

ADMINISTRATIVE PROCEDURE NO. 105

NUTRITION CHOICES IN SCHOOLS

The Red Deer Catholic School Division is committed to a comprehensive school health approach that promotes health, well-being, and the ability to learn by supporting healthy eating and physical activity. Students and staff who are supported in a healthy environment are better able to achieve the goals of education.

Guidelines

Research supports the connection between the quality of student learning and student health. Nutrition plays a significant role in growth, development, readiness to learn, academic achievement and disease resistance. This administrative procedure is intended to support schools in implementing coordinated comprehensive food and nutrition guidelines that encourage the consumption of nutritious and dentally acceptable foods and controls the sale and use of non-nutritious foods. This administrative procedure applies to food and beverage choices made available to students on school grounds or at school-sponsored events.

Procedures

1. The primary goal for the Division is for foods and beverages that are sold or served within schools are consistent with Eating Well with Canada's Food Guide <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> and the Alberta Nutrition Guidelines for Children and Youth (ANGCY) Alberta [Nutrition Guidelines for Children and Youth](#) from which schools shall include foods from the Choose Most Often and Choose Sometimes categories.
2. It is not the intention to regulate snacks and lunches brought to school for personal consumption but staff and students are encouraged to make healthy food choices as per these guidelines.
3. The principal of each school must ensure strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation, schools shall:
 - 3.1 establish linkages between health education and foods available at the school,
 - 3.2 promote nutrition education and positive food messages as provided by the division,
 - 3.3 schedule lunch and recess breaks that provide time for eating and recreation,
 - 3.4 promote healthy food choices on special days and celebrations, and,

- 3.5 avoid the use of food as rewards.
- 4 Schools will examine their nutrition practices and provide opportunities, support and encouragement for staff, students and school community to eat healthy foods. Staff will plan to:
 - 4.1 promote healthy, reasonably priced food choices when food is sold or otherwise offered
 - 4.2 review options with food suppliers to maximize the nutritional value of the items offered
 - 4.3 choose healthy fundraising options
 - 4.4 model healthy food and beverage practices
 - 4.5 access expertise in the community through partnerships, programs, and referrals
 - 4.6 consider accessing healthy, locally grown foods if possible
 - 5 Central Office will support nutrition and healthy eating habits by:
 - 5.1 supporting schools in creating their own health and wellness teams
 - 5.2 linking with Alberta Health Services on initiatives, updates and resources regarding nutrition and healthy living
 - 5.3 promoting positive food messages
 - 5.4 disseminating information for division staff on food use in schools, nutrition education, and other information related to healthy eating
 - 5.5 participating in research projects and disseminate findings that promote best practices in healthy eating and healthy lifestyles
 - 5.6 seeking and maintaining partnerships that reduce hunger across the division by increasing access to food programs to be provided in a non-stigmatizing manner.
 - 6 The beverage consumed by students during instructional hours should be water or other healthy choice as outlined in Alberta Nutrition Guidelines For Children and Youth.

APPENDIX 1

Choose most often

These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruits. Foods on this list tend to be rich in essential nutrients. Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt.

Grain Products	<ul style="list-style-type: none">• Whole wheat or whole grain bread, rolls, bagels, pita bread, English muffins, waffles, pancakes, tortillas, pasta, pizza dough, cereals• Low fat, high fibre muffins with vegetables or fruit• Rice cakes, bannock, brown rice, corn bread, low fat crackers,• Unsweetened or low sugar breakfast cereals
Vegetables and Fruit	<ul style="list-style-type: none">• Fresh fruit and vegetables or frozen without added sugar• Canned fruit prepared in its own juice• 100% vegetable or fruit juice• Applesauce or applesauce blend products• Vegetable soup• Salads without high fat dressing, fruit or vegetable salads
Milk Products	<ul style="list-style-type: none">• 2%, 1% and skim white or chocolate milk• Yogurt (2% Milk fat or less)• Cheese• Milk-based soups
Meat and Alternatives	<ul style="list-style-type: none">• Chicken or turkey• Fish, seafood, canned fish• Lean or extra lean beef or pork• Beans, lentils, dried peas (e.g. baked beans or chili)• Eggs, Peanut Butter, soya beverages, tofu, nuts and seeds, cottage cheese

Appendix 2

Choose sometimes

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also higher in calories, fat, or salt. If serving these foods combine with foods from the *choose most often* list.

Grain Products	<ul style="list-style-type: none">• White bread, rolls, bagels, English Muffins, waffles, pancakes, pita bread, tortillas, pasta, rice• Fruit or vegetable loaves• Sweetened cereal made with oats or whole grains (e.g. Honey Nut Cheerios)• Granola and cereal bars; low fat• Cookies (made with oatmeal, peanut butter, or dried fruit), digestive cookies• Biscuits, scones, pretzels, Rice Krispie squares, light popcorn• Non-whole grain crackers, Goldfish, animal shaped crackers, rice crackers, rice cakes• Cheese Pizza• Bagel or pita chips
Vegetables and Fruit	<ul style="list-style-type: none">• Canned fruit in light syrup• Dried fruit, raisin boxes,• Frozen fruit bars (100% Fruit Juice)• Fruit bars or leathers• Fruit crisps, date squares• Baked potato (with low fat toppings), oven-baked potato wedges, baked potato chips
Milk Products	<ul style="list-style-type: none">• Whole milk, hot chocolate made with milk• Frozen Yogurt (2% milk fat or less)• Processed cheese products (spreads, slices), cheese strings• Yogurt drinks, milk-based puddings, flavored milk drinks, custards• Ice Milk (single portion Dixie cups)
Meat and Alternatives	<ul style="list-style-type: none">• Lean cold cuts, lower fat hot dogs, baked ham• Nuts and seeds (salted)

Appendix 3

Choose least often

These foods and beverages offer minimal nutritional value, are very high in sugar, fat, salt, caffeine, sweeteners and/or processing and/or tend to replace nutritious foods when available as meals and snacks. These items are not suitable to serve or sell as part of cafeteria, canteen, vending, breakfast, lunch or snack menus

Mixed Foods	<ul style="list-style-type: none">● Hot dogs, corn dogs,● Battered/breaded and fried items (e.g. French fries, fish sticks, onion rings, chicken nuggets)● Processed, previously deep fried and oven –heated commercial products (e.g. Tater Tots, chicken fingers, Taquitos)● Donairs, egg rolls, poutine, sausage rolls, chicken wings● Dried instant noodles and single serve dried soup mixes
Baked Goods	<ul style="list-style-type: none">● Donuts, pastries, croissants, cakes, cupcakes, tarts, pie, cookies with sweet filling, icing and/or chocolate
Processed or Snack Foods	<ul style="list-style-type: none">● Granola bars dipped in chocolate or yogurt, or with chocolate chips or marshmallows● Candy, chips, chocolate bars, licorice, corn nuts, sesame snaps, banana chips, cheesies, artificial fruit snacks, fruit roll-ups, Jell-O● Meal replacement bars, protein bars or energy bars
Frozen Novelties	<ul style="list-style-type: none">● Popsicles and freezies● Ice cream, sherbet and frozen novelties (e.g. drumsticks)● Milkshakes, eggnogs
Beverages	<ul style="list-style-type: none">● Pop, sport and energy drinks, slushies,● Hot chocolate made with water● Meal replacement shakes or beverages,● Sweetened fruit beverages, iced tea, lemonades