



Regina Roman Catholic Separate School Division # 81

Pupils 9512 <hr/> Nutrition Promotion and Healthy Lifestyles	Administrative Application	
	Effective:	January 27, 2015
	References:	ER-1 Treatment of Students and Parents/Guardians
	Status:	Operational

Preamble

The Regina Catholic School Division recognizes that schools have a responsibility to all pupils to foster knowledge, attitudes and practices that promote proper nutrition and healthy lifestyles. We are committed to supporting and modelling healthy lifestyles and as such, believe in the promotion and offering of nutritious food options in our schools. In addition, physical activity also plays a role in the development of healthy lifestyle habits that contributes to pupils' wellness and achievement.

Application

1. General

Schools will promote, model and educate pupils on health topics related to nutrition which may include, but not limited to:

- a. Educate – ensure that the outcomes from the Saskatchewan Curricula related to nutrition are being met by all pupils.
- b. Promote – a culture of wellbeing which includes daily physical activity and components of the Comprehensive School Community Health.
- c. Model – school staff are positive role models who promote healthy eating within the school environment.

2. Healthier Food Choices

a. Foods Served:

- i. The choice of foods offered and served in our schools, and at any school approved event shall adhere to the guidelines as outlined in the Ministry of Education, "*Nourishing Minds*". (See Appendix A – page 16)

b. Food Vending Machines:

- i. Vending machines will be limited to high schools. 50% of food vending selection shall have nutritious food options.

c. Beverages:

- i. All elementary and high schools should encourage water consumption by allowing water in classrooms.



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- ii. Energy drinks are high in caffeine, sugar and additives and these drinks are discouraged on school property.
- iii. In high school, at least 50% of the selection of items for purchase in beverage vending machine shall be 100% fruits juices, milk or water, and the remainder shall be comprised of a variety of sport drinks or fruit-based beverages.
- iv. In elementary schools, 100% of the selection of items for purchases on special lunch days and in beverage vending machine shall be 100% fruits juices, milk or water.

3. Food/Canteen Services

- a. The principal shall be responsible for the products to be sold and the disposition of the net revenues
- b. At least 50% of the beverage items should be 100% fruit juices, milk or water, and the remainder shall be comprised of a variety of sport drinks or fruit-based beverages. Sugared drinks such as slurpees should be reserved for special fundraising events.
- c. At least 50% of foods for purchase will come from the “choose most often” or “choose sometime” sections in the *Healthy Eating Guidelines* (pg. 16).
- d. Schools should offer foods at reasonable costs that are affordable and accessible for all pupils.
- e. Net revenues from the sale of products to pupils shall be used to support pupil wellness/healthy living activities.

4. Classroom Rewards and/or Celebrations

- a. In the case, where schools offer rewards to pupils, the school division encourages offering non-food items or physical activity. Any food that is supplied should be nutritional and selected from the *Healthy Eating Guidelines* (pg. 16).
- b. Food offering for school celebrations should reflect nutritious food choices.

5. Community

- a. Schools will encourage parents and/or guardians to send nutritious lunches and snacks to school through educational initiatives provided through the school division and partnering with RQHR.
- b. Regina Catholic School Division along with the school communities will support and engage in activities that promote health and wellness

6. Marketing and Promotion

Promote the Healthy Eating guidelines in school by:

- a. Displaying promotional materials related to wellness and healthy eating



- b. Incorporating nutrition information in communication, such as memos, newsletters, web-sites.

7. Fundraising

- a. Schools should offer food at a reasonable cost that is affordable and accessible for all.
- b. Fundraising activities by schools are encouraged to use non-food products or healthy food choices as fundraising options and limit foods that do not meet the *Healthy Eating Guidelines*.

REFERENCES:

1. Saskatchewan Ministry of Education, 2010, Inspiring Movement. Towards Comprehensive School Community Health, Guidelines for Physical Activity in Saskatchewan.
2. Saskatchewan Ministry of Education document, 2009, *Nourishing Minds: Eat Well, Learn Well, Live Well*.
3. *Saskatchewan School Boards Association, Food for Thought: School Nutrition Policy. Research 07-08*
4. Nutrition and Food Safety Guidelines for Nutrition Programming in Saskatchewan Schools, 2007. Healthy Eating Guidelines.

