



# Silver Star Elementary School

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## School Nutrition Policy March 2004



*Based on the objectives recommended by the School Food and Nutrition Policy pilot project, the desire to make "healthy choices, the easy choices", and the current alarming national trends towards obesity and poor nutrition, the Silver Star Advisory Committee has developed the following policy as it applies to the whole school community. See supporting documents.*

### Staff

- Ensure that Nutrition curriculum be taught in each grade
- Provide students with "hands-on" nutrition experience
- Encourage and model consistency around healthy eating in the classroom
- Take opportunity for professional development/supports when possible
- Avoid the use of candy as rewards in the classroom
- Strive for nutritious choices at all classroom celebrations and events
- Will review the policy as needed (including microwave guidelines)

### School (Events and Fundraisers)

- Make a point to offer a selection of nutritious choices
- Will sell non-food items or nutritious foods (ie: Milk) over non-nutritious foods

### Parent Advisory Counsel

- Will choose non-food or healthy food fundraisers more often
- Explore viable options to chocolate/cookie dough sales
- Events will attempt to reduce the use of candy as prizes
- Provide support to parents, students, and staff in making healthier transitions
- Lunch days will continue to offer healthier alternatives and move away from foods with little or no nutritive value (ie donuts).
- Meals served will provide at least 3 out of 4 food groups
- Sustain a "Healthy Living" Committee to ensure that health promotion activities are continued in the school and that the Food Policy is followed and reviewed annually or as needed.
- Healthy Living Committee will assist in parent/staff education around nutrition and other health issues



### **Parents**

- Will have knowledge of the policy and strive to keep informed through school newsletters
- Support the efforts of classroom teachers by sending more nutritious snacks for classroom celebrations or events and in lunches
- Strive to model healthy eating behaviors at home

### **Students**

- Make an effort to choose healthy foods more often
- Whenever possible, students will be involved in strategies that promote healthy lifestyles at school
- A student Healthy Living Committee could be formed to supplement the work of the PAC committee.

### **Vending Machines**

- Will be stocked with pure fruit juices, water, and milk products where applicable

### **Pricing**

- Nutritious foods and beverages will be priced competitively to encourage sales.

### **Microwaves**

- Microwaves guidelines will be posted and reviewed with parents, students, and staff to ensure safe handling and efficient and appropriate usage. *See supporting documents*

### **Supporting Documents**

- *School Food and Nutrition Policy Project*
- *Microwave Guidelines*
- *Nutrition Education Resources for Teachers*
- *Fundraising for Schools*
- *BC Dairy Foundation- Nutrition Education Workshops*
- *Healthy Snack Guide – Serve Most/Serve Least Snacks*
- *School Foods Tool Kit – A Guide for Improving School Foods and Beverages -Centre for Science in the Public Interest*
- *List of web resources*
- *Facts on Snacks*
- *Put Some Punch in Your Lunch*
- *Sample policies – Osoyoos Secondary School*
- *Healthy Snack Ideas*
- *Healthy Concession Ideas*

**Silver Star Elementary Nutrition Policy**



**Reviewed**

**Date**                      **Signed by**                      **Position**

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**Amended**

**Date**                      **Signed by**                      **Position**

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**Comments**