

Administrative Application			
Students 9512	Last Reviewed / Approved on:	November 28, 2024	
Nutrition Promotion and Healthy Lifestyles		References: Canada's Food Guide, 2024 Nourishing Minds 2019 Saskatchewan Curricular Outcomes and Nutrition 2019 Saskatchewan Treaty Outcomes and Nutrition 2019 Food Safety for my School 2018 The Education Act, 1995 Healthy Foods for my School 2014 Policy 12 – Role of the Director	
	Status:	Operational	

Preamble

The Regina Catholic School Division (RCSD) recognizes that schools have a responsibility to all students 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 contribute to students' wellness and achievement.

Application

1. General

Schools will promote, model and educate students 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 students.
- 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 document, *Nourishing Minds*.

- ii. Food choice may also align with other resources such as *First Nations and Métis Traditional Practices and Foods* or *Cultural Practices and Foods*.
- 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.
 - ii. Energy drinks are high in caffeine, sugar and additives. 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. Energy drinks are not permitted for sale.
 - iv. In elementary schools, 100% of the selection of items for purchases on special lunch days shall be 100% fruits juices, milk or water. Beverage vending machines are not permitted in elementary schools.

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 *Healthy Foods for My School*.
- d. Schools should offer foods at reasonable costs that are affordable and accessible for all students.
- e. Net revenues from the sale of products to students shall be used to support student wellness/healthy living activities.

4. Classroom Rewards and/or Celebrations

- a. In the case, where schools offer rewards to students, the school division encourages offering non-food items or physical activity. Any food that is supplied should be nutritional and selected from *Healthy Foods for my School*.
- b. Food offering for school celebrations should reflect nutritious food choices as much as possible.

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 Saskatchewan Health Authority.
- b. RCSD, along with the school communities, will support and engage in activities that promote health and wellness.

6. Marketing and Promotion

Promote wellness and healthy lifestyles in school by:

- a. Displaying promotional materials related to wellness and healthy eating.
- b. Incorporating nutrition information in communication.

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 guidelines in *Healthy Foods for my School*.