Links :

www.healthcanada.gc.ca

www.rqhealth.ca

www.saskschoolboards.ca/

www.saskatchewan.ca/health



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APPENDIX I



Healthy Eating Guidelines




Use the "food selection categories" to make better food choices for meals & snacks, school & classroom celebrations, special food days, fundraisers, cafeterias, vending machines, meetings, or staff rooms.

	Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
"Choose Most Often" • Choose these foods everyday or "most often"	<ul style="list-style-type: none"> Fresh/frozen/canned vegetables & fruit prepared without added sugar or salt Vegetables prepared without added fat Fruit canned in juice Vegetable soups (from scratch) Vegetable/fruit salads Unsweetened applesauce <p><i>Choose dark green and orange vegetables often</i></p> <p><i>Vegetables or fruit should be listed as the first ingredient (or second, if water is first)</i></p>	<ul style="list-style-type: none"> Whole grain bread, rolls, buns, bagels, pita bread, tortillas, baked bannock, English muffins Whole grain muffins, loaves, pancakes, waffles Whole grain unsweetened cereals or low sugar cereals with: <ul style="list-style-type: none"> ≥ 2 g fibre and < 8 g sugar Cooked whole grain unsweetened cereals Corn bread Whole grain pasta, noodles Barley, whole wheat couscous Brown or converted (parboiled) rice <p><i>Choose a variety of whole grains</i></p> <p><i>Look for foods with at least 2 grams of fibre.</i></p>	<ul style="list-style-type: none"> 2%, 1% or skim milk Yogurt (plain, unswweetened) Cheese (lower fat) Cottage cheese Milk-based soups Skim milk powder Soy beverage – fortified & low fat  <p><i>Choose milk often for vitamin D</i></p>	<ul style="list-style-type: none"> Roasted/baked/grilled chicken, turkey, fish, seafood, beef, pork, lamb, ham Canned tuna, salmon, chicken, flaked ham, crab Lean ground meat Wild meat (if butchered in an approved facility) Cooked dried peas, beans, lentils Canned beans, lentils (rinsed) Tofu & soy based alternatives (eg. veggie burger) Peanut & nut butters where sugar is not the 1st ingredient Nuts & seeds without added sugar or salt Eggs prepared with little added fat
	<p>These foods are:</p> <ul style="list-style-type: none"> sources of one or more of the following: vitamins, minerals, protein, carbohydrate and fibre generally lower in added fat, sugar and salt 			
"Choose Sometimes" • If a food from this category is served, balance it with a food from "Choose Most Often" category	<ul style="list-style-type: none"> Canned/frozen vegetables and fruit with added salt, sugar, fat or sauces Canned vegetable soups with ≤ 480 mg of sodium Fruit in syrup 100% fruit/vegetable juices Dried fruit 100% fruit leather 100% fruit & vegetable bars Fruit crisps, cobblers Frozen 100% fruit juice bars Salsa 	<ul style="list-style-type: none"> Breads with ≤ 2 g saturated fat and 0 g trans fat such as enriched (white) bread, pita, bagels, rolls, tortillas, croissants, biscuits, scones, breadsticks Enriched (white) pancakes, waffles, loaves, cookies and other baked goods with ≤ 2 g saturated fat and 0 g trans fat Most pancakes, waffles, loaves, cookies, muffins etc. made from scratch with enriched flour and non-hydrogenated margarine or oil Hot/cold cereals with: <ul style="list-style-type: none"> ≤ 12 g sugar White or instant rice White or enriched pasta, noodles Crackers (whole grain or enriched flour) Granola bars/cereal bars (not dipped, ≤ 12 g sugar) Plain popcorn, rice cakes, baked chips Taco shells <p>Grain must be 1st ingredient.</p> <p>Select foods that have:</p> <p>Fat: ≤ 10 g Saturated fat: ≤ 2 g Trans fat: 0 g Sodium: ≤ 480 mg Sugars: ≤ 12 g</p>	<ul style="list-style-type: none"> Whole milk Flavoured yogurt Milksakes Flavoured milks (eg. chocolate) Yogurt drinks Milk-based puddings and custards Frozen yogurt, ice milk Hot chocolate made with milk Processed cheese slices, cheese spread 	<ul style="list-style-type: none"> Lean deli meats (ham, corned beef, turkey roll, pastrami, etc.) Canned fish (pickled in oil) Preformed meatballs or hamburger patties Breaded fish or meats with ≤ 15 g fat Canned beans, lentils (not rinsed) Canned beans in sauce with ≤ 480 mg sodium Nuts and seeds that are salted or sweetened
	<p>Vegetable or fruit must be 1st ingredient (or 2nd, if water is first).</p> <p>Select foods that have:</p> <p>Fat: ≤ 5 g Saturated fat: ≤ 2 g Trans fat: 0 g Sodium: ≤ 480 mg Sugar is not the first ingredient.*</p>	<p>Fat: ≤ 10 g Saturated fat: ≤ 2 g Trans fat: 0 g Sodium: ≤ 480 mg Sugars: ≤ 12 g</p>	<p>Milk must be 1st ingredient, in milk alternatives, water may be the 1st ingredient followed by a milk alternative such as soy.</p> <p>Select foods that have:</p> <p>Fat: ≤ 10 g Trans fat: ≤ 0.5 g Sugar: ≤ 25 g Calcium: ≥ 10%</p>	<p>Meat or meat alternative must be 1st ingredient.</p> <p>Select foods that have:</p> <p>Fat: ≤ 15 g Saturated fat: ≤ 5 g Trans fat: ≤ 0.5 g Sodium: ≤ 480 mg Protein: ≥ 5g</p>
Prepared Mixed Dishes				
<p>A prepared mixed dish product must contain at least two food groups.</p> <p>Preference should be given to food items with a vegetable listed in the first three ingredients.</p> 	<p>Select foods that have:</p> <ul style="list-style-type: none"> Trans fat: 0.5 g or less <p>AND</p> <p>Four of the following six:</p> <ul style="list-style-type: none"> Fat: ≤ 3 g (5% Daily Value) Saturated fat: ≤ 2 g (10% Daily Value) Sodium: ≤ 960 mg (40% Daily Value) Fibre: ≥ 2 g (8% Daily Value) At least one of Vitamin A, Vitamin C, Calcium OR Iron: ≥ 5% Sugar should not be the 1st or 2nd ingredient* 	<ul style="list-style-type: none"> Canned soups/stews/chili with ≤ 960 mg sodium Chunky soups/bean soups with ≤ 3 g fat and ≤ 960 mg sodium Pasta and pasta salad with veggies and ≤ 3g fat Pizza, calzones, soft tacos, quesadillas, fajitas with ≤ 3 g fat Sloppy Joes Smoothies Snacks kits (eg. tuna/crackers) Str-ly Subs, wraps, pitas Trail mix with nuts and fruit  	<p><i>Read food labels to find other healthy food choices</i></p>	

