

NUTRITION IN SCHOOLS

Background

The Division is committed to promoting and offering nutritious foods and beverages in its schools. Well-nourished students are more likely to achieve their academic potential, physical and mental growth, and lifelong health and well-being. Schools share the responsibility with the home and community to educate and provide healthy and nutritious foods and beverages.

All schools are encouraged to provide healthy and nutritious foods and beverages when food and beverages are offered to students.

Procedures

1. General

- 1.1 The choice of foods and beverages offered and served in our schools, and at any school approved or hosted event shall adhere to the guidelines as outlined in “Saskatchewan School Food & Nutrition Guidelines”, “Nourishing Minds: Eat Well - Learn Well - Live Well”, “Canada’s Food Guide”, and “Healthy Foods for my School”.
- 1.2 Nutritious foods and beverages being sold will be competitively priced and appropriately promoted and advertised.
- 1.3 Schools will adhere to Public Health food safety standards.
- 1.4 Each year the school administrators and Superintendent of Operations will review current nutritional guidelines and how the school is adhering to the guidelines.
- 1.5 Each school principal will develop procedures to comply with this procedure and inform their staff, School Community Council and families annually.
- 1.6 Predominantly nutritious food and beverage items will be offered in the following areas:
 - Canteens
 - Concessions
 - Cafeteria
 - Vending machines
 - School Based Nutrition Programs such as Breakfast Programs and Snack Programs

Reference: Section 85, 87, 175 of the Education Act

Canada's Food Guide (Government of Canada)

[Saskatchewan School Food Guidelines](#) (Saskatchewan Health Authority)

[Saskatchewan School Food and Nutrition Guidelines](#)

[Nourishing Minds: Eat Well - Learn Well - Live Well](#)

[National School Food Policy](#) (Government of Canada)