

POLICIES, GUIDELINES AND PROCEDURES

SUBJECT	N.E.P.N. CODE
NUTRITION IN SCHOOLS	EFA

I. POLICY

The Louis Riel School Division believes that good nutrition is a vital support to the mental, emotional, and physical health of all students and their potential to learn; and accordingly, that all students should receive opportunities to develop the knowledge and skills necessary to choose nutritious and healthy food.

The Division also recognizes the presence of food in various aspects of school life, including but not limited to:

- curriculum instruction;
- school cafeterias, canteens, stores or vending machines;
- fundraising activities or other special events that involve students and occur on behalf of schools; and
- school breakfast and snack programs, as applicable.

The Division and its schools share responsibility for implementing appropriate curricula; and promoting healthy nutritional practices by ensuring the prominence of healthy food options and appropriate portion sizes in the aforementioned accommodations, services and activities.

The Division and its schools also share with parent/guardians and the greater community the important role of developing and modelling practices to support healthy nutritional choices.

This Policy shall guide the Division and its schools to manage all practices related to nutritional education, and to the distribution of food during school hours and school-related events.

II. GUIDELINES

- A. All decisions pertaining to foods distributed during school hours and school-related events in Louis Riel School Division will accord with provincial legislation (notably, [Manitoba Public Schools Act](#) sections 41(1)(b.3) and 47.2, the *Guidelines for Foods Available in K to 12 Schools in Manitoba* ([Manitoba School Nutrition Handbook](#), pages 9 - 22), and the following Divisional policies:

- [JJE-1](#) Student Fundraising Activity – School-Initiated**
- [JJE-2](#) Student Fundraising Activity – Parent-Initiated**
- [JJE-3](#) Student Fundraising Activity – Charitable Initiatives**
- [JLCE-2](#) First Aid and Emergency Medical Care (Anaphylaxis)**

Adopted:	December 18, 2007	Manitoba Public Schools Act , Manitoba School Nutrition Handbook , City of Winnipeg By-Law 5160/89
Revised:	February 5, 2019	



- B. Per GUIDELINE A, the Division’s schools will reference the [Manitoba School Nutrition Handbook](#) to develop cultures and climates that promote:
 - healthy food choices (*Foods that should be Served Most Often* list); and
 - participation in activities that encourage such choices.
- C. School-initiated programs that provide food to students to respond to their individual needs and circumstances shall prioritize equitable access to nutritious food. See PROCEDURE – A.
- D. Foods and beverages sold in vending machines within the Division’s schools shall accord with the [Manitoba School Nutrition Handbook](#) (select from lists for Better Choices for Vending Machines.) See PROCEDURE – B.
- E. All school-based fundraising initiatives shall prioritize non-food items or healthy food and beverage choices according to the [Manitoba School Nutrition Handbook](#). See PROCEDURE – C.
- F. Recognizing that special events in schools may require or warrant flexibility,
 - foods and beverages that are served or sold at events in which students participate should follow the [Manitoba School Nutrition Handbook](#)
 - feasible measures for portion control should receive consideration
 - school and individual classroom motivational practices should refrain from offering food as incentives or rewards
- G. For school-wide events in which food is prepared or served on site, and as feasible in their facilities, all schools will store, prepare and serve foods in accordance with the standards outlined by the [City of Winnipeg Bylaw 5160-89](#). See PROCEDURE – D.
- H. In accordance with **Policy JLCE-2 – First Aid and Emergency Medical Care (Anaphylaxis)**, the parent/guardian and/or the student is responsible for notifying the school of allergies and medical conditions, and for making informed choices consistent with the student’s healthcare needs, from foods available at the school.
- I. As required by current or future divisional or provincial policy, schools shall define nutrition priorities in their School Plans and shall report on the related outcomes, to parent advisory councils and Manitoba Education, as part of their annual Progress Report to the Community, per **Policy ADE – Multi-Year Strategic Planning Process**. See PROCEDURE – E.

III. PROCEDURES

- A. In accordance with GUIDELINE C’s stipulation about equitable access to nutritious food that responds to students’ individual needs and circumstances:

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- All schools are encouraged to promote and offer a Milk Program.
 - All schools are encouraged to consider healthy food choices, when providing food for access as needed, by students with financial challenges.
 - Schools with student profiles of significant needs are encouraged to consider breakfast or snack programs, following the [Guiding Practices of the Breakfast Club of Canada](#). While such programs must be accessible to any students in schools that offer them, schools shall not promote them as replacements for breakfast eaten at home.
 - Pricing practices for foods sold in schools shall encourage students to select the healthiest of available options.
- B. In accordance with GUIDELINE D’s stipulation about vending machines:
- Vending machines in schools shall offer 100% juice (fruit and vegetable), water products, nutritionally-equivalent milk alternatives, milk and milk products.
 - Vending machines shall not offer carbonated beverages.
- C. In support of GUIDELINE E and consistent with divisional fundraising Policies JJE-1, -2 and -3, the Principal, following consultation with the school’s parent organization, has the final authority regarding the selection of items for sale in any fundraising activities involving students or occurring on behalf of the school.
- D. In accordance with GUIDELINE G on food safety:
- For school-wide events in which food is prepared and served on-site, all schools will have at least one certified food handler on duty.
 - The Division will arrange and fund annual training for food handlers as required by schools.
 - All schools will:
 - encourage students to clean their desks or any tables at which they are required to eat; and
 - provide students time to wash their hands before and after they handle or consume food.
- E. In accordance with GUIDELINE I,
- Schools should use a comprehensive approach to nutrition education that involves the whole school community, including activities that positively influence students’ nutrition knowledge, attitudes, skills, and eating habits.
 - All members of a school’s staff, and adult community members who participate during the school day and in-school events, are encouraged to model healthy eating practices to support the development of students’ positive attitudes towards nutrition and lifelong healthy eating habits.
 - When possible, schools should incorporate nutrition education in the Health curriculum, in other subject areas, and during extra-curricular activities.

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- The Division and its schools will support opportunities for staff development and training about the effective delivery of nutrition curriculum.

F. In accordance with GUIDELINE A and the [Manitoba Public Schools Act](#):

- Schools will not sell food products containing artificial trans fats in packaged foods or other food products to students.
- Vegetable oil or spreadable margarine used in the preparation of foods at a school will not exceed two per cent of the product's total fat content.
- The trans-fat content of other foods, excluding meat or dairy products, must not exceed five per cent of the food's total fat content.
- Exceptions may occur for circumstances related to student lunches brought from home, school bake sales, hot dog days, and pizza lunches if the food items are unavailable in the school every day.
- A school's parent organization will review food and nutrition policies at least once annually.

Reference

[City of Winnipeg By-Law 5160/89](#) requires that food establishments follow the following guidelines when transporting food:

- 14.1 All food being transported to or from a food service establishment shall be effectively protected from contamination.
- 14.2 Potentially hazardous foods being transported and requiring refrigeration or hot storage shall be kept at a temperature not higher than 5 degrees Celsius (41 degrees Fahrenheit) or not lower than 60 degrees Celsius (140 degrees Fahrenheit).
- 14.3 All frozen foods being transported shall be kept at a temperature not higher than -15 degrees Celsius (5 degrees Fahrenheit).

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