

Nutrition Policy

Date Approved:

Review Date:

Purpose

This policy will guide Board personnel and school communities in the development of healthy school environments in which students, staff and parents are encouraged to make nutritious food and beverage choices and are protected from the negative effects of consumption of foods with minimal nutritional value.

Intended Outcomes

Hamilton Wentworth District School Board (HWDSB) schools and worksites implement healthy food practices to support the wellness of students and staff and in line with the 2007 edition of *Canada's Food Guide to Healthy Eating*.

All schools and worksites comply with provincial legislation relating to nutrition, such as PPM 135, the Healthy Food for Healthy Schools Act and any other pertinent legislation.

Schools work with community partners to expand nutrition programs that follow the nutrition and food safety guidelines developed by the Ministry of Children and Youth services for Student Nourishment Programs.

Food is not used as a reward in classrooms.

Non-food items or events are selected for fundraising purposes.

In addition to the required nutrition education as outlined in the Ontario Curriculum, opportunities to promote healthy eating and safe food practices are considered for planned events and classroom activities.

Responsibility

Director of Education, Superintendents of Education, Superintendent of Business and Treasurer

Definitions

Food: includes both foods and beverages.

Healthy Eating: the amount and variety of safe and culturally appropriate foods that provide the body with all the nutrients required in accordance with current medical research, in adequate proportions.

Maximum nutritional value foods: good or excellent sources of important nutrients (e.g., vitamins, minerals, protein and fibre), are generally low in added fat, sugar and/or salt, are found within one of the four food groups in *Canada's Food Guide to Healthy Eating*, are generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives.

Moderate nutritional value foods: sources of nutrients (e.g., vitamins, minerals, protein and fibre), are sometimes high in fat, sugar, salt and/or excessive calories, generally as a result of processing. Some of these foods are difficult to classify because of the brand and/or their method of preparation and the

portion size offered (e.g., commercial cake-style muffin, versus whole grain muffin with reduced fat and sugar). They are found within one of the four food groups in *Canada's Food Guide to Healthy Eating*.

Minimum nutritional value foods: may provide few nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories, tend to be highly processed (e.g., with added colouring, deep fried, high in hydrogenated fats), may belong in the "Other Food" category in *Canada's Food Guide to Healthy Eating*. (see Table 7 Call to Action, Ontario Society of Nutrition Professional in Public Health, 2004)

Processed Foods: have been altered from their natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing.

School Nutrition Programs: a breakfast, snack or lunch program offered by the school for all students which is funded by a combination of financial resources, including parental contributions, local community fundraising, and provincial funding and which attempt to increase food availability, while also aiming to promote healthy eating and provide a positive social atmosphere for all students and staff.

School Tuck Shops and Canteens: small retail operations within a school that sell food, beverages and other items.

Special Event Days: a day designated by the principal of the school in order to serve foods of minimum nutritional value or that contain trans fats.

Food Service Provider: private, for profit company that contracts to sell food and/or beverages to students and staff within a school or worksite.

Nutrition Education: as outlined in the Ontario Curriculum.

Fundraising: any voluntary contribution, sale of goods or services, or event, which is organized and conducted for the purpose of generating funds.

Action Required

General: It is the responsibility of all schools and worksites in the HWDSB to comply with provincial legislation relating to nutrition. This policy covers food and beverages served and sold to students and staff during the school day, at school or board sponsored special events, at meetings or in-services, and at sports events.

Each school and worksite will serve or sell maximum and moderate nutritional value foods to its students and staff and reduce and eventually eliminate minimum nutritional value foods and beverage choices by year three of implementation. In addition, no schools or worksites will use, serve, or sell commercially bottled water.

Schools and Classrooms: Food will not be used as a reward in classrooms. If food is used as part of a celebration, all foods and beverages served must be of maximum and/or moderate nutritional value.

Cafeterias in all school and worksites will sell or serve foods of maximum and/or moderate nutritional value. When negotiating food service contracts with food service providers for cafeterias or for schools (e.g. hot lunch providers), the HWDSB will use the Request for Proposal (RFP) process and will include the following:

- use of locally grown and produced foods wherever possible
- use of whole foods as opposed to processed and rethermed foods
- healthier preparation methods e.g. baked vs. deep fried
- healthy foods that reflect cultural diversity
- posting of nutritional information of all foods sold or served

In addition, the Purchasing Department will provide a copy of the HWDSB Nutrition Policy to food service providers and review it with them.

Schools must ensure that all school hospitality programs, tuck shops and canteens serve and/or sell foods of maximum and/or moderate nutritional value.

School administrators and board staff planning school or educational events, including but not limited to Meet the Teacher, Open House, Graduation and professional activities, will model good nutrition by serving maximum and/or moderate nutritional value foods only.

All elementary schools will comply with PPM 135 “Healthy Foods and Beverages in Elementary School Vending Machines”. In addition, all secondary schools will align products sold in vending machines with the guidelines in PPM 135.

