

SCHOOL DISTRICT NO. 73 (KAMLOOPS/THOMPSON)

REVISED BOARD POLICY

Effective Date _____

Reference No. 239

NUTRITION IN THE SCHOOLS

The Board of School Trustees for School District No. 73 (Kamloops/Thompson) supports the premise that schools should educate their students to the benefits of eating nutritious foods and to reject non-nutritious foods.

The Board further believes that where food and beverage products are offered for sale during the school day, schools must offer nutritious food choices for students and staff.

Each school in the Kamloops/Thompson School District will develop and implement a policy governing the sale and distribution of all food and beverage products in their respective schools by January 1, 2005. Such policy will include vending machine products, special meals days, food for fundraising, contracted food services, sporting events and food used as a reward.

REGULATIONS

1. Principals are encouraged to identify children at risk due to poor nutrition. After initial discussion between teacher and parent about the nutritional concern, the public health nurse may be consulted regarding further action.
2. Schools will develop nutrition policies in consultation with Parent Advisory Councils. Principals will review food services for students annually with the school's Parent Advisory Council.
3. School policy governing the sale and distribution of food products in/by schools or during school sponsored events will be based upon the most up-to-date guidelines available from Interior Health. Guidelines will be provided to schools annually by Interior Health.
4. All schools are expected to provide suitable nutrition education programs as outlined in Ministry of Education curriculum. Schools will ensure that all food and beverages sold or distributed in schools are an extension of the classroom and will complement the nutrition education experiences of the students.

Consistent with the Interior Health Guidelines school policy will reflect the following:

- a) that schools will focus on and promote the serving of foods from the "serve most" and "serve sometimes" lists from the Interior Health Food Selection Standards (*attached*).
- b) that choices from the "serve most" list must be provided wherever food or beverages are sold in schools. However, in elementary schools, all "serve least" foods must be removed from choice offerings. Policies may include exceptions for special days or fundraising events.
- c) that "serve least" advertising must be removed from all vending machines.
- d) that pricing should encourage the selection of healthy food and beverage choices.