



Policy 19: Nutrition in Schools

Purpose:

The Yellowknife Education District #1 (YK1) School Board recognizes that eating a balanced diet of healthy food is important for growth, development and learning. It reduces the risk of obesity, heart disease, cancer, diabetes and osteoporosis. The Board believes schools have a responsibility to foster and support healthy eating through role modeling, and consistency with what is taught in our curriculum, and the foods that are served and sold in our schools. It is important to establish healthy eating behaviours in childhood to provide children and youth with the opportunity to develop healthy eating behaviours for life. Healthy eating behaviours begin at home in early childhood, and later become a cooperative effort between the home and the school. Our vision is to make the healthy choice the easy choice.

YK1 will improve student access to nutritious, healthy, safe, reasonably priced, and attractively presented food choices. YK1 will attempt to reduce hunger among children living with food insecurity, through enhanced access to nutritious foods within the school setting, provided in a non-stigmatizing manner.

YK1 will have schools that provide and maintain supportive environments that promote healthy food, both in the foods available at school and through educational programs. YK1 will develop procedures and guidelines, and provide assistance to schools in achieving the objectives of this policy by promoting these procedures and guidelines.

The School Board recognizes that the quality of food available at school is an important determinant of healthy eating for children. These guidelines will cover all foods and beverages sold and served in YK1 schools including canteens/cafeterias, vending machines, school food programs, fundraising activities and campaigns, dances and special events.

The School Board believes that nutrition education is important and most effective if a comprehensive approach involving the school and broader community is used. Teachers and school staff are valuable resources in helping students understand the relationship between nutrition, health and physical activity, and developing a healthy relationship with food. The School Board will encourage teachers and staff to demonstrate healthy eating habits, and encourage them in students.

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

- Ensure that their children eat a healthy breakfast
- Pack healthy lunches
- Prepare, cook and eat healthy meals at home

The School Board expects all trustees, staff, students, parents and volunteers to embrace and support this policy; promoting nutrition education and creating an environment of positive food messages.



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References/Related Documents:

- Education Act
- Administrative Procedures

Revision History			
Revision	Revision Description	Approved Date	Review Date
1	Adopted	June 2014	N/A
2			