*Sugars can be from many forms: corn syrup, dextrin, honey, maltodextrin, molasses, sugar, syrup and ingredients with words ending in "ose".


Satisfy your thirst with water!

Breakfast:




- 1 serving from each of 3 or more food groups in Canada's Food Guide

Lunch & Supper:



- 1 serving from each of the 4 food groups in Canada's Food Guide

Snack:



- 1 serving from each of 2 or more food groups in Canada's Food Guide

Based on the concepts of "Canada's Food Guide", "Healthy Foods for My School", Saskatchewan Ministry of Health (April 2000)



Non-food Rewards for Kids

Did you know?

Rewarding children with food can interfere with their ability to eat in response to hunger and fullness cues



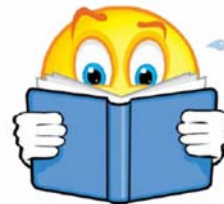
- Sometimes it can be hard to resist the temptation to use food to reward kids for good behaviour or to get them to do something. Food should not be used as a reward or incentive.
- When children are given food for good behaviour or for doing well in school, it can teach them to eat as a way to reward themselves instead of eating when they are hungry and stopping when they are full.
- Non-food rewards can promote healthier school and home environments by showing that food is something to feed our bodies when we are hungry not as a reward for good behaviour.

Here are a few suggestions for non-food rewards

at school and home:

At school:

- Pencils, erasers, bookmarks
- Water bottles, Frisbees
- Keychain, magnets
- Books, rulers, notebooks
- Game time/ reading time
- Free time
- Sitting by a friend
- Eating lunch outdoors
- Have lunch with another classroom
- Have gym with another classroom
- Extra-long gym class
- Extra-long recess
- Go for a walk around the school
- Take a fun physical activity break: jump rope contest, relay race, etc.



At home:

- Invite friends over to play games
- Choose a new toy: a ball, music to dance too, etc.
- No chores for the day
- Read an extra book together at bedtime
- Extra-long play time outside
- Have a family fun night: play games, bike ride, campout, picnic, etc.

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of Saskatchewan

