

## Administrative Procedure 235

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# NUTRITION EDUCATION

### Background

A comprehensive school community health approach, healthy eating, and proper nutrition can help students attain their full academic potential, full physical and mental growth, and life-long health and well-being. This will be a shared process of change with schools, home, and community. Health and education are interdependent as healthy students are better learners. This procedure complements the Ministry of Education's learning objectives and guidelines.

Nutrition education must be linked to instruction and curriculum.

A healthy lifestyle, which includes eating foods with a maximum nutritional value, should be promoted and role modeled in all schools.

Working together all stakeholders can promote healthy eating, nutrition awareness, and access to nutritious foods.

The Division supports a comprehensive school health program, including Teaching and Learning, a Healthy Physical Environment, Supportive Social Environments and Community Engagement and Partnerships.

### Procedures

1. Schools shall ensure that nutritious foods will be available and promoted whenever and wherever food is offered or served including school breakfasts, snack and lunch programs, school canteens, cafeterias, vending machines, fundraising, field trips, sporting events, classroom celebrations, and with vendors and caterers.
2. Vending machines shall provide healthy and nutritious food choices.
3. Nutritious foods shall be reasonably priced and appropriately promoted.
4. Schools shall work towards creating a serving and eating environment that is clean and safe and includes supervision, adequate space, and time to eat.
5. School administrators, teachers, support staff, SCCs, and community partners are encouraged to promote and model the consumption of nutritious food choices.
6. Schools shall promote their nutrition policy and develop procedures to inform students, staff, and community how it applies. The Division will offer guidance and review of school nutrition policies.
7. Schools will adhere to Public Health Food Safety standards.
8. Schools shall refer to the reference listed below for specific direction.

Reference: Towards Comprehensive School Community Health: Policy for Saskatchewan Schools (Ministry of Education) (Primary Document) – see Appendix B  
Healthy Foods for my School (Ministry of Health)

Canada's Food Guide (Health Canada)

Section 85, 87, 109, 175 of the The Education Act, 1995

Nourishing Minds: Eat well. Learn well. Live well. (2009) Ministry of Education

(<http://www.education.gov.sk.ca/nourishing-minds/>)

Healthy Eating and Food Safety Guidelines (2009) based on "Canada's Food Guide", Healthy foods for my

School (<http://www.heartandstroke.sk.ca/atf/cf/%7B6C89E785-1760-4813-9070->

[FF7CFFCE319D%7D/SK\\_Nutrition%20Food%20Safety%20Guidelines.pdf](http://www.heartandstroke.sk.ca/atf/cf/%7B6C89E785-1760-4813-9070-FF7CFFCE319D%7D/SK_Nutrition%20Food%20Safety%20Guidelines.pdf)

Healthy Foods for My School (Government of Saskatchewan, 2009) (<http://www.health.gov.sk.ca/healthy-foods-school>)

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