

NUTRITION IN SCHOOLS

Background

District schools are to educate students on the benefits of eating nutritious foods, as outlined in Canada's Food Guide and Canada's Dietary Guidelines

When food and beverage products are offered for sale at school or at school-sanctioned events, schools must offer healthy food and beverage choices for students and staff, as outlined in [Guidelines for Food and Beverage Sales in BC Schools \(2013\)](#).

This administrative procedure will pertain to all food and beverage products sold or provided in District schools. Each Principal will implement practices that follow these guidelines and the procedures outlined next.

Procedures

1. All schools are expected to provide suitable nutrition education programs, as outlined in the Ministry of Education curriculum. Principals will ensure that all food and beverages sold or distributed in schools appropriately complement and reflect the nutrition needs of all students.
2. Each school Principal will work with teachers, students, parents, guardians, Parents' Advisory Councils, and community partners to ensure compliance with the ["Guidelines for Food and Beverage Sales in B.C. Schools"](#).
3. Consistent with Guidelines for [Food and Beverage Sales in BC Schools \(2013\)](#):
 - 3.1. Prepackaged foods and beverages will meet nutrient criteria stated in the "Sell Most" and "Sell Sometimes" lists in the Guidelines.
 - 3.2. Choices that score "Sell Most" will be offered as at least fifty percent (50%) of the total choices available, with the remainder coming from that score "Sell Sometimes."
 - 3.3. Freshly made foods and beverages being sold to students must meet criteria as "Sell" in the Guidelines.
 - 3.4. Pricing is set to encourage the selection of healthy food and beverage choices.
4. Each Principal will work with teachers, students, parents, Parents Advisory Councils, and the community to address the nutritional needs of vulnerable children and youth.

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](#)

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