

## Policy 19

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### NUTRITION AND FOOD SECURITY

#### Purpose

Yellowknife Education District No.1 (YK1) recognizes that eating a balanced diet is important for growth, development, and learning. YK1 believes schools have a responsibility to foster and support healthy eating through role modeling, curriculum, and the foods that are served and sold in our schools.

YK1 also recognizes that food security is a matter of concern for all members of the school community. YK1 acknowledges that access to nutritious foods is largely dependent on economic means, and that schools play an important role in providing healthy meals and snacks to students.

#### Implementation

YK1 strives to improve student access to nutritious, healthy, safe, reasonably priced, culturally appropriate, and attractively presented food choices.

YK1 attempts to reduce hunger among children living with food insecurity and works to secure additional funding and contributions from government agencies, community groups, organizations, and businesses to ensure all students can enjoy a healthy diet.

YK1 schools achieve the objectives of this policy by promoting procedures and guidelines. These guidelines cover all foods and beverages sold and served in YK1 schools including canteens/cafeterias, vending machines, school food programs, community feasts, fundraising activities and campaigns, dances and special events.

YK1 believes that nutrition education is important and most effective if a comprehensive approach involving the school and broader community is used. YK1 encourages schools to integrate food literacy education into their curriculum. Food literacy involves understanding:

- where food comes from (e.g., the growing, harvesting, processing, packaging, and transportation of food and food products);
- the significance of food in the expression of cultural identity;
- the impacts of food choices on health, the environment, and the economy; and
- how to grow, harvest, prepare, and choose healthy, safe, and nutritious food.

Space permitting, schools are encouraged to establish gardens and cooking programs, providing opportunities for learning life skills and engaging in physical activity.

While recognizing that parents are ultimately responsible for their child's nutritional health, schools work with parent groups and other community partners to encourage and support parents to:

- ensure that their children eat a healthy breakfast;
- pack healthy lunches; and
- prepare, cook and eat healthy meals at home.

All trustees, staff, students, parents and volunteers are expected to embrace this policy that supports efforts to enhance the nutrition and food security of the school community.

**RESPONSIBILITY:** Superintendent of Education