

# SCHOOL DISTRICT NO. 48 (Sea to Sky)

## REGULATION SERIES 500 - STUDENT PERSONNEL

### R 504            STUDENT HEALTH AND SAFETY

#### R 504.12        Schools: Healthy Living: Nutrition

The Board of Education, School District 48 (Sea to Sky) believes schools play an important role in ensuring that students are developing healthy lifestyle habits through healthy living educational programs, and nutritional food services based on the Canada Food Guide. Nutrition education is a cooperative effort between home and the school.

Food Services are defined as the sale of any food or beverages to students at all School District 48 (Sea to Sky) schools, including, but not limited to: vending machines, school stores, cafeterias, teaching kitchens, canteens and at any time, including extra-curricular events such as: fundraisers, PAC lunch programs and other special events.

Foods sold to students and staff (i.e. pizza, hamburgers, hot dogs) must be in compliance with the most recent "Guidelines to Food and Beverage Sales". Foods sold by students in the community (i.e. chocolate almonds, chicken sales) do not fall under the guidelines, but should reflect healthy nutritional choices.

#### Guidelines for Food and Beverage Sales:

Schools will eliminate foods from the CHOOSE LEAST and NOT RECOMMENDED categories. Foods listed in each CHOOSE SOMETIMES and CHOOSE MOST category will account for 50% or more of the total food and beverage items sold in BC schools.

#### Ministry Guidelines for Food and Beverage Sales Summary

	NOT RECOMMENDED	CHOOSE LEAST	CHOOSE SOMETIMES	CHOOSE MOST
	These items (including candies and drinks where sugar is the first ingredient or the second ingredient after water) tend to be highly processed or have very high amounts of sweeteners, salt, fat, trans fat, or calories relative to their nutritional value.	These items (such as french fries) tend to be low in key nutrients such as iron and calcium or may be highly salted, sweetened or processed.	These items (such as flavored yogurts) tend to be nutritious but moderately salted, sweetened, or processed.	These items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed.
<b>Revised 2007 Guidelines</b>	<b>These foods must be eliminated in school food sales by 2008.</b>	<b>These foods must be eliminated in school food sales by 2008.</b>	<b>These food and beverages can account for up to 50% of total food and beverage items sold in BC schools by 2008.</b>	<b>These food and beverages must account for 50% or more of food and beverages sold in BC schools by 2008.</b>

These guidelines must be implemented by September 2008.

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### R 504 STUDENT HEALTH AND SAFETY

#### R 504.12 Schools: Healthy Living: Nutrition (cont'd)

- Schools are to provide nutrition education to all students with information on making nutritional food choices based on the Canada Food Guide.
- Schools should consider non-food based rewards such as pencils, stickers or appropriate recognition, instead of food rewards such as candy.
- Schools are encouraged to work with community health partners to provide nutritional information to families.
- Schools are encouraged to develop partnerships with community health services, and other food services to provide healthy nutritional choices for students.