



AP 2-180 – FOOD AND NUTRITION

BACKGROUND

Western School Division is rooted in caring and committed to learning. We share a responsibility to foster and support healthy eating which promotes growth, development and learning. All foods and beverages sold and/or served in our schools will be provided based on the Moving Forward with School Nutrition Guidelines , 2014.

PROCEDURES

- . Schools will support healthy food choices by providing affordable, nutritious food.
- . Prices and product placement of food and beverages sold or made available at school for lunch, canteen and snack programs make fresh, whole foods the easiest and most appealing to purchase.
- . Schools shall ensure that they follow the document, [Moving Forward with School Nutrition Guidelines](#) for school events. **Each year, schools with a cafeteria will complete the checklist** and ensure compliance with the guidelines for cafeterias.
- . School community members will be encouraged to bring food that is supported by [Canada’s Food Guide to Healthy Eating](#) for class parties, recess snacks and lunches. Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days.
- . Schools are encouraged to choose fundraising activities, rewards and incentive programs which do not compromise students’ healthy food choices.
- . Recognizing the importance of role modeling in promoting healthy eating, teachers, administrators, and school staff should act as role models to promote healthy eating within the classroom and school environment.
- . Staff, students, and school volunteers planning activities, events and programs will make decisions that are in accordance with the Nutrition Procedure.
- . Nutrition messages throughout the school will be consistent with and reinforce the procedure.
- . Education is vital to the successful implementation of the Nutrition Procedure.
 - o Parents and the school community will be involved and informed.
 - o Students will receive nutrition education that teaches the knowledge, skills and attitudes that promote healthy eating habits for a lifetime.
 - o Teachers will receive training and resources to achieve the outcomes outlined in the *Kindergarten to Grade 12 Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*.

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Adopted: **August 2015**