

## FOOD AND NUTRITION

### BACKGROUND

The District is committed to creating environments that are conducive to learning and support students in their cognitive, social, self and career development. The District acknowledges that healthy children learn better and that schools can directly influence students' health. The District also recognizes the importance of addressing nutrition and food insecurity in District schools.

### PROCEDURES

1. The District leads a multi-pronged, barrier-free approach to addressing food and nutrition issues. This approach includes our universal lunch program, Fuel Up! healthy and accessible snacks, food and nutrition education, and food safety.
  - 1.1 The District believes that all students have a right to healthy and accessible lunches to support their growth and development. The District helps ensure all students have access to healthy lunches through the Fuel Up! lunch program which can be fully subsidized in order to remove financial barriers for students and families.
  - 1.2 The District recognizes the importance of readily available and healthy snacks to fuel student learning throughout the day. These efforts are led by District schools and supported by community partnerships.
  - 1.3 The District supports the integration of food and nutrition education into curriculum across all grade levels, and the development and /or usage of educational resources that will create opportunities for staff, students, and school communities to become more knowledgeable about food and nutrition. Included within this focus is the development of life skills such as cooking and budgeting and environmental awareness through an understanding of agriculture and food.
  - 1.4 The district is committed to ensuring that all District schools, community partners, parent advisory councils and caterers will strive to meet all Ministry of Education and Ministry of Health guidelines. These guidelines apply to school nourishment programs, food events at District schools, and other food sales throughout the District.
  - 1.5 The District also recognizes the need to be aware of, and comply with, issues concerning the operation of food services as per the food safety standards laid out by Fraser Health Authority and/or the Health Act.

## ADMINISTRATIVE PROCEDURES MANUAL

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*References:* Sections 17, 20, 22, 65, 85 School Act  
Health Act  
School Regulation 265/89  
Canada Food Guide for Healthy Choices Guidelines  
Guidelines for Food and Beverage Sales in B.C. Schools  
Daily Physical Activity Kindergarten to Grade 12

*Adopted:* May 20, 2017

*Revised:* December 5, 2023