

BOARD POLICY	
<i>Policy Section</i> HEALTH AND SAFETY	<i>Policy Number</i> 410
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POLICY TITLE

Nutrition - Creating a Healthy School Nutrition Environment

1.0 PURPOSE

The Peterborough Victoria Northumberland and Clarington Catholic District School Board will ensure healthy food choices are in our Catholic schools and at the Catholic Education Centre. The Board upholds a Nutrition Policy which honours the physical body as a temple of the Holy Spirit created in the image of God. This Policy and Administrative Procedure set out guidelines to implement coordinated comprehensive food and nutrition standards when offering or selling food and/or beverages in our schools and at the Catholic Education Centre. This Policy and accompanying Administrative Procedure meet the Ministry of Education Policy/Program Memorandum 150: School Food and Beverage Policy and Nutrition Standards for Ontario Schools.

Research shows that health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy, and that healthy eating patterns in childhood and adolescence promote optimal childhood, growth, and intellectual development.

2.0 POLICY

It is the policy of the Peterborough Victoria Northumberland and Clarington Catholic District School Board to support students, staff, parents, and community organizations/agencies in the implementation of healthy school nutrition environments that have a positive effect on health, growth, and intellectual development. This will be accomplished by promoting consistent healthy eating messages, and food and beverage choices in schools, at school-related events, and at the Catholic Education Centre.

3.0 GUIDELINES

- 3.1 The provision of food in Catholic schools follows pertinent Catholic Church teaching in this regard.
- 3.2 The Board shall encourage and support schools, the Catholic Education Centre, and parents in providing an environment which facilitates healthy food choices.
- 3.3 The Board shall promote awareness that there is a direct relationship between healthy eating, active living, and academic achievement.
- 3.4 School principals shall encourage the development of universal student nutrition programs (healthy breakfast and/or snack programs) in order to ensure that children have access to nutritious food.
- 3.5 The Board shall work with community partners, such as local health units, to promote the further development and enhancement of a current, relevant nutrition education curriculum and enhance the resources available to teachers to support nutrition education activities.
- 3.6 The school principal may designate up to ten days during the school year as special event days on which food and beverages sold in schools would be exempt from the nutrition standards outlined in the Policy. The school principal must consult with the Catholic School Council prior to designating a day as a special event day. School principals are encouraged to sell food and beverages that meet the nutrition standards set out in PPM 150.
- 3.7 Schools and the Catholic Education Centre shall ensure that food and beverages will meet or exceed the provincial nutrition standards.
- 3.8 School and Catholic Education Centre food and beverages shall be served and sold primarily for the purposes of providing healthy food choices rather than for revenue generation.
- 3.9 Fund-raising contributes to educational programs and opportunities for students and shall be complementary to the health of students and the community that supports them when healthy food and beverages or non-food options are chosen.
- 3.10 Partnerships between schools, School Board, and businesses shall be designed with an emphasis on healthy food choices and educational needs before considering commercial gains.

- 3.11 Schools shall recognize that children often have little direct control over foods provided from the home.

4.0 TERMS AND DEFINITIONS

4.1 ANAPHYLAXIS

Anaphylaxis is an acute systemic (multi-system) and severe Type I Hypersensitivity allergic reaction in humans and other mammals. Minute amounts of allergens may cause a life-threatening anaphylactic reaction. Anaphylaxis may occur after ingestion, skin contact, injection of an allergen or, in rare cases, inhalation.

4.2 ABSTINENCE

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Abstinence does not include meat juices and liquid foods made from meat. Thus, such food as chicken broth, consommé, soups cooked or flavoured with meat, meat gravies or sauces as well as seasonings or condiments made from animal fat are not forbidden.

4.3 FAST

Fasting means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening - depending on when a person chooses to eat the main or full meal.

Ash Wednesday and Good Friday are days of fasting. Fridays during the Season of Lent are days of abstinence. Catholics between the ages of 18 and 60 are obliged to fast on Ash Wednesday and Good Friday. All Catholics 14 years old and older are required to abstain from meat and meat products all the Fridays of Lent. Catholics with medical considerations will be exempt.

4.4 FOOD-BORNE ILLNESS

Food-borne illness (also food-borne disease) is any illness resulting from the consumption of food. Food-borne illness is commonly called food poisoning, even though most cases are caused by a variety of pathogenic bacteria, viruses, prions, or parasites that contaminate food, rather than chemical or natural toxins.

Foods served and sold in schools and the Catholic Education Centre will be handled and prepared safely to prevent the spread of food-borne illness and disease.

4.5 HEALTHY SCHOOLS

Healthy Schools is an approach to school-based health promotion involving a broad spectrum of programs, activities, and services that take place in schools and their surrounding communities. The foundation for this would be based in the Ontario Health and Physical Education Curriculum and the Ministry of Education Ontario: Foundations for a Healthy School. Components include high quality instruction and programs, healthy physical and supportive social environments, and school and community partners.

4.6 HEALTHY FOOD CHOICES

Foods and Beverages with Maximum Nutritional Value

Healthy food choices are foods and beverages with maximum nutritional value. PPM 150 identifies nutrition standards for “sell most” foods and beverages. PVNCCDSB supports this as the minimum standard but encourages schools to make even healthier choices in consultation with local health units. Generally foods of maximum nutritional value:

- are part of the four food groups in Canada’s Food Guide;
- are higher in nutrients needed for optimal growth and development (e.g. iron, vitamin D, calcium, vitamin C, vitamin A, protein);
- are higher in fibre (for grain products and whole fruit and vegetables); and
- usually contain little or no added fat, salt, and sugars.
(Appendix A - Nutrition Tools for Schools© Nutrition Standards)

Foods and Beverages with Minimum Nutritional Value

PPM 150 also identifies “sell less” and “not permitted” for sale food items. At PVNCCDSB, “not permitted” for sale items will not be offered, and “sell less” items will make up no more than 20 percent of all food and beverage choices. Foods* and beverages with minimum nutritional value:

- contain low amounts of essential nutrients and fibre; and/or
- are too high in unhealthy fats; and/or
- are high in added sugars or added salt; and/or
- are usually not part of any of the four food groups; Canada’s Food Guide recommends limiting foods and beverages high in calories, fat, sugar, or salt.

- * Exceptions are sauces, condiments, toppings, and spreads that can be used in modest amounts as part of a meal or snack.

(Appendix A - Nutrition Tools for Schools© Nutrition Standards)

4.7 NUTRITION EDUCATION

Nutrition education is the process of teaching validated, current nutrition knowledge in ways that promote the development and maintenance of positive attitudes and habits of making healthy food choices.

5.0 REFERENCES/RELATED DOCUMENTS

Education Act, Section 265, Duties of Principals: Care of Pupil, 1990

Ministry of Education and Ministry of Health Promotion Foundations for a Healthy School, <http://www.ontario.ca/healthyschools>

Ministry of Education Policy/Program Memorandum No. 135, Healthy Foods and Beverages in Elementary School Vending Machines, 2004

Ministry of Education Policy/Program Memorandum No. 150, School Food and Beverage Policy and Nutrition Standards for Ontario Schools

Ministry of Education School Food and Beverage Policy Training Modules and Online Resources, 2010 <http://www.ontario.ca/healthyschools>

Bill 8 - "Healthy Foods for Healthy Schools Act," - an Act to amend the Education Act, 2008

Ontario Physical and Health Education Association (OPHEA) - Health and Physical Education Curriculum Resources, Grades 1 to 8, and curriculum support documents Grades 9 and 10

Ontario Physical and Health Education Association (OPHEA) – Elementary healthy eating lesson plans and Secondary healthy eating lesson plans

Health Canada Eating Well with Canada's Food Guide, 2007

Health Canada Eating Well with Canada's Food Guide, First Nations, Inuit and Métis, 2007

Health Canada Eat Well and Be Active Educational Toolkit, 2010

Student Nutrition Program Central East Ontario,
<http://www.studentnutritionprogram.ca>

Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee, Call to Action: Creating a Healthy School Nutrition Environment, 2004

Ontario Public Health Units - Nutrition Tools for Schools© - A Toolkit for Ontario Public Health Units to Support Elementary Schools in Creating a Healthy Nutrition Environment, Creating a Healthy School Nutrition Environment (CHSNE) Health Unit Collaboration, 2007

Ministry of Children and Youth Services - Student Nutrition Program and Nutrition Guidelines, 2007

6.0 RELATED POLICIES

Policy 201, Fund-raising in Schools
Policy 401, Administration of Medication Procedures or Health Support Services and Emergency Response
Policy 404, Anaphylaxis: Reducing the Risks

7.0 RELATED FORMS

Health 5, Emergency Response Procedures for Medical Conditions (Policy 401)

8.0 APPROVED BY BOARD

February 24, 2009

9.0 EFFECTIVE DATE

September 1, 2013

10.0 POLICY REVIEW DATE

June 2016

11.0 REVIEW BY

Learning Support Services