



AP 2-182 – FOOD AND NUTRITION – GUIDELINES CHECKLIST

FOOD AND NUTRITION PROCEDURE – GUIDELINES CHECKLIST

This Nutrition Guidelines Checklist is a resource that provides schools with focus areas to consider as they move ahead with the development and implementation process of the School Nutrition Procedure. The Checklist is intended to be used as an assessment tool for schools to gauge progress in the implementation process.

Nutrition Guidelines that Support Divisional Procedure	Implemented	Partially Implemented	Under Consideration (UC)	Not Yet UC
1. Information regarding the divisional nutrition procedure is communicated and/or available to all stakeholders				
2. Teachers will receive appropriate professional development and resources to achieve the outcomes as outlined in the “Kindergarten to Grade 12 Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles”				
3. Staff are offered information and resources to understand and promote the Procedure				
4. Students receive nutrition education that teaches the knowledge, skills and attitudes which promote healthy eating				
5. Nutrition messages throughout the school are consistent with the Procedure and Guidelines				
6. Adults model and encourage healthy food choices				
7. Staff make nutritional decisions that are in accordance with the Procedure and Guidelines regarding any school event or program				
8. Nutritious foods are served or available at special events, class parties, field trips, etc.				
9. Students and staff are encouraged to stay hydrated				



Nutrition Guidelines that Support Divisional Procedure	Implemented	Partially Implemented	Under Consideration (UC)	Not Yet UC
10. Students are encouraged to bring or purchase healthy snacks & lunches				
11. Parents are provided with information and encouraged to support the Procedure and Guidelines				
12. Food (including food and beverage related coupons) are discouraged as rewards for students except in the case where it is identified as part of an IEP				
13. Food items sold to raise funds for school/classroom activities are in accordance with the Procedure and Guidelines when students and staff are involved				
14. Meal periods are long enough for students to eat and socialize (20 – 25 minutes recommended)				
15. Eating areas are attractive and clean with sufficient seating				
16. Hand washing before and after eating is encouraged				
17. Healthy food choices are offered at a price that encourages their purchase				
18. Food and beverages offered for snacks, including vending machines, are in compliance with the Procedure and Guidelines				
19. Catering contracts and food service contracts are in accordance with procedure and the Manitoba School Nutrition Handbook				
20. After school activities remain governed by the Procedure and Guidelines and staff, students and parents are encouraged to promote nutritional choices				

Adopted: June 25, 2007