

The South Slave Divisional Education Council recognizes that healthy eating helps students to achieve their academic potential while also contributing positively to their physical, mental and emotional wellbeing. Addressing the nutritional needs of students from families with limited resources is key to promoting a more equal learning environment and fostering positive futures for those with the greatest need.

Council also recognizes that the school environment has great potential to influence student lifestyle choices of benefit to students now and in the future. Research clearly identifies the links between poor eating habits and the development of chronic diseases such as diabetes, cancer, heart disease, and tooth and bone decay as well as the impact of diet on self-regulation. A clear message about the importance of healthy eating will enhance the health messages in the curriculum.

South Slave schools seek and acquire resources in order to routinely provide healthy, nutritious foods and nutrition education and activities for students. This policy expects a commitment from schools to promote water as the drink of choice, and to encourage students to develop good eating habits. Principals, or their designates, are responsible for the implementation of this policy.

REGULATIONS

Where possible, Council recommends school programs that include one or more of the following, funds permitting:

- Breakfast
- Morning snack
- Lunch
- Afternoon snack
- Open cupboard

Schools are responsible for promoting healthy food options and for providing healthy, minimally sweetened and processed alternatives when choosing, preparing and serving food, whether in-school, during breakfast, snack or lunch programs, in vending machines, and during school-sponsored events such as dances or tournaments.

The following regulations outline the ongoing efforts to promote safe and healthy eating within schools:

1. Teachers will educate students about good nutrition and the value of making healthy food choices.

2. To the best of the staff's ability, food served in schools should be healthy, as per Canada's Food Guide. Schools are encouraged to provide vegetables, fruit, whole grain and protein foods while limiting access to sugary drinks and highly processed foods.
3. Traditional food and locally grown/sourced food will be incorporated where possible.
4. Although healthy foods should be promoted for daily consumption, it is recognized that schools need to have some flexibility on special occasions and celebration days.
5. Individuals who prepare and serve food are encouraged to read and adhere to food safety standards to minimize the risk of illness and to ensure food is prepared in a sanitary manner.
6. In recognition of the importance of role models in the promotion of healthy eating, teachers, administrators and other school staff should act as role models to promote healthy eating within the classroom environment.
7. While parents have the power to govern what their children bring to school and eat, schools will encourage students, staff and community members to bring only food belonging to at least one of the food groups in Canada's Food Guide.
8. Additional healthy foods and nutrition information and enhanced awareness can be promoted through the use of varied multi media formats such as posters, signage, notice boards, scrolling banners, school newsletters, school Facebook pages or websites etc. These can be displayed and highlighted where possible throughout the school and learning community.

References: Canada's Food Guide - <https://food-guide.canada.ca/en/>
Canada's Dietary Guidelines - <https://food-guide.canada.ca/en/guidelines/>
Food Safety - <https://www.canada.ca/en/services/health/food-safety.html>

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