

Department: Programs and Services
Section: Health Promoting Schools

The Annapolis Valley Regional School Board believes that it must demonstrate leadership and has a responsibility in promoting and supporting good nutrition in schools as laid out in the Food and Nutrition Policy for Nova Scotia Public Schools. This can be done by ensuring that healthy food and beverage choices are the easy choice in school cafeterias, breakfast and lunch programs, canteens, vending machines, snack programs and fundraising activities. The primary focus of school food programs should be to provide opportunities for students to practice healthy eating rather than to encourage profit.

Students spend more time in school than in almost any other environment and so the school setting can have a tremendous impact on the health practices and thus the learning of young people. It is well documented that healthy school food programs have several beneficial outcomes, including decreased student apathy, improved attitude, positive behaviors, and better overall school performance. Good nutrition is essential to healthy growth and development, and reduces the risk of disease (i.e. heart disease, cancer, diabetes, obesity and osteoporosis). When healthy lifestyles are established in childhood they are likely to continue throughout life. There is a strong link between physical activity and nutritional health; therefore children should have the opportunity for daily physical activity, which regulates appetite and reduces the risk of chronic disease.

The Annapolis Valley Regional School Board expects schools to reinforce healthy eating practices being taught at home and in the classroom, by promoting and having nutritious foods available at school. Schools need to support families, in their efforts to meet Canada's Food Guide, by providing access to affordable nutritious food choices.

The Annapolis Valley Regional School Board recognizes that each school is a unique community of students, parents and teachers who should all play an important role in the provision of nutritious food.

Specifically:

- The Food & Nutrition Policy for Nova Scotia Public Schools states the directives & guidelines to be used.
- The Annapolis Valley Regional School Board, Health Promoting Schools Program Team and the Food Services Manager will act as a resource, and support development and implementation of nutritious school food programs as stated in this policy and administrative procedures. The procedures for healthy school food are in accordance with AP 402.8.

Monitoring:

The Director of Programs and Services is responsible for the implementation, monitoring and revision of this policy.

This policy will be monitored annually.

Board Approved: June 6/01
Ref: AP 402.8
Monitoring Date: Annually
Revised: October 1/08