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**Board Governance Policy Cross Reference:** [1, 7, 12, 13, 14](#)

**Administrative Procedures Cross Reference:**

**Form Cross Reference:**

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**Legal/Regulatory Reference:**

[Comprehensive School Health Framework](#)

[Manitoba Healthy Schools](#)

[Manitoba School Nutrition Handbook – Getting Started with Guidelines and Policies \(2006\)](#)

[Moving Forward with School Nutrition Guidelines \(2015\)](#)

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The Interlake School Division believes that good health is important for learning and that schools are in a unique position to have a positive influence on the health of children, youth and their families. As a result, schools will support curricular, extra-curricular and school activities that encourage good nutrition, a healthy lifestyle and physical fitness. In addition, all schools must have a written food and nutrition policy.

The Interlake School Division supports Comprehensive School Health (CSH), a framework for supporting improvements in students' educational outcomes, while addressing school health in a planned, integrated and holistic way. CSH is not limited to the classroom – it addresses the whole school environment with actions in four interrelated pillars:

- social and physical environment
- teaching and learning
- partnerships and services
- healthy school policy

## Healthy School Planner

The Healthy School Planner is an online tool designed by the Joint Consortium for School Health (JCSH) to help Canadian schools create healthier environments. It offers individual schools a way to assess the overall state of their environment as well as the choice to further explore one or more specific topics such as healthy eating, physical activity, positive mental health or tobacco.

Schools can use the Healthy School Planner at any time to assess and build a plan for improving the health of the school. The Planner guides schools through a step-by-step process that includes:

- a series of questions to determine the school's current health status;
- a rubric of the school's results;
- a planning template to help develop goals and an action plan for making improvements;
- recommendations for taking action; and
- links to resources to help develop and implement the action plan.

## Nutrition in Schools

In 2006, the Manitoba government released the [Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies](#). A newer document, [Moving Forward with School Nutrition Guidelines](#), was released in February 2015 and replaces the 2006 Guidelines. The Guidelines apply to foods sold in schools or provided by schools in Manitoba and are divided into six areas of focus:

- School Environment : Taking action on all four Comprehensive School Health pillars is working in a holistic way. This increases the impact of healthy school initiatives. As a result, students are better supported to realize their full potential as learners and as healthy, productive members of their community.
- Breakfast, Snack and Lunch Programs
- Cafeteria
- Canteen and Vending
- Sporting Events
- Special Lunch Day

Each school in the Interlake School Division is to establish and maintain a set of nutrition procedures to promote healthy eating and support curriculum-based nutrition education. When developing school-based nutrition procedures, school personnel are to review the document [Moving Forward with School Nutrition Guidelines \(2015\)](#). Schools are also to maintain a checklist that is reviewed annually from the provincial guidelines to determine initiatives already in place, initiatives to be implemented in the current school year and initiatives to be implemented in the next school year.

All schools are to include the following provisions in school-based nutrition procedures.

### School Food Environment

School-based nutrition procedures are to be reviewed annually with staff, students and parent committees. Nutrition procedures are to be communicated to parents at least once per school year and posted on the school website.

Fundraising activities, classroom and school celebrations are to respect and support curriculum-based nutrition education and school-based procedures. Parents are encouraged to plan with the school in advance before providing food for classroom celebrations and other school events.

The Principal will work with the Parent Advisory Council, staff and students to have a school plan developed to address canteen/cafeteria operations, sale of snack foods, and sales from vending machines, selecting foods from the “most often” and “sometimes” lists. Food prices and product placement are to make fresh, whole foods the easiest and most appealing to purchase. At least two daily cafeteria menu items are to feature vegetables and one cafeteria menu item to feature fruit. Daily specials are to be used to test new, healthy options and to promote variety.

- Foods from the “rarely” category may be selected for sale up to twice a month;
- Beverage vending machines will offer only milk and milk products (e.g. low fat yogurt drink), nutritionally equivalent milk alternatives, 100% juice and water;
- No school is to use chocolate bars, chocolate covered products, or candy in its fundraising activities. Principals should encourage food-related fundraisers to be directed at nutritious, healthy choices;
- Schools using deep fryers to prepare foods will only use high stability oil that is non-hydrogenated for deep fat frying;
- Schools should encourage water consumption by allowing water in classroom.
- Food safety standards and safe food handling practices will be maintained by cafeteria and canteen staff in the areas of storage, preparation, and sale of food.

### **Breakfast, Snack and Lunch Programs**

Menus are to focus on whole foods and not rely on ready-to-eat packaged foods.