

# NUTRITION

## Background

The District is committed to creating educational environments that are conducive to learning and support students in their cognitive, social, self and career development. The District acknowledges that healthy children learn better and that schools can directly influence students' health. The District also recognizes the importance of addressing food and nutrition issues in District schools.

## Procedure

1. The District supports a multi-pronged approach to addressing food and nutrition issues. This approach includes school nourishment programs, food and nutrition education, food safety.
  - 1.1 The District supports the need for school nourishment programs. Breakfast, lunch and snack programs at District schools ensure that students across the District in need of nourishment programs arrive at class ready to learn. It is recognized by the District that there is a need to maintain and expand these programs, and it encourages the development of partnerships that involve community, local business, and funders to make this happen.
  - 1.2 The District also supports the integration of food and nutrition education into curriculum across all grade levels, and the development and/or usage of educational resources that will create opportunities for staff, students, and school communities to become more knowledgeable about food and nutrition issues. Included within this focus is the development of life skills such as cooking and budgeting and environmental awareness through an understanding of agriculture and food issues.
  - 1.3 The District also recognizes the need to be aware of, and comply with, issues concerning the operation of food services as per the food safety standards laid out by Island Health Authority and/or the Health Act.
  - 1.4 The District is committed to ensuring that all District schools will strive to meet the Guidelines for Food and Beverage Sales in BC Schools developed by the Ministry of Education and Ministry of Health. These guidelines apply to school nourishment programs, food events at District schools, and vending machine or other food sales throughout the District.

Reference: Sections 17, 20, 22, 65, 85 School Act  
Health Act  
School Regulation 265/89  
Canada Food Guide for Healthy Choices Guidelines  
Guidelines for Food and Beverage Sales in B.C. Schools  
Daily Physical Activity Kindergarten to Grade 12

Adopted: June 25, 2019  
Revised: