

<i><b>Rainy River District School Board</b></i>	<b>SECTION 2</b> <i>Organization &amp; Administration</i>
<b>HEALTHY SCHOOL FOOD AND BEVERAGE</b>	<b>2.70</b>

## **POLICY**

The Rainy River District School Board will support students in making healthy food and beverage choices.

## **RATIONALE**

Supporting students to make healthy food and beverage choices assists them in achieving their full academic potential, mental and physical growth, for lifelong learning, health and well-being.

## **IMPLEMENTATION**

As per Procedure 2.70 Healthy School Food and Beverage.

## **GUIDELINES**

### **1.0 General Guidelines**

- 1.1 All schools in the Rainy River District School Board must comply with provincial legislation relating to nutrition.
- 1.2 This policy applies to food and beverages sold or served to students during school and at school or Board-sponsored sports and special events.
- 1.3 In addition to the required nutrition education as outlined in the Ontario Curriculum, opportunities and education to promote healthy eating and safe food practices should be considered for planned events and classroom activities.
- 1.4 Food should not be used as a reward.

### **2.0 Exemptions**

- 2.1 The standards do not apply to food and beverages that are:
  - Special events days;
  - Brought from home for individual consumption or purchased off school premises and are not for resale in schools;
  - Available for purchase during field trips off school premises;
  - Sold or served in staff rooms or staff only events.

### **3.0 Special Event Days**

- 3.1 If food is used as part of a celebration, all foods and beverages served to students must be from the Sell/Serve Most and Sell/Serve Less categories except on special event days, including food brought from home.
- 3.2 The maximum number of days in the school year that may be designated as special event days for a school is ten (10). School administrators will communicate the dates of special event days to the school community, after consultation with school council and where appropriate, student leadership councils.
- 3.3 On such a designated special event day, schools are encouraged to follow this policy and the 2019 Canada's Food Guide, but may, if they so choose, serve or sell foods or beverages that do not comply with the standards.

#### **4.0 School Nutrition Programs**

- 4.1 Schools with student nutrition programs will follow the *Student Nutrition Program Nutrition Guidelines* developed by the Ministry of Children, Community and Social Services and the nutrition standards contained in PPM 150 and this policy.
- 4.2 When procuring food service contracts, the Board will request the following:
  - use of locally grown and produced foods wherever possible;
  - use of whole foods;
  - healthy foods that reflect cultural diversity and provide options for vegetarians and vegans on a regular basis;
  - posting of nutritional information of all foods sold or served.

#### **5.0 Fundraising**

- 5.1 It is recommended that the sale of healthy (i.e., PPM 150 applicable) or non-food items be selected for fundraising purposes. The sale of foods that do not comply with the standards as outlined in PPM 150 and the Healthy School Food and Beverage Policy for fundraising purposes is not permitted in the school unless the sale is counted as one of the school's 10 special event days.
- 5.2 A school may sell a non-compliant food for fundraising purposes in the community outside the school up to a maximum of two (2) times per school term or semester for a total of four (4) times in each school year.

#### **6.0 Communication and Education**

- 6.1 Schools will communicate the PPM 150 and the Healthy School Food and Beverage Policy annually to parents/guardians, students, and food service providers.

Each school is encouraged to recognize, value and support parent/guardian and student involvement in making changes which reflect a healthy school environment, including the valuing of nutritional foods that represent cultural diversity. Schools may choose to develop additional guidelines in school practices in consultation with their school council.

- 6.2 The Board and its schools will endeavor to provide annual professional development that outlines the impact of food and nutrition on student well-being and the importance of adult role modelling of healthy eating.

**Definitions:**

**Sell/Serve Most (> 80%)** – Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium.

**Sell/Serve Less (< 20%)** – Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than foods and beverages in the “Sell Most” category.

**Not Permitted for Sale or to be Served** – Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g. deep-fried and other fried foods, confectionery).

**Student Nutrition Programs** – A breakfast, early morning meal, snack or lunch program offered by the school for all students which is funded by a combination of financial resources, including parent/guardian contributions, local community fundraising, and provincial funding.

**School Tuck Shops and Canteens**– Small retail operations within a school that sell food, beverages and other items, usually for fundraising purposes.

**Special Event Days** – A day designated by the principal of the school on which food and beverages sold or served in schools are exempt from the nutrition standards outlined in PPM 150 and this policy.

**Food Service Provider** –a person or organization that is contracted to sell food and/or beverages to students and staff within a school.

**Fundraising** – Any voluntary contribution, sale of goods or services, or event, which is organized and conducted for the purpose of generating funds. Fundraising may occur within the school or outside of the school.

<u>CROSS REFERENCE</u>	<u>Date Approved</u> September 1, 2020	<u>LEGAL/MINISTRY OF EDUCATION REFERENCE</u>
Policy 2.67 Equity and Inclusive Education	<u>Board Motion</u> 121	Ontario Curriculum Health and Physical Education, Gr. 1-8, 2019
Procedure 2.70 Healthy Food and Beverage	<u>Review Prior to</u> 2025	Ontario Curriculum Health and Physical Education, Gr. 9-12, 2015
Policy 4.11 Supporting Students with Prevalent Medical Conditions		<i>Canada's Food Guide</i> , 2019
Procedure 4.14 Anaphylaxis and Life Threatening Allergies		Bill 8 – Healthy Food for Healthy Schools Act, 2009
Policy and Procedure 8.24 Fundraising		Policy/Program Memorandum No. 150; School Food and Beverage Policy – Ontario Ministry of Education, 2010
Policy and Procedure 8.09 Procurement		Policy/Program Memorandum No. 135: Healthy Foods and Beverages in Elementary School Vending Machines – Ontario Ministry of Education, 2004
Procedure 2.72 Healthy Meetings and Events		<i>Health Protection and Promotion Act., Regulation 562: Food Premises</i>  <i>Call to Action: Creating a Healthy School Nutrition Environment</i> – Ontario Society of Nutrition Professionals in Public Health, 2004  Sabrina's Law, 2005, SO 2005, c. 7