

# *St. François Xavier Community School*

## *Nutrition Policy 2017-2018*



### **Mission Statement**

St. Francois Xavier Community School promotes a healthy, active lifestyle through our food program, nutrition education and physical education. We believe that this school has a responsibility to foster and support healthy eating practices. Our school will incorporate Canada's Food Guide to Healthy Eating and will focus on serving the most nutritious food during classroom and school functions. We will also encourage students to drink water throughout the day as part of a healthy lifestyle practice.

### **Nutrition Policies**

#### **Defining Nutritious and Non-Nutritious Food**

Snacks belonging to the four food groups of Canada's Food Guide to Healthy Eating will be encouraged at school.

#### **Special Events**

School community members will be encouraged to provide healthy food choices for special events such as class parties. Although healthy foods should be promoted for daily consumption, as well as on special days, it is recognized that schools need to be flexible for celebration days.

#### **Pricing and Promotion**

Our school supports healthy food choices by providing affordable, nutritious food and beverages throughout the year.

#### **Classroom Rewards**

Our school encourages fundraising activities, rewards and incentive programs which promote healthy food choices.

#### **Food Programs and Fundraising**

School food programs and fundraising will promote healthy eating habits and not rely solely on the sale of non-nutritious foods.

#### **Food Security**

Nutritious foods are served to children requiring supplemental feeding (eg. missing lunches.)

#### **Food Allergies**

Our school ensures that food service staff/volunteers are made aware of food allergies and guidelines to support children with food-related chronic diseases. However, it is the responsibility of the child and family to make informed food choices from foods available.

#### **Trans Fats**

School food programs will serve foods with minimal levels of trans fats.