

RESOURCE PACKAGE FOR CREATING SCHOOL NUTRITION POLICY

Resource	Comments	Page #
Appendix A: Guidelines for Policy Development (from <i>A Childcare, School and Recreation/Community Centre Resource Manual</i>)	See http://www.health.alberta.ca/documents/Nutrition-Guidelines-2008.pdf for the complete manual. (Many school may have a copy of this binder already. Central Office has a copy. Contact joannvanstone@pwsd76.ab.ca to borrow.)	1 – 9
<i>The REAL Kids Alberta Evaluation</i>	http://www.realkidsalberta.ca/	10-19
Sample Policies	<ul style="list-style-type: none">• Medicine Hat School District	20
	<ul style="list-style-type: none">• Lethbridge School District	21
	<ul style="list-style-type: none">• Grande Prairie GCSSD	22-25

Other Web Pages:

<http://www.everactive.org/shaping-the-future-conference/?id=687>

APPENDIX A: GUIDELINES FOR POLICY DEVELOPMENT

The Alberta Nutrition Guidelines for Children and Youth contain best practices which may not all be achievable at once. It is recommended that groups use these guidelines to develop their own nutrition policies that integrate healthy eating into the framework of their organization. To develop a nutrition policy, follow these five steps:

Step 1 — Form a Nutrition Action Committee

Include representatives from all groups who will be affected by proposed changes. Look for champions — people who will be interested and excited about creating a healthier environment. Consider including the following individuals on your committee:

- Parents
- Children and youth
- School/daycare/recreation centre administrators
- Teachers
- Daycare providers
- Food service providers and vendors
- Community dietitians
- School health nurse or community healthy nurse
- Health promotion/wellness co-ordinators
- Dental health staff

Step 2 — Discuss the purpose and goals of your policy

Reflect on your priorities and capacity for change. Create your own vision statement. Consider the following questions:

- Why are nutrition policies important to our group?
- How will nutrition policies impact our environment?

- What are our goals?
- Where are we now? Where do we want to be?
- How much time, money, people and material will the change require?
- Will the change fit with our values and culture?
- How easy will the change be?
- How much risk does the change involve?
- Can the change be broken down to easy, manageable steps?
- What will determine our success?

Step 3 — Write your nutrition policy

The nutrition policies that you formulate should reflect the most important concerns of your group. Some of the issues you might want to address include:

- Definition of a healthy food
- Variety
- Portion sizes
- Availability of, and access to safe, nutritious foods
- Supportive environments
- Adult modeling of healthy eating
- Vending machines
- Pricing
- Visibility and attractiveness of healthy foods
- Food safety
- Fundraising

Step 4 — Develop a transition plan

It is important to allow enough time for children, youth, parents, and other stakeholders to adapt to changes. Stakeholders also need time to work with vendors on product changes, or to honour existing contracts. It is usually easiest to begin with small, simple initiatives and gradually introduce larger changes.

Step 5 — Monitor and evaluate the change.

It is important to see if your efforts are making a difference. Monitoring what works and what does not, will help you to improve your policies over time. Always make sure that someone is responsible for monitoring policy.

Questions for Children and Youth

- Are you aware of the nutrition policies?
- If you could change one thing about the food, what would it be?
- When you eat here, how do you feel about the choices you have made?
- If you could make one change to the nutrition policies, what would it be?

Questions for Staff

- Are you aware of the nutrition policies?
- Have you noticed any changes in the behaviours of the children and youth since the policies were implemented?
- When you eat here, how do you feel about the choices you have made?
- If you could make one change to the nutrition policies, what would it be?

Questions for Parents

- Are you aware of the nutrition policies?
- Do you allow your child to buy more food here because the choices are nutritious?
- Have you noticed any changes in your child's food habits since the nutrition policies were implemented?
- Would you like any parts of the nutrition policies changed?
- Do you feel more improvements could be made to the food sold or provided?

Note: Groups may also want to follow this process to develop policies on other food-related issues such as managing allergies, chronic disease and food safety, etc.

Childcare Policy Example

The following is outlined in the Licensing Standards and Best Practices in Child Care, April 2007, Alberta Children's Services, page 73:

- Children receive meals and snacks at appropriate times. Morning and afternoon snacks each provide one serving from two or more of the basic food groups. Lunch includes one serving from each of the four food groups and children receive two servings of milk products daily.
- There is a defined method of informing parents of their responsibility (if required) to provide meals and snacks.
- The facility provides additional food and drinks to meet the requirements of Canada's Food Guide or a similar guideline if the meals and/or snacks provided by parents are not adequate.

