

Foods available in schools will follow the guidelines outlined in the *Manitoba School Nutrition Handbook*: <https://www.gov.mb.ca/healthyschools/foodinschools/documents/handbook.pdf>.

Staff, students and school volunteers planning activities, events and programs which involve serving food must make decisions based on the previous procedure (IHAMD) and the following guidelines.

Education is vital to the successful implementation of the nutrition procedure and should involve the support of parents/guardians and the school community.

- All schools in the division are required to prepare a written procedure respecting school food and nutrition, based on the nutrition procedure and on the provisions of *The Public Schools Act*, Section 41 (1).
- Nutrition messages throughout the school must be consistent with and reinforce the procedure.

In keeping with the nutrition procedure, Sunrise will ensure that:

- a) Schools reference the *Manitoba School Nutrition Handbook* to develop cultures and climates of best practice and principles of healthy eating
- b) Students receive nutrition education that teaches the knowledge, skills and attitudes that promote healthy eating habits for a lifetime
- c) Teachers have access to appropriate resources to achieve nutrition outcomes as outlined in the Physical Education/Health Education *Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*
- d) Food and beverages sold in vending machines within the division's schools or at events in which students participate will follow the *Manitoba School Nutrition Handbook*
- e) All school-based fundraising initiatives prioritize non-food items or healthy food and beverage choices according to the *Manitoba School Nutrition Handbook*
- f) School canteen, cafeteria or store menus reflect food choices as outlined in the Guidelines for Foods Available in K to 12 Schools in Manitoba section of the *Manitoba School Nutrition Handbook*

NOTE: Schools are encouraged to provide equivalent nutritional value foods from the "Sometimes" to "Most Often" categories

- g) Healthy food choices are priced competitively to encourage purchase
- h) The parent/guardian and/or student is responsible for notifying the school of allergies and medical conditions and for making informed choices from foods available at school
- i) Schools define nutrition priorities in their School Plans and report on the related outcomes to parent advisory councils and Manitoba Education as outlined in Manitoba Education's *Supporting Inclusive Schools: School Based Planning and Reporting: A Framework for Developing School Plans and Reports*

Specific Expectations

Where there is a significant need identified in the school profile, schools are encouraged to consider breakfast, lunch or snack programs. While such programs are accessible to any students in schools that offer them, schools will not promote them as replacements for breakfast eaten at home.

Based on the *Manitoba School Nutrition Handbook* guidelines, beverage vending machines in schools should offer 100% juice (fruit or vegetable), water products, nutritionally equivalent milk alternatives, milk and/or milk products. They should not offer carbonated beverages.

For purposes of food safety, schools will have at least one certified food handler on duty when foods are prepared and served on site. Schools are encouraged to have students clean their desks or any tables at which they are required to eat and will provide students time to wash their hands before and after they handle or consume food.

Teachers will receive appropriate professional development and resources to achieve nutrition outcomes as outlined in the Physical Education/Health Education *Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*.

See: <http://www.edu.gov.mb.ca/k12/cur/physhlth/framework/>

Support staff will receive information and resources to assist them in understanding and promoting the nutrition procedure and regulations.

In accordance with *The Public Schools Act* (47.2) – (1) (2) (3) *Artificial Trans Fat Banned in Schools*, schools will not sell food products containing artificial trans fats in packaged foods or other food products. Vegetable oil or spreadable margarine used in the preparations of foods at school will not exceed 2% of the product's total fat content. The trans fat content of other foods, excluding meat or dairy products, must not exceed 5% of the food's total fat content.

NOTE: Exceptions may occur in circumstances relating to student lunches brought from home or for food items that are not available in the school every day.

Cross Reference:		
Date Adopted: August 1, 2017	Date Amended:	Board Motion(s):
Procedure: IHAMD	Guidelines:	Exhibit: