

SCHOOL NUTRITION

Background

Northwest School Division is committed to promoting, offering and role modeling healthy nutritious foods in its schools. It is our goal to offer and serve healthy and nutritious food in snack and lunch programs, vending machines, canteens, and any other school venue where food is serviced.

Procedures

1. The development of a Nutrition Committee for each school is highly encouraged. The Committee should include representatives from the following, but not be limited to these: parents, students, school administrators, teachers, and School Community Council. The Nutrition Committee should meet to review each school's nutrition practices at least once a year.
2. The choice of foods offered, sold and served in our schools and at any school approved hosted event shall take into considerations the guidelines as outlined in "Nourishing Minds: Towards Comprehensive School Community health: Nutrition Policy and Development in Saskatchewan Schools" (October 2009). The majority of foods must fall under the "Choose Most Often" or "Choose Sometimes" as outlined in AP 203 Appendix.
3. Schools should adhere to Public Health Food Safety Standards.
4. Nutritious foods should be competitively priced and appropriately promoted and advertised.
5. Catering companies and outside vendors are to be notified of, and adhere to the School Nutrition Administrative Procedures.
6. Nutrition Information sent to the schools from Public Health should be shared with students, parents, and staff.
7. It is acknowledged the importance of staff acting as positive role models by such things as proper hand washing, nutritious eating habits, and using nutritious items as rewards in place of candy or junk food.

References: Nourishing Minds – Towards Comprehensive School Community Health: Nutrition Policy Development in Saskatchewan Schools
Healthy foods for my school – Saskatchewan Ministry of Health
Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools.
Canada's Food Guide – Health Canada

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