The following was provided as an example of how one childcare facility provides information to the parents/caregivers of the children in their centre.

Snacks and Lunches

We believe that children need proper nutrition to be fully effective in their learning behaviour. Therefore we ask parents to send lunches according to Canada's Food Guide. If you do not include the four main food groups in your child's lunch the daycare is responsible to supplement the lunch and there will be additional costs.

Morning and afternoon snack is provided by the daycare and follows Canada's Food Guide. Each week a snack menu is posted for parents on the bulletin board. Children may have breakfast at the daycare provided by the parent before 8 a.m. Children arriving after 8 a.m. will be encouraged to wait for snack.

A healthy diet provides the energy and essential nutrients that children need to grow. Our centre promotes healthy nutrition. For this reason we ask parents not to send fast food or junk foods.

School

Example — School Food Policy

The following pages contain an example of a school food policy that was developed in 2003 and implemented by the Holy Family Catholic Regional Division No. 37, Peace River Alberta and adopted December 11, 2003. You will note that the criteria that was used to classify foods into categories varies from what the Alberta Nutrition Guidelines for Children and Youth are suggesting. It is important for all facilities and organizations to recognize that the policies that you may develop will be unique to your situations.

Holy Family Catholic Regional Division No. 37 has advised that they are currently revising their guidelines and will be taking into consideration the recommendations outlined in the Alberta Nutrition Guidelines for Children and Youth.

Holy Family Catholic — Regional Division No. 37 Education Policies Manual

Code: D-1190

Page: 1 of 2

Category: **NUTRITION**

Legal Reference:

Amended:

Adopted: 11-12-03

Resolution #: 64-11-03

Background

The Board of Trustees recognizes that healthy eating is an integral part of growth and development. An increasing amount of research draws connections between student health and potential for learning. Additionally, children learn from role models. Therefore, the Board is concerned about creating supportive school environments for good nutrition and lifelong well-being by encouraging healthy eating for all students and staff.

Policy

The Board of Trustees believes that the development of healthful eating habits is achieved through education in a health-promoting environment. The policy is intended to set guidelines for schools to implement a coordinated comprehensive food and nutrition policy that encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods, and controlling the sale and use of non-nutritious foods.

Guidelines And Procedures

1. Each school council will monitor the implementation and maintenance of the nutrition policy on an annual basis.
2. By the end of the 2003 – 2004 school year, all beverage vending machines in all division schools will have 50% product in the form of 100% unsweetened fruit juice and/or vegetable juices and/or water and/or milk. By the end of 2004 – 2005 school year 100% of the product will be unsweetened fruit and/or vegetable juice, and/or water and/or milk.
3. By the end of the 2003 – 2004 school year, all food product vending machines in all division schools will have 50% product chosen from the “Choose and Serve Most Often” list and 50% product chosen from the “Serve Sometimes” list (see Appendices 1 and 2).

Holy Family Catholic — Regional Division No. 37 Education Policies Manual

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School

4. Schools that choose to operate a canteen will always offer items from the "Choose and Serve Most Often" list (Appendix 1) and may offer foods from the "Serve Sometimes" list (Appendix 2), and limit the sale of foods from the "Other" (Appendix 2) category to once a week.
5. Schools that choose to operate a cafeteria shall incorporate the principles outlined in Canada's Food Guide to Healthy Eating (1992) and Canada's Guidelines for Healthy Eating (1991).
6. All schools in the Division will be limited to only one major food-related fundraising activity which may include items from the "Other" list (Appendix 2). All other food-related fundraising activities will only include items from the "Choose and Serve Most Often" list (Appendix 1).
7. All division schools are encouraged to limit the use of food rewards.
8. All division schools' special events (sports events, class parties, field trips, etc.) will incorporate the principles outlined in Canada's Food Guide to Healthy Eating (1992) and Canada's Guidelines for Healthy Eating (1991).
9. The beverage consumed by students during instructional time will be water or other healthy choices as allowed by individual school policy.
10. Division staff shall model healthy food and beverage choices during instructional time.
11. The school level administrator shall develop guidelines and procedures pertaining to snack and meal programs offered at the school in line with Canada's Food Guide to Healthy Eating (1992) and Canada's Guidelines for Healthy Eating (1991).
12. The school level administrator shall develop guidelines and procedures pertaining to food allergies and with reference to Policy D-1120 Student Illnesses/Administering of Medication.
13. This policy does not impact on lunches, snacks, etc. that students or staff members are bringing from home.

