

ADMINISTRATIVE REGULATIONS

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

I. Rationale

The Board of Education of Sunshine Coast School District 46 recognizes the vital connection between healthy eating and student well-being, academic success, and lifelong health. The Board is committed to supporting comprehensive food literacy education and ensuring equitable access to healthy foods for all students. All members of the school community share responsibility for creating a supportive and health-promoting food environment. Each Principal, in collaboration with district leadership, is responsible for implementing initiatives that eliminate barriers to healthy food access and promote nutrition education, thereby fostering students' ability to learn and make informed choices about their health.

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. Schools and the District will actively work to reduce any stigma associated with eating and accessing food. This commitment includes respecting students' autonomy to eat according to their own hunger and fullness cues, offering meal and snack programs that uphold students' dignity, and promoting positive, inclusive messages about food. For example, messages such as "Eating a variety of foods helps you learn, play, and grow" are encouraged, rather than labeling foods as "healthy" or "unhealthy."
3. The District encourages the use of provincially and locally developed curricula, resources, and programs to promote food literacy, nutrition, and healthy lifestyles among students and staff. By integrating these materials into teaching and school activities, the District aims to build knowledge and lifelong skills that support overall health and well-being.
4. The District supports schools in creating opportunities for students to engage in activities that build food-related skills, deepen nutritional knowledge, and strengthen connections within the community. Food programs and learning experiences will incorporate Indigenous Ways of Knowing as well as a variety of cultural practices, honouring and reflecting the diverse backgrounds and identities of all students.
5. Any foods provided or sold to students by teaching or support staff, including those offered in school cafeterias, at fundraising events, or during school or district special events, must align with the guidelines outlined in the BC School Food Guidelines Toolkit and adhere to the highest standards of food safety. Providers are required to offer low-cost, nutritious options. Special care must also be taken to address life-threatening allergies in accordance with Administrative Regulation 3020 – Anaphylaxis.
6. Parent Advisory Councils, lunch program volunteers, and other parent volunteers who

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provide or sell food to students through Parent Advisory Council programs or at parent-sponsored events are expected to prioritize healthy food options. These groups should use the BC School Food Toolkit to guide their food choices and practices.

B. Guidelines

1. The school community will consider the BC School Food Toolkit to help guide food choices for student celebrations.
2. Food-based fundraising activities will align with the guidance provided in the BC School Food Toolkit.
3. Principals will review food services for students with the school's Parent Advisory Council.
4. Schools will ensure that all food and beverages sold or distributed in schools will support the nutrition education curriculum.
5. Pricing should encourage the selection of healthy food and beverage choices.

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