

# 108860

ECBD

JHFAA

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## Nutrition

The St. James-Assiniboia School Board recognizes that our schools and community have a shared responsibility to educate and encourage healthy lifestyles. The St. James-Assiniboia School Board also acknowledges the important role that nutrition plays in the total development and performance of the individual. The Board believes that where possible, food served or sold in schools should reinforce good nutrition practices as emphasized in the *Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles* and the [Manitoba School Nutrition Handbook](#).

In keeping with the nutrition policy, St. James-Assiniboia School Division will:

1. Instruct, inform and model “best practice” to students in our care
2. Promote and encourage the principles of healthy eating
3. Assist students in making independent healthy eating choices
4. Ensure students receive nutrition messages throughout the school that are consistent and reinforce each other
5. Integrate healthy eating into other curriculum areas
6. Ensure teachers have access to appropriate resources to achieve nutrition outcomes as outlined in the *Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*
7. Encourage parents to participate in healthy eating and physical activities at school
8. Ensure that all staff and volunteers are informed of the St. James-Assiniboia School Division Nutrition Policy
9. Encourage inservicing of staff members on the *Manitoba School Nutrition Handbook*

## Guidelines

### **Canteens/Cafeterias & Food Services**

1. School canteen and cafeteria menus shall reflect food choices as outlined in the *Manitoba School Nutrition Handbook*.
2. Healthy food choices will be priced competitively so as to encourage their purchase.

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3. Catering contracts with external food service companies shall follow the guidelines as outlined in the *Manitoba School Nutrition Handbook*.

**Eating Environment** - Policy JHFAA - Supervision of Students at Lunch Hour

**Food Allergies** - see Policy JHC - Student Health Services and or Policy JHCE - First Aid and Emergency Medical Care

### **Food Handling**

1. Staff, students and/or volunteers who prepare food available for sale within the school must comply with [City of Winnipeg Food Service Establishment By-law 5160-89](#).
2. Schools will promote safe food handling practices and appropriate hand washing hygiene through posters, curriculum instruction and other educational materials.

### **Fundraising**

All school and divisional groups (e.g. patrols, band, sports teams, etc.) are allowed to raise funds by selling non-food items, nutritious food items or by promoting physical activity (e.g. walk-a-thon). These fundraising initiatives shall be in accordance with the *Manitoba School Nutrition Handbook*.

**School Events** - see Policy ECBD-KFAB - Special Event Guidelines

1. Schools are encouraged to provide equivalent nutritional value foods from the "Sometimes to Most Often" categories as outlined in the *Manitoba School Nutrition Handbook* for field trips, special events, class parties, sports tournaments, etc.
2. Schools are encouraged to find alternatives to using food as a reward for student behavior, achievement, or participation. (e.g. use physical activity as a reward instead of food)

### **Vending Machines**

By the year 2009-2010, a minimum of 90% of foods and beverages available in school vending machines shall be of equivalent nutritional value to foods from the "Sometimes to Most Often" categories as described in the *Manitoba School Nutrition Handbook*.

Schools will not sell or distribute food products containing artificial trans fats as prescribed by the Public Schools Act.

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