Appendix 1

Choose And Serve Most Often List

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt.

Grain Products	Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes, muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, crackers, tortillas, taco shells, rice.
Vegetables and fruit	Fresh fruit, fresh vegetables, canned fruit prepared in it's own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads, vegetable soup.
Milk Products	2%, 1% and skim white or chocolate milk, yogurt, cheese slices, cheese sticks, milk-based puddings, individual cheese portions, milk-based soups.
Meat and Alternatives	Canned fish, lean meat, fish, poultry, cheese and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legumes, nuts, seeds.
Sauces, Toppings, Garnishes and Dips	Syrup, honey, jam, salsa, tomato sauce, low or non-fat dressings, spreads, mayonnaise, dips.
Sweets	Fruit bars (apple, raspberry, fig), graham crackers, cereal bars (multi-grain, low fat).

Appendix 2

Serve Sometimes

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also high in fat, sugar or salt. If serving these foods combine with foods from Choose and Serve Most Often list.

Grain Products	Cookies (made with oatmeal, peanut butter, or dried fruit), granola bars.
Vegetables and fruit	French fries, fruit in light syrup.
Milk Products	Yogurt drinks, ice cream, frozen ice cream treats, eggnog, milkshakes.
Meat and Alternatives	Wieners, sausages, cold cuts, luncheon meats, pepperoni sticks, pizza pops, pizza, sesame bars, processed cheese spread.

Other

(Maximum of one item per week.)

Most of these foods are considered poor sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D and are also high in fat, sugar or salt.

Pastry danishes, doughnuts, cake, sticky buns, chips, cheese puffs (cheezies), candy, chocolate, flavoured gelatin (jell-o), flavoured fruit drinks/slushies, hot chocolate, froze ice pops, frozen ice cream treats, packaged instant soups, noodle soup, chocolate-covered granola bars, crispy rice squares, pre-sweetened breakfast cereals, pop, sport drinks, coffee/tea.

Implementation Guide will include Canada's Food Guide to Healthy Eating (1992) and Canada's Guidelines for Healthy Eating (1991) as well as fundraising ideas and contacts.

Recreation/Community Centre Policy Example

The following is provided as an example of a vending machine policy that could be used in a recreation/community centre.

Healthy Vending Machine Policy

This policy specifies that 100% of the food and beverage sold in vending machines in recreation centres and community centres meet the following nutrition standards based on the Alberta Nutrition Guidelines for Children and Youth. The policy also addresses advertising.

Beverages in each vending machine should be:

- Water
- Skim, 1% or 2% milk and fortified soy beverage
- Chocolate or other flavoured milk and fortified soy beverages, not containing more than 16 grams of added sugar per 250 mL serving
- 100% vegetable and fruit juice
- Fruit-based drinks containing at least 50% juice
- All other non-caloric beverages, including diet sodas
- Sports drinks less than or equal to 100 calories
- No greater than 12 ounces except for water, with a preference for juices and pop in small size portions (237 mL/8 ounces)

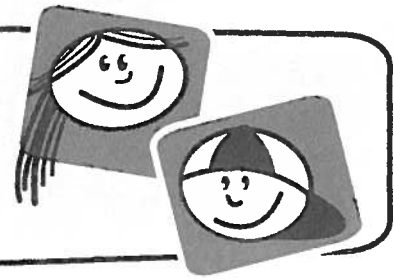
Fifty per cent of the snack foods in vending machines should meet all the following criteria per individual package:

- Less than or equal to 100 calories
- Total fat – 5 grams (g) or less
- Total saturated fat – 3 grams (g) or less
- Processed trans fat – 0 grams (g)
- Cholesterol – 200 milligrams (mg) or less
- Sodium – 400 milligrams (mg) or less
- Sugar – 16 grams (g) or less

The policy recommends that vending machine options contain items that include at least 2 grams of dietary fibre.

The policy recommends that items that meet nutrition criteria should not be priced higher than the items that do not meet the criteria outlined in the guidelines.

The policy stipulates that advertising on vending machines should include advertising only of beverages and foods that meet the criteria of the Choose Most Often food category from the Alberta Nutrition Guidelines for Children and Youth.



