

ROLLING RIVER SCHOOL DIVISION POLICY

Healthy Foods and Nutrition

JHCE/P

Children need healthy food for growth and development, and they need to establish a pattern of eating that focuses on balance, variety and moderation.

Rolling River School Division will promote responsible eating patterns consistent with the Manitoba School Nutrition Handbook to help students establish healthy habits for a lifetime. School lunch and snack programs provide students with the energy required to learn and to be physically active each day.

The following regulations will help school communities to model to students, educators, parents and communities the importance and value of healthy eating practices. This regulation will provide guidelines for schools regarding foods served and sold in Rolling River School Division schools.

This policy does not impact on lunches and snacks that students or staff bring from home. The intent of the policy is to encourage students and staff to make healthier food choices in their day to day life both at school and out of school.

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Date Adopted: May 3, 2007

Date Revised: April 10, 2013

Date Revised: October 15, 2014

Date Reaffirmed: January 16, 2019

ROLLING RIVER SCHOOL DIVISION REGULATION

Healthy Foods and Nutrition

JHCE/R

1. A Healthy Food Policy will be developed and implemented in each Rolling River School Division school. Where possible student and parent input should be solicited. The Healthy Food Policy will be reviewed on an annual basis.
2. The Manitoba School Nutrition Handbook will serve as a guideline for the development and implementation of the Healthy Food Policy for each school.
3. Commencing January 2015, all beverage vending machines and canteens will only provide product in the form of 100% unsweetened fruit juices, vegetable juices, water, milk, and/or water.
4. School canteens and food vending machines will provide products chosen from the recommended list from the Manitoba School Nutrition Handbook guidelines and The Quick Guide recommendations.
5. Guidelines regarding food allergies will be incorporated in the school's Healthy Food Policy.
6. All Rolling River School Division school fundraising activities involving the sale of food/beverage items will be governed by the Healthy Food Policy. School Administrators will consider using products and services that reflect healthy choices.

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