



## Directive Summary

### Food and Nutrition Policy for Nova Scotia Public Schools

- WHAT:** The Food & Nutrition Policy for Nova Scotia Public Schools
- WHY:** Improve the nutritional health outcomes of all students.
- WHO:** Developed by the Nova Scotia Department of Education and NS Health Promotion & Protection in a province-wide consultation with all school boards, the Nova Scotia Teachers Union, students, SAC's and Home & Schools.
- WHEN:** The policy applies to all public schools, individuals, SAC's, Home & Schools, PTG's, organizations, and businesses that serve or sell food and beverages to students in our schools.
- WHERE:** All school sponsored events.

#### FULL IMPLEMENTATION of the POLICY by JUNE 2009.

<b>1. Food and Beverages Served and Sold in School</b>	<ul style="list-style-type: none"> <li>• The food and beverages served and sold in school are consistent with the <i>Food and Beverage Standards for Nova Scotia Public Schools</i> which includes cafeterias, canteens, vending machines, and lunch, breakfast, and snack programs.</li> <li>• The policy and food and beverage standards are also in effect during evening programs.</li> <li>• The majority of choices available are from food and beverages of Maximum Nutrition.</li> <li>• Only milk (white, chocolate, flavoured, and nutritional alternatives to milk, e.g., soy), 100% juice, and water as beverages are being served or sold.</li> <li>• Schools are not allowed to use deep fat fryers to prepare food.</li> </ul>
<b>2. Clean Drinking Water</b>	<ul style="list-style-type: none"> <li>• Clean drinking water is available for students and staff.</li> <li>• Students are encouraged to drink water, especially during periods of hot weather or increased physical activity. (water bottles may be allowed into the classroom).</li> </ul>
<b>3. Programming</b>	<ul style="list-style-type: none"> <li>• Schools are participating in the Nova Scotia Department of Agriculture's School Milk Program.</li> </ul>
<b>4. Pricing</b>	<ul style="list-style-type: none"> <li>• Affordability is the primary consideration when setting prices or profit margins.</li> </ul>
<b>5. Fundraising</b>	<ul style="list-style-type: none"> <li>• Fundraising with food and beverages will centre only on items of Maximum or Moderate Nutrition.</li> </ul>
<b>6. Special Functions</b>	<ul style="list-style-type: none"> <li>• Food and beverages of Maximum and Moderate Nutrition are offered during Special Functions. However, Special Functions may include items from the Minimum Nutrition list. Special Functions are events that may occur once or twice a month.</li> </ul>
<b>7. Promotion and Advertising</b>	<ul style="list-style-type: none"> <li>• Schools are expected to develop a culture that promotes health by promoting healthy food and beverage choices by emphasizing foods from the Maximum Nutrition and Moderate Nutrition lists.</li> <li>• Food and beverages from the Maximum Nutrition list are given priority promotional space (e.g., counter-top refrigerators, placement of fruits and vegetables at student eye level).</li> </ul>
<b>8. Food as a Reinforcer</b>	<ul style="list-style-type: none"> <li>• Food is no longer being used as a reinforcer or being withheld from students as a consequence.</li> <li>• New and interesting options are now being used.</li> </ul>
<b>9. Students Who May Be Vulnerable</b>	<ul style="list-style-type: none"> <li>• Students and parents have been made aware that the School Breakfast Program is available and accessible to all students.</li> <li>• Food programs are made available to students in a non-stigmatizing manner.</li> <li>• Staff/volunteers are aware of food allergies and guidelines for supporting children with food-related chronic diseases (e.g., diabetes, celiac disease).</li> <li>• The food and beverages served and sold in schools are in alignment with school board anaphylaxis policy, Canadian School Boards Association Anaphylaxis Guidelines, or Peanut Aware policies and guidelines.</li> </ul>
<b>10. Portion Sizes</b>	<ul style="list-style-type: none"> <li>• Appropriate portion size of food and beverages are being served or sold. (Canada Food Guide)</li> </ul>
<b>11. Food Safety</b>	<ul style="list-style-type: none"> <li>• Schools are preparing and serving foods in accordance with food safety standards and training guidelines.</li> <li>• Schools are emphasizing and promoting cleanliness.</li> <li>• Students are aware of the importance of regular hand washing and are given time to wash their hands before eating to prevent the spread of disease.</li> </ul>
<b>12. Nutrition Education</b>	<ul style="list-style-type: none"> <li>• Schools have integrated nutrition education into other subject areas and activities beyond the classroom.</li> </ul>

