



AP 226 – Nutrition Education

Purpose

1. Principals will review the school's provision of food with reference to the 'Guidelines for Food and Beverage Sales in B.C. Schools' annually with the school's Parents' Advisory Council and/or the School Planning Council.
2. Schools will develop and/or review a school policy governing the sale and distribution of food products in schools or during school sponsored events. These policies will be based upon the most up-to-date nutritional guidelines.
 - 2.1 Schools will focus on and promote the serving of foods from the 'Choose Most' and 'Choose Sometimes' categories.
 - 2.2 Pricing should encourage the selection of healthy food and beverage choices.
3. Food and beverage vending machines and/or concession booths may be placed in schools at the discretion of the principal, and in consultation with staff, students and parents. Foods and beverages sold in this manner should comply with the School Nutrition policy (as outlined above).

Procedure

A. Preface

The Board believes it has a shared responsibility with parents/guardians and the community to ensure that students develop healthy lifestyles that include a focus on healthy nutrition. Healthy, well-nourished children are more prepared to learn, more likely to attend class and are better able to take advantage of educational opportunities.

The school has an important role to play in improving the health of Canadians by reinforcing sound nutrition principles both through its provision of food and education programs.

As stated in the 'Guidelines for Food and Beverage Sales in B.C. Schools':

- Good nutrition can promote brain development; increase immune function; raise self-esteem; reduce anxiety, depression and hyperactivity; increase attendance; increase cognitive development; and reduce the risk of health problems such as those associated with obesity.

- Schools' practice concerning nutrition must be consistent with the Province's goal to eliminate the sale of unhealthy foods and beverages in BC schools by 2009.

Positive nutrition must begin in early childhood when lifelong habits and attitudes are being formed. It must be reinforced throughout the school years. The Board believes that where food and beverage products are offered for sale during the school day, and at school-related functions, schools will refer to the 'Guidelines for Food and Beverage Sales in B.C. Schools'.

B. Objectives

1. Nutrition education should be a cooperative effort between home and school with practice reinforcing theory.
2. Nutrition education in schools should encourage a positive attitude towards nutritious eating and thereby play an important role towards preventative health care.
3. Teachers are encouraged to integrate nutrition and health information into the curriculum.
4. Nutrition education in schools should prepare students as consumers, to make informed choices.

Adopted: April 8, 1981

Amended: October 25, 2006

References: 'Guidelines for Food and Beverage Sales in B.C. Schools' http://www.bced.gov.bc.ca/health/guidelines_sales.pdf