SOUTH SLAVE DIVISIONAL EDUCATION COUNCIL

HEALTHY FOODS AND NUTRITION
POLICY EFA

PURPOSE

The South Slave Divisional Education Council (SSDEC) recognizes that healthy eating supports student learning, academic achievement and physical, mental and emotional well-being. Providing access to nutritious food, particularly for students from families with limited resources, helps create an equitable learning environment and supports student success.

Council recognizes that schools play an important role in developing healthy eating habits and reinforcing nutrition education. By promoting nutritious food choices, encouraging water consumption and supporting access to healthy meals and snacks, schools contribute to students' overall health and well-being.

This policy establishes expectations for promoting healthy eating, providing nutrition programs and encouraging positive food choices throughout SSDEC schools.

REGULATIONS

School Nutrition Programs
Schools will seek available resources to support the provision of healthy, nutritious foods and nutrition education for students.

Where funding and resources permit, schools are encouraged to offer one or more of the following nutrition programs:

- Breakfast
- Morning snack
- Lunch
- Afternoon snack
- Open cupboard or other accessible food programs

Healthy Food and Beverage Choices
Schools are responsible for promoting healthy food options and providing nutritious alternatives when selecting, preparing or serving food. This applies to school nutrition programs, vending machines and school-sponsored activities and events, including dances and tournaments.

To the best of their ability, school staff should ensure that food served in schools aligns with Canada's Food Guide. Schools are encouraged to:

- Provide vegetables, fruits, whole grain foods and protein foods.
- Promote water as the drink of choice.
- Limit sugary drinks and highly processed foods.
- Offer nutritious foods with minimal added sugars.

Traditional foods and locally grown or sourced foods should be incorporated into school nutrition programs and activities where possible.

While healthy food choices should be encouraged during regular school activities, schools may allow flexibility for special occasions, celebrations and cultural events.

Nutrition Education and Promotion

Teachers will provide students with nutrition education that supports an understanding of healthy eating and the importance of making informed food choices.

Teachers, administrators and other school staff are encouraged to model healthy eating habits and reinforce positive nutrition messages within the school environment.

Recognizing that parents and guardians are responsible for the food their children bring to school, schools will encourage students, staff and community members to make healthy food choices consistent with Canada's Food Guide.

Schools are encouraged to promote nutrition education and healthy eating through a variety of communication methods, including posters, signage, bulletin boards, digital displays, newsletters, social media and school websites.

Food Safety

Individuals involved in preparing and serving food are encouraged to review and follow applicable food safety standards to support sanitary food preparation and minimize the risk of foodborne illness.

Implementation and Responsibility

Principals, or their designates, are responsible for implementing this policy within their schools.

Schools are encouraged to incorporate healthy eating practices into their daily operations, educational activities and school-sponsored events, recognizing available resources and the needs of their school communities.

References: Canada's Food Guide
Canada's Dietary Guidelines
Government of Canada - Food Safety

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