

## Elm Creek School Nutrition Policy

### **Mission:**

Elm Creek School supports healthy eating as children who practice good nutrition will be more responsive to learning and it is the school's responsibility in partnership with families to teach and develop lifelong healthy eating and healthy food choice habits.

### **Rationale:**

Food is an important part of school life. Students bring food from home, have food available at the canteen, purchase drinks from vending machines, sell food products as fund raisers, have food for school parties and events, and sometimes as rewards.

Current curriculum in Physical Education and Health Education teaches students about nutrition and healthy eating. We need to integrate what is being taught with daily practice. The school's role in health promotion and disease prevention is significant.

### **Guidelines:**

- ✓ The school canteen will provide healthy food choices emphasizing freshly prepared food products. Canada's Quick Guide for Foods Available in School will be followed.  
[www.gov.mb.ca/healthyschools/foodinschools/documents/k12food.pdf](http://www.gov.mb.ca/healthyschools/foodinschools/documents/k12food.pdf)
- ✓ Our school will strive for a **nut-safe** environment. The school will eliminate any nut products from the canteen and fund-raising products chosen. Students will be asked to observe our nut-safe policy for all food products brought to school.
- ✓ The school will recognize safety procedures for other allergies to food products and work together with students and their families to provide a safe environment for all.
- ✓ Special events in school will include healthy food choices.
- ✓ Elementary milk program will provide milk for students at lunch time.
- ✓ The vending machine for elementary students (closest to Music Room) will provide real fruit juices and water.
- ✓ Vending machine for high school students will provide at least 50% healthy choices.
- ✓ Our school will feature new food choices for students through specials to encourage students to try different ethnic food choices.
- ✓ The school canteen will limit the number of unhealthy food snacks available for sale.
- ✓ An annual review of food in the school will be conducted. Guidelines as presented in <http://www.gov.mb.ca/healthyschools/foodinschools/documents/handbook.pdf> will be followed.
- ✓ Nutrition information will be provided for parents throughout the year to promote healthy lunches and healthy snacks.
- ✓ Active healthy living will be promoted through our school curriculum and events.