The REAL Kids Alberta Evaluation

The Raising healthy Eating Active Living Kids Alberta (REAL Kids Alberta) evaluation is a joint project of the School of Public Health, University of Alberta, and Alberta Health and Wellness (AHW). The intent of this evaluation is to assess the impact of Alberta Health and Wellness's Healthy Weights Initiative and to provide some measurable behavioural and health outcomes for children in Alberta. For information on the Healthy Weights Initiative, go to: www.ech.ab.ca/healthy_weights_initiative.htm.

The first phase of the REAL Kids Alberta evaluation took place in the spring of 2008 with the next phase of the evaluation to be completed in 2010. A total of 3935 Grade 5 students and 4209 parents were surveyed from 174 schools across Alberta.

The evaluation of Grade 5 students included:

- the Harvard Food Frequency Questionnaire for Children and Youth (a dietary assessment tool) to assess dietary habits and nutrient intake
- self-reported information on physical activity, screen-time and recognition of AHW programs
- measurement of heights and weights to determine overweight and obesity from calculation of Body Mass Index.

The parents of participating students were asked for consent and to complete a survey to determine their socioeconomic background, support for health-related policy in schools and recognition of AHW programs.

The principals of participating schools were asked to complete a survey on school environment, implementation of provincial programs and recognition of AHW programs.

Summary of Results

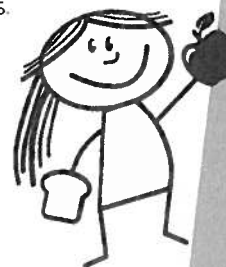
- Among Grade 5 students in Alberta, 29% are overweight or obese. This is substantially higher than estimates from an earlier study in 2004, which indicated that 22% of Alberta children and youth aged 2 to 17 were overweight or obese.

- The majority of Grade 5 students are not meeting Canada's Food Guide recommendations; only 27% of students are consuming enough vegetables and fruits (a minimum of six servings per day is recommended).
- For all Grade 5 students in Alberta, 47% spend three hours or more per day in front of a screen outside of school hours. This exceeds recommendations from the Canadian Paediatric Society of two hours or less per day of total screen time.
- The majority of Grade 5 students are not sufficiently physically active; only 26% report being sufficiently physically active.
- Parent responses indicate strong support for a school environment that promotes healthy eating (90%) and daily physical activity (95%).

School Reports

Each participating school will receive a school report with results from the 2008 evaluation. Results specific to each school are compared to the provincial average for such things as:

- students' eating behaviours
- parental support of healthy eating at school
- students' physical activity and parental encouragement of physical activity
- students' sedentary activities.



For further information on the REAL Kids evaluation, please contact:

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HEALTHY EATING

Did You Know?

Schools

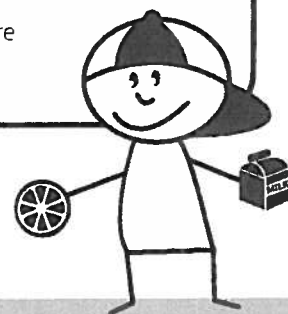
- Schools exert strong influence over students' eating habits and have been described as "the ideal settings to establish and promote healthy eating practices in children and adolescents."¹
- Students who are well nourished have increased test scores, improved attendance, reduced tardiness and better academic, behavioural and emotional functioning.^{2,3,4}
- Schools with healthy eating programs may reduce childhood obesity and improve students' dietary intake.^{5,6,7,8}

Students

- The overweight/obesity rate of Canadian children has doubled over the past 25 years.⁹
- In 2004, 59% of Canadian children aged 2 to 17 ate less than five servings of vegetables and fruit per day.¹⁰
- Almost half of Alberta students report consuming high-fat, high-calorie foods on a daily basis.¹¹
- Eating breakfast improves academic performance^{12,13,14,15}, yet up to 49% of students say they don't eat breakfast.¹⁶

Parents

- The more often a family eats meals together, the more likely the children are to eat fruit, vegetables, grains and calcium-rich foods and beverages. They also are more likely to feel connected to their families.^{7,17,18,19}
- Eating home-cooked meals is associated with healthier eating.^{17,19}
- Children of parents who eat fruit and vegetables and drink milk are more likely to do so themselves.²⁰



Canada's Food Guide

A ten-year-old child requires at least this number of servings every day:

FOR MORE INFORMATION, GO TO:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Vegetables and Fruit	6
Grain Products	6
Milk and Alternatives	3-4
Meat and Alternatives	1-2

HEALTHY EATING

Results from REAL Kids Alberta for your school

Fruits and Vegetables

of your students consumed at least 6 servings of fruits and vegetables per day. Canada's Food Guide recommends a minimum of 6 servings per day for a ten-year-old child.

