivery equipment meet food safety standards.
- iii) For students participating in Breakfast/Snack programs or using the school cafeteria, the school will ensure that students have access to a sanitary/clean place to eat. To ensure cleanliness, placemats or disinfectant wipes are encouraged if students are to eat at their desks.
- iv) Schools will promote and allow students time to wash/sanitize their hands before consuming meals.
- v) Schools will ensure that an event, where food is served to students/parents/community/public, at least one certified food handler is present.

### **Student/Community Involvement**

- i) Where appropriate, students/parents shall be involved in the planning of school menus and food choices.

### **Nutrition Education**

- i) Students shall receive Nutrition Education as a component of the Health curriculum
- ii) School staff, administrators, volunteers, and students are encouraged to model healthy eating practices in accordance with the Health curriculum Manitoba School Nutrition Guidelines, and the Nutrition policy.

- iii) As a component of Nutrition Education elementary schools are encouraged to provide healthy food experiences.

### **Food Allergies**

- i) Parents and schools shall work together to ensure that staff/volunteers are aware of food allergies and/or children who have food-related chronic health conditions (e.g. diabetes, celiac, lactose-intolerance).
- ii) It is the responsibility of the parent/caregiver and the student, depending on their age and condition, to notify the school of allergies and medical conditions, and to make informed choices from the foods available at the school.

### **Responsibilities**

- i) The Superintendent shall ensure that the Manitoba School Nutrition Guidelines form the basis for cafeteria and vendor machine contracts.
- ii) The Superintendent shall review the annual school plans and school reports to monitor the implementation of the Nutrition Policy.
- iii) The Principal shall be responsible for ensuring:
  - 1. That time is allocated for teaching the nutrition outcomes in the “Kindergarten to Senior 4 Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles”, the “K – 4 Science, A Foundation for Implementation” and the “Grade 5 – 8 Science, A Foundation for Implementation” documents.
  - 2. That an action plan for the implementation of the nutrition policy is developed. This could include establishment of a school nutrition committee which includes administration, teachers, other staff, students, parents, food service staff and community representatives, an assessment of current nutrition practices and identification of initiatives to integrate components of the nutrition policy within the basic operations of the school.
  - 3. That, where appropriate, a committee is established to monitor cafeteria services and includes school administrators, staff members, students, and parents (where appropriate).
  - 4. That implementation, results and means for improvement of the nutrition plan are reported on an annual basis in the school plan.



- iv. Teachers shall be responsible for participating in appropriate professional development related to the nutrition outcomes of the Health curriculum ensuring that the nutrition education outcomes are met and encouraging students to make nutritious choices.