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

Administrative Procedures Cross Reference:

Form Cross Reference:

Legal/Regulatory Reference:

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

The Interlake School Division (ISD) has a responsibility to foster, promote and support healthy living by demonstrating positive leadership in nutrition. Good nutrition is important for optimal health, growth, development and learning.

Each school in the ISD is to establish and maintain a nutrition policy to promote healthy eating and support curriculum-based nutrition education. The Principal will work with the Parent Advisory Council, staff and students to have an annual school plan developed to address canteen/cafeteria operations, sale of snack foods, and sales from vending machines, selecting foods based on the recommendations in the Manitoba Government document [Moving Forward with School Nutrition Guidelines \(2015\)](#).

Schools are also to maintain checklists that are 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.

Healthy School Policy

- A lead has been assigned to the area of school nutrition.
- School nutrition policies and appropriate guidelines have been discussed with those involved in making decisions about:
 - breakfast, lunch and snack programs
 - cafeterias
 - canteens and vending
 - sporting events
 - special lunch days

- Nutrition policies are reviewed annually with staff, student and/or parent committees. These groups participate in revisions or updates.
- Nutrition policies are communicated to parents at least once per school year. Nutrition policies and school menus are posted on the school website. Fundraising activities respect and support nutrition education and policies.
- Principals encourage food-related school fundraisers to be directed at nutritious, healthy choices. No school is to use chocolate bars, chocolate covered products, or candy in its fundraising activities.
- Classroom or school celebrations respect and support nutrition education and policies. Parents are encouraged to plan with the school in advance, before providing food for classroom celebrations and other school events. Positive messages about balance and moderation in classroom celebrations and other events are communicated.
- The school website includes a link to Manitoba Healthy Food in Schools:
www.gov.mb.ca/healthyschools/foodinschools/

Teaching and Learning

- Teacher participation in Manitoba curriculum-based nutrition education opportunities is encouraged and facilitated.
- Continuing education/networking opportunities are supported for non-teaching staff and volunteers working with food in the school.
- Food sold, marketed or provided by the school reinforces the Manitoba curriculum learning outcomes.

Social and Physical Environment

- Students are allowed enough time to eat.
- Funded school nutrition programs are available to meet students' nutrition needs.
- Areas where students and staff eat are clean and comfortable.
- Water fountains or bottle fill stations are clean and functional.
- Individuals involved with food preparation receive food safety training.
- Prior to construction, renovation and operation of food service, a local Public Health Inspector is consulted.
- Local foods, food packaging, recycling and composting are factors in food procurement decisions.

Partnerships and Services

- Students and parents/guardians have opportunities to participate in selecting and preparing food available in the school.
- Community partnerships to support healthy eating for students and families are encouraged.