

ADMINISTRATIVE PROCEDURE

Students

Nutrition

STU #20

Revised: **October 2024**

Background

The Board of Trustees (Board) of Christ The Redeemer Catholic School Division recognizes that healthy eating is an integral part of growth and development. An increasing amount of research draws connections between student health and potential for learning. Additionally, children learn from role models. Therefore, the Board is concerned about creating supportive school environments for good nutrition and lifelong well-being by encouraging healthy eating for all students and staff.

The Board believes that the development of healthful eating habits is achieved through education in a health-promoting environment. This administrative procedure is intended to set guidelines for schools to implement a coordinated comprehensive food and nutrition program that encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods and controlling the sale and use of non-nutritious foods.

Procedures

1. Administration should monitor the implementation and maintenance of the nutrition program on an annual basis.
2. All beverage vending machines in all Christ The Redeemer (CTR) Catholic School Division schools should prioritize water as the healthy drink of choice, and follow the principles outlined in [Canada's Food Guide](#).
3. Schools that choose to operate a cafeteria, a hot lunch, or nutritional snack program should incorporate the principles outlined in [Canada's Food Guide](#).
4. All CTR Catholic schools are encouraged to limit the use of food rewards.
5. All CTR Catholic schools' special events (sports events, class parties, field trips, etc.) should attempt to adhere to the principles outlined in [Canada's Food Guide](#).
6. The beverage consumed by students during instructional time should be water or other healthy choices as allowed by individual school policy.
7. The school principal, in cooperation with parent council, should develop guidelines and procedures pertaining to snack and meal programs offered at the school in line with [Canada's Food Guide](#).

8. The school principal, in cooperation with parent council, should develop guidelines and procedures pertaining to food allergies and with reference to [Students Administrative Procedure STU #15](#), Medical Assistance for Students.
9. This procedure does not impact on lunches, snacks, etc. that students or staff members are bringing from home.