



St. Joseph the Worker School

Nutrition Guidelines

GUIDELINE STATEMENT:

The purpose of this guideline is to support and promote healthy food choices in our school community. We believe that our students need the knowledge, skills and experiences in order to make nutritious and enjoyable food choices in their daily lives. We believe that good nutrition is vital to the mental and physical health of each student and his/her potential for learning. Our role is to work with all members of our school community in helping to foster positive attitudes towards nutrition and to create lifelong healthy eating habits.

NUTRITION GUIDELINES:

Food and Beverage Guidelines

1. Food and beverages served or sold by/for the school, or an organization of the school, during the school day or at school sponsored events, will be consistent with the Manitoba Schools Nutrition Guidelines. This will include hot/special lunches, canteens, and vending machines. Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that there can be flexibility on celebration days.
2. Parents/guardians will be encouraged to send healthy lunches and snacks with their children. Parents/guardians will be provided with information on healthy choices from the Manitoba Schools Nutrition Guidelines on a regular basis.
3. Water will be available to students throughout the day as required.
4. Less healthy foods should not be offered as a reward to students for good behavior, achievement, or participation in activities.
5. Fundraising by the school or organizations of the school will not rely solely on the sale of less healthy foods or beverages.
6. All food sold or served, by the school or an organization of the school, will be stored, prepared and served in accordance with food safety standards as outlined by the City of Winnipeg Bylaw #5160-89. At least one certified food handler must supervise any gathering where food is served to the children or the public.
7. Hand washing/sanitization will be encouraged before meals are consumed.



Education Guidelines

1. Students shall receive Nutrition Education as outlined in the “Manitoba Kindergarten to Grade 12 Physical Education/Health Education Curriculum Framework of Outcomes for Active Healthy Lifestyles”, the “K – 4 Science, A Foundation for Implementation” and the “Grade 5 – 8 Science, A Foundation for Implementation” documents.
2. Teachers shall have the appropriate training and resources to achieve the outcomes as listed in the documents above.
3. The staff, volunteers, and parents/guardians in our community are encouraged to model healthy eating practices and to provide healthy food experiences in accordance with the Manitoba Physical Education/Health Education Curriculum and Manitoba School Nutrition Guidelines.

Food Allergies

1. Parents/guardians will work with the school to ensure that staff/volunteers are aware of food allergies and/or children who have food-related chronic health conditions (e.g. diabetes, celiac, lactose intolerance).
2. In accordance with our school policy on “anaphylaxis/life threatening allergies”, it is the responsibility of the parent/guardian and the student, depending on their age and condition, to notify the school of allergies and medical conditions, and to make informed choices from the foods available at the school.
3. The school will inform the students and the school community of food substances that are known life threatening allergens to individuals in the school so they can be discouraged from having these substances at school or school activities.

*NOTE: St. Joseph the Worker School is a **NUT SAFE** facility. The St. Joseph the Worker School Board of Directors when considering this policy chose not to ban products, such as nut products, which are the leading cause of severe allergic reactions. It was the Board’s position that students need to be educated and must know how to protect themselves from products that may cause reactions. St. Joseph the Worker School is used by many groups and we are unable to dictate or control other users of the school.*

Responsibility

It is the responsibility of the principal, with the assistance of the staff and volunteers of the school, to implement these guidelines. The principal may form a school nutrition committee which includes staff, food operators, parents, and/or students. This



committee would assess current nutrition practices and identify initiatives to integrate components of these nutrition guidelines within the basic operations of the school. The principal shall report annually to the Parent Advisory Council and/or the Board of Directors on the implementation of these guidelines in the school.