

Nutrition in Schools
Policy 5405
January 29, 2008
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The Board Education believes that the school has an important role to play in improving the health of students by reinforcing sound nutrition principles through both their food services and their education programs.

Nutrition has a strong impact on the ability to educate children. A student's physical and mental health and development, susceptibility and resistance to disease, reaction to stress, energy level and general morale, are all affected by the state of nutrition.

Positive nutrition must begin in early education when lifelong habits and attitudes are formed. Nutrition education should be a cooperative effort between home and school with practice reinforcing theory. It is expected that principals and teachers in consultation with parent groups consider issues surrounding the provision of foods in schools, lunchtime arrangements and related matters. To do this community resources may be utilized when appropriate.

The Board believes that the school's role is to provide nutrition education and to encourage the consumption of nutritious foods by the students in our schools. This objective can be achieved by educational programs suitable to the various age levels and by ensuring that the school's food services reflect a commitment to sound nutritional practices. Each school is responsible to develop a policy for their school following the guidelines set out in this policy.

Guidelines:

In order to implement the objectives of a nutrition policy, schools should base their decisions on the selection of foods for sale or for serving on the Ministry of Education and Ministry of Health Guidelines for Food and Beverage Sales in BC Schools (Revised September 2013) found at www.healthlinkbc.ca/foodguidelines.