Milk and Alternatives

of your students consumed at least 3 servings of milk and alternatives per day. Canada's Food Guide recommends a minimum of 3-4 servings per day for a ten-year-old child.

Purchasing Milk and Juice at School

of your students reported buying milk and

buying juice at school 3 or more times per week.

Other Foods

of your students reported eating non-nutritious foods or drinks 2 or more times per day. This includes chocolate bars, chips, ice cream, frozen yogurt, cookies, cake, pop, fruit flavoured beverages, powdered/sweetened drinks, coffee, tea.

3

HEALTHY EATING

Parents' Opinions

of your student's parents agreed that schools should ban or limit the availability of unhealthy foods at school.

of your student's parents agreed that schools should discourage or not allow students to bring unhealthy foods to school.

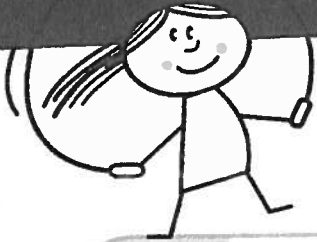
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Tips!

- Provide foods from the "serve most often" category of the *Alberta Nutrition Guidelines for Children and Youth* in vending machines, lunch programs, as snacks and at special events.
- Support school-wide campaigns to incorporate healthy eating in the school culture; e.g., fruit and veggie week challenges, Nutrition Month™.
- Provide nutrition education to students at all grade levels that is interactive and fun and focuses on building skills.
- Provide age-appropriate serving sizes of foods at all places food is served or sold in school.

In 2008, Alberta Health and Wellness released *Alberta Nutrition Guidelines for Children and Youth*. These guidelines provide schools with standards for food/beverage providers within schools. The guidelines apply to food and beverages provided or sold at school, including special events, lunch programs, vending machines, school stores and fundraisers. For a copy of the guidelines, go to: [www.healthyalberta.com/Documents/AB_Nutri_Guidelines_2008\(1\).pdf](http://www.healthyalberta.com/Documents/AB_Nutri_Guidelines_2008(1).pdf).

PHYSICAL ACTIVITY



Did You Know?

Schools

- Schools can instil an appreciation for healthy lifelong, physical activity behaviours and help children to acquire the skills and lifelong habits for physical activity.²²
- Physical activity is associated with improved classroom behaviour, as well as increased enthusiasm toward school and school work.²³
- Regular physical activity helps children reduce stress and aids in developing self-esteem.^{24, 25}

Students

- 90% of children and youth aged 5 to 19 did not meet Canada's Physical Activity Guideline minimum of 90 minutes of physical activity a day.^{22, 26}

Parents

- Behaviours started in childhood and adolescence tend to carry over to adulthood; 56% of Canadian adults 20 years and older are considered physically inactive.²⁷
- Physical activity levels of children and youth correlate with family physical activity levels.^{28, 29, 30}
- The majority of Canadian children aged 10 to 16 spend 4 to 6 hours a day in front of a "screen"³¹ and 2 hours or less of screen time per day is recommended.^{31, 32, 33, 34}
- Physical activity can help achieve a healthy body weight and is associated with increased self-esteem and decreased depression and anxiety.³⁵

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Canada's Physical Activity Guide for Children and Youth

Children aged 10 to 14 should participate in at least 90 minutes of physical activity per day and reduce their non-active time spent watching TV and playing video and computer games. For a copy of Canada's Physical Activity Guide for Children and Youth, go to: www.paguide.com.

PHYSICAL ACTIVITY

Results from REAL Kids Alberta for your school

<input type="checkbox"/> of your students report being physically active.	<input type="checkbox"/> of your students report being physically active during school recess times.
Aspects of physical education classes that students enjoy.	<input type="checkbox"/> of your students report typically spending 3 hours or more per day doing screen type activities outside of school hours. This includes watching TV, surfing the Internet and gaming.
<input type="checkbox"/> of your students' parents agreed that students should adhere to the provincially mandated Daily Physical Activity (DPA) initiative.	<input type="checkbox"/> of your students' parents encourage their children to be active quite a bit or very much.

