

ADMINISTRATIVE REGULATIONS

TITLE: FOOD IN SCHOOLS
CATEGORY: HEALTH AND SAFETY
NUMBER: 3090

I. Rationale

The Board of Education of School District 46 (Sunshine Coast) acknowledges that eating well is linked to good health, and that healthy children are better able to learn. Promoting students' health is a shared responsibility with parents/guardians, the health sector and the community. A key component of a healthier school environment is the provision of good nutritional choices amongst the items sold or promoted through the school. The Guidelines for Food and Beverage Sales in B.C. Schools define the minimum nutrition standard that schools are required to apply to all food and beverage items sold to students.

II. Practices

A. Regulation

1. School personnel will create a safe, supervised, pleasant and positive eating environment, including adequate time and space to eat, and trust students to eat according to their appetite.
2. School personnel, school community partners and volunteers will model healthy behaviours and attitudes around food at school and during school sponsored and endorsed activities or events. (E.g. Using positive messages such as: "eating a variety of foods gives you energy to play and think" rather than "x food is not healthy.")
3. Any foods given to students or sold to students by teaching or support staff in school cafeterias, vending machines, fundraising events and school or school district special events shall be chosen based on the Guidelines for Food and Beverage Sales in BC Schools. Due consideration shall also be given to life-threatening allergies (see Administrative Regulation - Anaphylaxis).
4. Parent Advisory Councils, lunch program volunteers and other parent volunteers who give food or sell food to students through a Parent Advisory Council Program or at a parent sponsored will consider the nutritional value of the foods being served, based on the Guidelines for Food and Beverage Sales in BC Schools.
5. While all members of the school community have a role to play in supporting a healthy food environment, it is the responsibility of each Principal to implement measures to support students to make healthy food choices for themselves, their communities and the environment.

B. Guidelines

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1. Vending machines will be stocked with pure fruit juices, water and milk products, as per the Guidelines for Food and Beverage Sales in BC Schools.
2. Parent Advisory Councils, staff and students must be consulted prior to vending machines being installed in schools. Present vending machines are grandfathered.
3. Vending machine contracts must be approved by the Superintendent or designate.
4. The School Community will consider the Food and Beverage Guidelines when choosing food as a celebration with students
5. Food based fund raising activities will be reflective of the Food and Beverage Guidelines.
6. Principals will review food services for students with the school's Parent Advisory Council.
7. Schools will ensure that all food and beverages sold or distributed in schools will support the nutrition education curriculum.
8. Choices from the "choose most" list must be provided wherever food or beverages are sold in schools.
9. Pricing should encourage the selection of healthy food and beverage choices.

Received: October 2020

References: Board Policy 11.6; Ministry of Education: *Guidelines for Food and Beverage Sales in BC Schools*