

KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

POLICY STATEMENT

Section: Educational Services
• Student Welfare

Policy Code: ES-1.7

Policy: NUTRITION

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The Kawartha Pine Ridge District School Board (KPRDSB) recognizes the research which identifies the direct relationship between healthy nutrition and academic achievement. Healthy nutrition helps to support student learning and enhances physical, emotional, social and intellectual development. Well-nourished students are able to concentrate better, to retain and apply information more effectively, and to demonstrate positive behaviours and relationships with others.

The Board is also aware that a significant of our students

This awareness and appreciation for the importance of healthy food choices will be developed through curriculum activities, breakfast/nutrition programs, school council- and volunteer-sponsored lunch programs, cafeteria and vending machine offerings, fundraising and special food days, as well as through positive modelling, messaging and practices.

Nutrition criteria set out in this policy are divided into three main categories: “Sell Most”, “Sell Less” and “Not Permitted for Sale”. Products that fall in the “Sell Most” category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium. They must make up at least 80 per cent of all food choices available for sale in schools. Foods and beverages in the “

The Board is also committed to promoting and modelling healthy eating messages and healthy

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- 3.2.3 are high in added sugars or added salt, and/or
- 3.2.4 are usually not part of any of the three food groups identified in Canada's Food Guide, 2019 and/or any successor guide.
- 3.3 products that fall within the "Not Permitted for Sale" category are not sold in schools. Please see [PPM 150](#).
- 3.4 nutrition education, consistent with Canada's Food Guide, 2019 and/or any successor guide, is incorporated into appropriate areas of the curriculum for all students in order to develop decision-making skills for healthy living.
- 3.5 schools will encourage the development of and provision for universal Student Nutrition Programs (e.g. breakfast and snack programs).
- 3.6 Student Nutrition Programs are developed in consultation with the school community and with local public health personnel.
- 3.7 principals will consult with school council and students to determine the Special Exemption Days allowable within Bill 8 (maximum 10), as mandated by the Ministry of Education (see Item 1).
- 3.8 Students will have opportunities to drink water throughout the day preferably using reusable water bottles when possible.
- 4. The Board expects that principals will:
 - 4.1 provide relevant materials to support the instructional program;
 - 4.2 provide parents, volunteers and the community with information about Student Nutrition Programs and nutrition education in KPRDSB, in order to promote continuous awareness of and support for the Board's direction in this area;
 - 4.3 ensure that all items available in school-owned vending machines, and tuck shops comply with trans fat and other legislative directives;
 - 4.4 support nutritious school council- or volunteer-sponsored lunches where nutrition standards for foods and beverages are met; and
 - 4.5 support the provision of nutritious foods (see Items 3.1 and 3.2) for school celebrations that respect food allergies and cultural diversity.
- 5. The Board will provide healthy food and beverage choices at all work-related meetings, workshops and other events where food and/or beverages are served.

