



HURON-PERTH CATHOLIC

District School Board

School Nutrition

Adopted:	February 26, 2007	Policy #:	P 2.1.21.
Revised:	June 20, 2022	Policy Category:	2.1. School Operations

BELIEF STATEMENT:

The Huron-Perth Catholic District School Board is committed to supporting a healthy school nutrition environment for all students enrolled in its schools. Nutrition is important for the growth and development of the whole person. Children spend a large part of their day at school, where they are exposed to many influences when it comes to food choices. Our aim is to operate with school environments that support healthy choices for students.

POLICY STATEMENT:

It is the policy of the Board that healthy eating messages are reinforced when food is served or sold in the school setting. The board upholds the nutrition standards of PPM 150 for food and beverages sold in our elementary and secondary schools. The HPCDSB requires each Catholic school to support a healthy eating environment by complying with the following sections within this policy.

PROCEDURE:

1.0 Meetings – Board, School, School Council etc.

- 1.1 When food is served at meetings (board, school, Catholic School Advisory Council, etc.) the emphasis should be placed on nutritious foods and beverages.
- 1.2 Staff members are encouraged to model healthy eating practices.

2.0 Fundraisers

- 2.1 If food is chosen as a fundraiser item, the emphasis should be placed on nutritious foods. If food is sold on school premises as a fundraiser, the food must meet the guidelines in PPM 150.

3.0 Food Service Providers

- 3.1 The Board will work with food service providers in an effort to provide healthy foods for students and to ensure that the healthy choices are favourably priced and meet the guidelines in PPM 150. See Appendix A.

4.0 Cafeterias, Canteens, Tuck Shops and Hot Lunch Programs

- 4.1 Nutritious foods should be offered by all schools serving or selling foods and beverages. If a non-nutritious food item is offered it must meet the 80/20 rule according to the guidelines in PPM 150. See Appendix A.
- 4.2 Ensure menus are planned with input from students and include local, cultural and ethnic favourites of students. Foods and beverages sold must meet 80/20 rule, according to guidelines in PPM 150. See Appendix A.
- 4.3 Access to safe drinking water must be available at all times.

5.0 Classrooms

- 5.1 It is recommended that food or beverage not be used as a reward for good behaviour, achievement, or participation in classrooms.
- 5.2 If food is used as part of a celebration, the emphasis should be placed on nutritious foods.

6.0 Vending Machines

- 6.1 Secondary School Principals will be responsible to ensure that any vending machines comply with PPM 150 and the 80/20 rule.

7.0 Safe and Healthy Schools Committee

- 7.1 Principals will work with their Safe and Healthy School Committees to implement and monitor compliance with this policy. Safe and Healthy School Committees are defined in Board Policy 3D:7 - Safe Schools.
- 7.2 The diversity of students and staff must be taken into consideration in order to accommodate religious and/or cultural needs.

8.0 Nutrition Education for Students, Parents, and Staff

- 8.1 In addition to the required nutrition education as outlined in the Ontario Curriculum guidelines, opportunities to promote nutrition in planned events and classroom activities should be considered.
- 8.3 The HPCDSB will partner with the local boards of health to provide necessary in-service workshops reflecting the nutrition education needs of its staff. Whenever possible, educational staff will be encouraged to obtain teaching materials and information about nutrition from the local Public Health Units.

9.0 Safe Food Environment

- 9.1 All schools should provide a 15 to 20 minute nutritional break for all students during the lunch times. As well, schools should ensure that there is adequate time for all students to wash their hands before eating.
- 9.2 The Board will work with local Public Health Units to ensure that nutrition and food safety training for food services staff, including volunteers, is available.

- 9.3 Principals must take into consideration strategies developed under the school board's policy on anaphylaxis (3D:12) to reduce the risk of exposure to potential allergens.
- 9.4 Food and beverages must be prepared, served, and stored in accordance with Regulation 562, "Food Premises", as amended, made under the Health Protection and Promotion Act.
- 9.5 Schools must ensure that students have access to drinking water during the school day.

10.0 Student Nourishment Programs

- 10.1 Schools with nourishment programs will follow the nutrition and food safety guidelines developed by the Ministry of Children and Youth Services for Student Nourishment Programs.

11.0 Special-Event Days

- 11.1 The school principal may designate days during the school year as special-event days on which food and beverages sold in schools would be exempt from the standards within PPM 150, as long as they total 10 days or less.

DEFINITIONS:

- N/A

REFERENCES:

- N/A

RESOURCES, APPENDICES AND FORMS:

- N/A