The HWDSB recognizes that special event days take place periodically throughout the year. The principal of the school shall solicit the views of the school council with respect to the designation of special event days for the school. The maximum number of days in the school year that may be designated as special event days for a school is five (5). School administrators will communicate the dates of special event days to the school community.

- i) On such a designated special event day, schools are encouraged to follow the nutrition policy, but may if they so choose, serve or sell foods or beverages of minimum nutritional value. e.g., an ice cream sandwich day.
- ii) Sporting Events, such as tournaments or meets, must serve and sell food and beverages of maximum and/or moderate nutritional value.

HWDSB will pursue opportunities to expand nutrition programs. Schools with nutrition programs will follow the nutrition and food safety guidelines developed by the Ministry of Children and Youth services for Student Nourishment Programs. School and board staff will inform community partners and funders of the HWDSB Nutrition Policy, work with support organizations, such as Partners in Nutrition and ensure that donations provide only foods of maximum and moderate nutritional value.

Fundraising: It is recommended that the sale of non-food items be selected for fundraising purposes. If food is selected, it must be of maximum or moderate nutritional value.

Nutrition Action Steering Committee: The Board will establish a central Nutrition Action Steering Committee with membership from employee groups, students, parents and community members. In addition, each school will establish a Nutrition Action Team comprising the principal, a parent representative and at least one staff member and student representative.

Communication and Education: Schools will communicate the HWDSB Nutrition Policy and Policy Directive annually to parents, students and the community and provide guidelines and suggestions for foods to be served to students for lunches, snacks and school celebrations. Each school is encouraged to recognize, value and support parent/guardian involvement in making changes which reflect a healthy school environment, including the valuing of nutritional foods that represent cultural diversity.

Schools may choose to develop additional guidelines in a School Nutrition Policy in consultation with their school council, and/or with a Home and School Association or other parent organization if one exists.

In addition to the required nutrition education as outlined in the Ontario Curriculum, opportunities to promote healthy eating and safe food practices should be considered for planned events and classroom activities.

Staff will be educated about healthy eating practices during the implementation process.

References

Healthy Food for Healthy Schools Act, 2008

http://www.e-laws.gov.on.ca/html/source/statutes/english/2008/elaws_src_s08002_e.htm

Policy/Program Memorandum No. 135: Healthy Foods and Beverages in Elementary School Vending Machines – Ontario Ministry of Education, 2004

<http://www.edu.gov.on.ca/extra/eng/ppm/ppm135.pdf>

Call to Action: Creating a Healthy School Nutrition Environment – Ontario Society of Nutrition Professionals in Public Health, 2004

[http://chd.region.waterloo.on.ca/web/health.nsf/4f4813c75e78d71385256e5a0057f5e1/3831BD889D28097A85256F97006A15DF/\\$file/NutritionTools.pdf?openelement](http://chd.region.waterloo.on.ca/web/health.nsf/4f4813c75e78d71385256e5a0057f5e1/3831BD889D28097A85256F97006A15DF/$file/NutritionTools.pdf?openelement)

Nutrition Tools for Schools: Action Guides for Implementation

<http://www.healthunit.biz/docs/Healthy%20Eating/factsheets/English/NB%20Fact%20Sheet%20A%20Whole%20School%20Food%20and%20Nutrition%20Policy.pdf>

Canada's Food Guide to Healthy Eating, 2007.

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/eating_well_bien_manger-eng.php

Ontario Curriculum (Health and Physical Education 1-8 and 9-12, Kindergarten Program 2006)

Grades 1-8: <http://www.edu.gov.on.ca/eng/curriculum/elementary/health18curr.pdf>

Grades 9-10: <http://www.edu.gov.on.ca/eng/curriculum/secondary/health910curr.pdf>

Grades 11-12: <http://www.edu.gov.on.ca/eng/curriculum/secondary/health1112curr.pdf>

Kindergarten Program: <http://www.edu.gov.on.ca/eng/curriculum/elementary/kindercurr.pdf>

Other Board Policies:

Anaphylaxis – Policy 7.09

Diversity and Equity – Policy 1.0

Partnership – Policy 4.04

Procurement – Policy 5.02

School Councils – Policy 7.11

Student Trips – Policy 7.07

Community Use of Board Facilities – Policy 4.02

Fundraising – TBA (in process)

Key Measures of Success

By year three of implementation, all foods served and sold to students and staff will be of Maximum and/or Moderate nutritional value.

By year three of implementation, any and all food fundraisers will sell food only of Maximum and/or Moderate nutritional value.

Healthy Eating Action Teams (H.E.A.T.) at the secondary level will engage youth in the promotion of healthy eating in the school environment.

Current partnerships will be maintained, and new partnerships developed to support the Board's Nutrition Policy.

An annual analysis of healthy eating environments will be conducted by the Nutrition Action steering committee and school level Nutrition Action committees and reported to the Director of Education no later than 60 days following the end of the school calendar year. The Director of Education will provide an annual report to trustees.