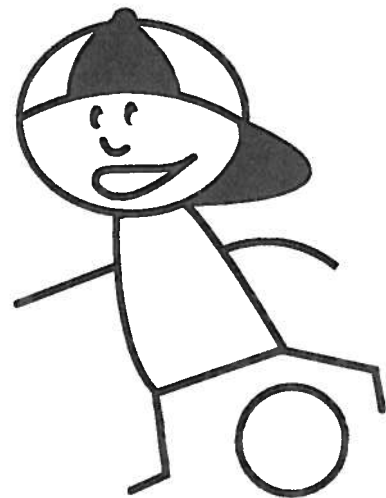
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PHYSICAL ACTIVITY

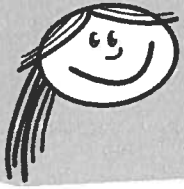
Tips!

- Increase student participation in physical education classes by dividing the students into small groups to decrease wait times.
- Develop outside activity circuits and an indoor walking circuit. Encourage staff, students and parents/guardians to use the circuits before school, during lunch time and after school.
- Encourage active transportation by providing a safe bike lock-up area for students and provide secure areas where students can leave equipment; e.g., inline skates, skateboards and helmets.
- Organize walking school buses for your school.
- Expand on current intramural programs by offering clubs that are fun and accessible for many students, such as running clubs, skipping clubs or dance clubs.
- Integrate physical activities throughout the day in a variety of subject areas.

For further ideas on how to increase your students' physical activity, see the Daily Physical Activity resource at: <http://education.alberta.ca/rmedia/318479/dpa7.pdf>



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YOUR NEXT STEPS



- For further information related to this evaluation, go to www.realkidsalberta.ca.
- Information from this report may be used to identify areas of strength within your school community or areas of concern that can be addressed by health promotion activities.
- Share the results with students, school staff, parents and community stakeholders, such as your Regional Health Promotion Coordinators from Alberta Health Services.
- Use the results of this evaluation to identify areas for collective action within your school authority.
- Go to www.everactive.org, the Ever Active Schools Web site, where you will find information about:
 - education of students, parents and staff
 - creating supportive physical and social environments in school communities
 - community partnership
 - assessment: Healthy Assessment Tools for Schools (HATS)
 - planning and policy development
 - assistance with promoting physical activity and healthy eating.
- Support parent or teacher requests to submit proposals to fund Healthy School Initiatives, such as the Healthy School Community Wellness Funds (www.achsc.org/wellness_fund.htm).
- Use government approved guidelines and resources such as the Alberta Nutrition Guidelines for Children and Youth (www.healthyalberta.com).
- Go to the following Web sites for further information:
 - www.achsc.org
 - www.healthyalberta.com/HealthyPlaces/201.htm
 - www.appleschools.ca/
 - www.healthyeatingatschool.ca
 - www.actionschoolsbc.ca/content/home.asp
 - www.dashbc.org

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MEDICINE HAT SCHOOL DISTRICT NO. 76

HEALTHY NUTRITIONAL CHOICES

BACKGROUND

Schools play an important role in improving the health of students and their ability to learn by reinforcing sound nutrition principles through its food services and its education programs.

POLICY

The board directs that schools establish practices and procedures that set healthy standards for the provision of food in schools.

GUIDELINES

1. Food selection shall be guided by the principles of regional, provincial and federal health documents.
2. Teachers should be encouraged to incorporate concepts of healthy nutritional choices into the curriculum.
3. Where and as appropriate, students should be involved in decisions regarding the food choices available in schools.

**Approved & Adopted:
September 7, 2004**

504.11 Healthy Nutritional Choices

Policy

The Board believes that schools play an important role in improving the health of students and their ability to learn by reinforcing sound nutrition principles through its food services and education programs. The Board believes that students who eat a healthy, balanced diet are more energetic, have longer attention spans and better problem-solving skills.

Therefore, the Board shall work with parents, schools, businesses, service clubs, governments and community to teach and empower students to make informed choices about healthy nutritious eating and physical activity.

The Board directs that schools establish practices and procedures that set healthy standards for the normal provision of food in schools.

Regulations

1. Food selection shall be guided by, but not limited to, the Canada Food Guide.
2. Teachers are encouraged to incorporate concepts of healthy nutritional choices and physical activity into the curriculum.
3. Where and as appropriate, students and school council should be involved in decisions regarding the food choice available in schools.

