

Nutrition and Sale of Food in Schools

Policy No. 403.12

The Board of Education, School District No. 91 (Nechako Lakes), believes that schools play an important role in ensuring the health of students through programs and services that encourage healthy lifestyle habits and sound nutritional principles. Current research provides clear evidence about the negative trends in students' nutrition practices and lifestyle choices. It is essential for schools to join with parents, community members and health officials to address these alarming trends.

Nutrition has a strong impact on the educability of children. A student's physical and mental health and development, susceptibility and resistance to disease, reaction to stress, energy level and general morale are all affected by the state of nutrition. It is no longer an issue of why we should switch to healthier food choices/options for our students. It is clear that schools need to take a leadership role in promoting healthy food choices to our students.

The Board believes that the school's role should be to provide nutrition education programs and to encourage the consumption of nutritious foods by the students in our schools. This objective can be achieved by educational programs suitable to the various age levels and by ensuring that the school's food services reflect a commitment to sound nutritional practices.

The Board supports healthy food choices and directs the effective implementation of the current guidelines as recommended by the Ministry of Education and Ministry of Health, in all schools. Each school is expected to develop and implement a "healthy food choices" approach utilizing these guidelines.