

ROLLING RIVER SCHOOL DIVISION POLICY

Healthy Foods and Nutrition

JHCE/P

Children need healthy food for growth and development and they need to establish a pattern of eating that focuses on balance, variety and moderation.

Rolling River School Division will promote responsible eating patterns consistent with what is taught in school curriculum to help students establish healthy habits for a lifetime. School lunch and snack programs should provide students with the energy required to learn and to be physically active each day.

The following regulations will help school communities to be a role model to students, educators, parents and communities about the importance and value of healthy eating practices. This regulation will provide guidelines for schools regarding foods served and sold in Rolling River School Division schools. This policy does not impact on lunches and snacks that students or staff bring from home. The intent of the policy is to encourage students and staff to make healthier food choices in their day to day life both at school and out of school.

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Date Adopted: May 3, 2007

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1. Each school within Rolling River School Division will establish a School Nutrition Action committee (SNA) by September 30th of each school year. The committee will have at least one student representative, staff representative and parent representative. This committee will develop a Healthy Food Policy and meet on a regular basis to monitor the implementation of this policy in the school.
2. The Manitoba School Nutrition Handbook will serve as a guideline for the development and implementation of the Healthy Food Policy for each school.
3. Commencing September, 2007 all beverage vending machines and dispersing machines will only provide product in the form of 100% unsweetened fruit juices and/or vegetable juices and/or water and/or diet drinks.
4. School canteens and food vending machines will provide products chosen from the recommended list from the Manitoba School Nutrition Handbook guidelines and follow The Quick Guide recommendations.
5. All Rolling River School Division school fundraising activities involving the sale of food/beverage items will be governed by the Healthy Food Policy. School Administrators will consider using products and services that reflect healthy choices.
6. Guidelines regarding food allergies will be incorporated in the school's Healthy Food Policy.

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