

## Administrative Procedure 316

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# NUTRITION

### Background

Grande Prairie and District Catholic Schools recognizes that healthy eating is an integral part of growth and development. An increasing amount of research draws connections between student health and potential for learning. Additionally, children learn from role models. Therefore, the Board is concerned about creating supportive school environments for good nutrition and lifelong well being by encouraging healthy eating for all students and staff.

**The procedure is intended to set guidelines for schools to implement a coordinated comprehensive food and nutrition policy that encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods, and controlling the sale and use of non-nutritious foods.**

### Procedures

1. Each Principal will monitor the implementation and maintenance of a school nutrition policy on an annual basis.
2. In all District elementary/junior high schools 100% of the product will be unsweetened fruit and/or vegetable juice, and/or water and/or milk, unless prior contractual agreements prohibit the implementation.
3. All District elementary/junior high schools will have 50% product chosen from the "Choose and Serve Most Often" list and 50% product chosen from the "Serve Sometimes" list (see Appendices 1 and 2).
4. Schools that choose to operate a canteen will always offer items from the "Choose and Serve Most Often" list (Appendix 1) and may offer foods from the "Serve Sometimes" list (Appendix 2), and limit the sale of foods from the "Other" (Appendix 2) category to once a week. This will apply to all elementary schools.
5. Schools that choose to operate a cafeteria shall incorporate the principles outline in Canada's Food Guide.
6. Nutritious foods in canteens, cafeterias, and at school events are competitively priced and appropriately promoted and advertised.
7. The beverage consumed by students during instructional time will be water or other healthy choices as allowed by individual school policy.
8. If staff members use snacks or treats as a "reward" for students, it needs to be done in moderation.

9. Staff will assist students to develop strategies that promote nutritional, healthy choices for self and others.
10. District staff shall strive to model healthy food choices during instructional time.
11. The school level administrator shall develop guidelines and procedures pertaining to snack and meal programs offered at the school in line with Canada's Food Guide).

Reference: Canada's Food Guide to Healthy Eating (2005)

## **APPENDIX 1: Choose and Serve Most Often List**

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt. Examples include:

- **Grain Products** Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes, muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, crackers, tortillas, taco shells, rice.
- **Fruits and Vegetables** Fresh fruit, fresh vegetables, canned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, Frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads, vegetable soup.
- **Milk Products** 2% and 1% white or chocolate milk, yogurt, cheese slices, cheese sticks, milk-based puddings, individual cheese portions, milk-based soups.
- **Meat and Alternatives** Canned fish, lean meat, fish, poultry, cheese and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legumes, nuts, seeds.
  - **Sauces, Toppings, Garnishes and Dips** Syrup, honey, jam, salsa, tomato sauce, low or non- fat dressings, spreads, mayonnaise, dips.
- **Sweets** Fruit bars (apple, raspberry, fig), graham crackers, cereal bars (multi-grain, low fat).

## **APPENDIX 2: Serve Sometimes List**

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also high in fat, sugar or salt. If serving these foods combine with foods from Appendix 1: Choose and Serve Most Often list. Examples include:

- **Grain Products** Cookies (made with oatmeal, peanut butter, or dried fruit), granola bars.
- **Fruits and Vegetables** French fries, fruit in light syrup.
- **Milk Products** Yogurt drinks, ice cream, frozen ice cream treats, eggnog, milkshakes.
- **Meat Alternatives** Wieners, sausages, cold cuts, luncheon meats, pepperoni sticks, pizza pops, pizza, sesame bars, processed cheese spread.

## **OTHER**

### **(Maximum of one item per week.)**

Most of these foods are considered poor sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D and are also high in fat, sugar or salt. Examples include:

Pastry Danishes, doughnuts, cake, sticky buns, chips, cheese puffs (Cheezies), candy, chocolate, flavored gelatin (jell-o), flavored fruit drinks/ slushies, hot chocolate, froze ice pops, packaged instant soups, noodle soup, chocolate-covered granola bars, crispy rice squares, presweetened breakfast cereals, pop, and sport drinks.