The Board delegates to the Superintendent the authority to develop the procedures necessary to implement this policy.

References

District Policies: Policy 600.3 Poverty Intervention
 Policy 1003.2 Partnerships and Sponsorships

Administrative Procedure 316

Nutrition

Background

Grande Prairie and District Catholic Schools recognizes that healthy eating is an integral part of growth and development. An increasing amount of research draws connections between student health and potential for learning. Additionally, children learn from role models. Therefore, the Board is concerned about creating supportive school environments for good nutrition and lifelong well being by encouraging healthy eating for all students and staff.

The procedure is intended to set guidelines for schools to implement a coordinated comprehensive food and nutrition policy that encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods, and controlling the sale and use of non-nutritious foods.

Procedures

1. Each Principal will monitor the implementation and maintenance of a school nutrition policy on an annual basis.
2. By the end of the 2005-2006 school year, all beverage vending machines in all District elementary/junior high schools (K-8) will have 50% product in the form of 100% unsweetened fruit juice and/or vegetable juices and/or water and/or milk. By the end of 2006-2007 school year 100% of the product will be unsweetened fruit and/or vegetable juice, and/or water and/or milk, unless prior contractual agreements prohibit the implementation.
3. By the end of the 2005-2006 school year, all food product vending machines in all District elementary/junior high schools will have 50% product chosen from the "Choose and Serve Most Often" list and 50% product chosen from the "Serve Sometimes" list (see Appendices 1 and 2).
4. Schools that choose to operate a canteen will always offer items from the "Choose and Serve Most Often" list (Appendix 1) and may offer foods from the "Serve Sometimes" list (Appendix 2), and limit the sale of foods from the "Other" (Appendix 2) category to once a week. This will apply to all elementary schools.
5. Schools that choose to operate a cafeteria shall incorporate the principles outline in Canada's Food Guide to Healthy Eating (2005).
6. Nutritious foods in canteens, cafeterias, and at school events are competitively priced and appropriately promoted and advertised.

7. The beverage consumed by students during instructional time will be water or other healthy choices as allowed by individual school policy.
8. If staff members use snacks or treats as a “reward” for students, it needs to be done in moderation.
9. Staff will assist students to develop strategies that promote nutritional, healthy choices for self and others.
10. District staff shall strive to model healthy food choices during instructional time.
11. The school level administrator shall develop guidelines and procedures pertaining to snack and meal programs offered at the school in line with Canada’s Food Guide to Healthy Eating (2005).

Reference: Canada’s Food Guide to Healthy Eating (2005)

APPENDIX 1: Choose and Serve Most Often List

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt. Examples include:

Grain Products Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes, muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, crackers, tortillas, taco shells, rice.

Fruits and Vegetables Fresh fruit, fresh vegetables, canned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads, vegetable soup.

Milk Products 2% and 1% white or chocolate milk, yogurt, cheese slices, cheese sticks, milk-based puddings, individual cheese portions, milk-based soups.

Meat and Alternatives Canned fish, lean meat, fish, poultry, cheese and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legumes, nuts, seeds.

Sauces, Toppings, Garnishes and Dips Syrup, honey, jam, salsa, tomato sauce, low or non- fat dressings, spreads, mayonnaise, dips.

Sweets Fruit bars (apple, raspberry, fig), graham crackers, cereal bars (multi-grain, low fat).

APPENDIX 2: Serve Sometimes List

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also high in fat, sugar or salt. If serving these foods combine with foods from Appendix 1: Choose and Serve Most Often list. Examples include:

Grain Products Cookies (made with oatmeal, peanut butter, or dried fruit), granola bars.

Fruits and Vegetables French fries, fruit in light syrup.

Milk Products Yogurt drinks, ice cream, frozen ice cream treats, eggnog, milkshakes.

Meat Alternatives Wieners, sausages, cold cuts, luncheon meats, pepperoni sticks, pizza pops, pizza, sesame bars, processed cheese spread.

OTHER

(Maximum of one item per week.)

Most of these foods are considered poor sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D and are also high in fat, sugar or salt. Examples include:

Pastry Danishes, doughnuts, cake, sticky buns, chips, cheese puffs (Cheezies), candy, chocolate, flavored gelatin (jell-o), flavored fruit drinks/ slushies, hot chocolate, froze ice pops, packaged instant soups, noodle soup, chocolate-covered granola bars, crispy rice squares, presweetened breakfast cereals, pop, and sport drinks.