

# Legacy Public School

## Food and Nutrition Policy

### 1. Rationale

Healthy eating habits are essential for students to achieve their full academic potential, physical and mental development and lifelong health and well-being. Being well-nourished is an important first step towards student' readiness to learn. Legacy PS recognizes its role in creating an environment that supports our staff and students in learning and practicing healthy eating habits.

### 2. Purpose

The purpose of this policy is to:

- 2.1. Provide direction to the administration, teachers, school council, parents, students and volunteers on the choice of food and beverages for sale or for distribution in our school.
- 2.2. Encourage and help students make healthy food and beverage choices by providing and actively promoting healthy, reasonably priced food and beverages choices in school.
- 2.3. Reinforce and support the nutrition education that is provided to students in the classroom via the curriculum
- 2.4. Involve students, families and the wider school community in nutrition education, program development and implementation
- 2.5. Encourage positive role modelling and positive attitudes towards healthy eating.
- 2.6. Ensure a safe food environment for allergic students (e.g. peanut/nut safe)
- 2.7. Encourage appropriate scheduling of food and nutrition breaks.

### 3. Goal

Legacy Public School will provide a food and nutrition environment that is supportive of students, teachers and families in making healthy food choices.

### 4. Parameters

- 4.1. **Foods offered for sale:** Legacy Public School will only offer or sell food that meets the Ontario School Food and Beverage Policy (PPM 150) standards.
- 4.2. **Classroom, Divisional and School-wide celebrations, contests, initiatives or events:** Classroom, divisional and school-wide celebrations and parties (e.g. birthdays, holiday parties, dances) should focus on non-food items or experiences. Foods served at school-wide events (e.g. sporting events, special event days/initiatives) should meet the PPM 150 standards.
- 4.3. **Food and Nutrition Programs:** Legacy Public School will offer a milk program that meets the needs and capacity of the school. If the need and/or interest arises a universal snack, breakfast program may be considered.
- 4.4. **Using Food in the Classroom:** Food or beverages are not to be given as a reward or withheld as a punishment. If using food or beverages in teaching examples, teachers are encouraged to use healthy foods as examples.

- 4.5. **Eating times:** Legacy Public school will ensure that all students are supervised during eating times and have an adequate amount of time to eat (at least 20 minutes at lunch).
- 4.6. **Water:** Drinking water will be available and accessible throughout the school day. Students are encouraged to use a safe, reusable water bottle for this purpose.
- 4.7. **Food Safety:** The school will follow safe food handling practices and promote an allergy-safe environment. The school will consult with York Region Public Health where questions arise.
- 4.8. **Fundraising:** Non-food options should be considered for fundraising initiatives by the school. Food-based fundraisers, even when done off school property should comply with PPM 150 and be reviewed and approved by the school administration to ensure they are within the spirit of the food and nutrition policy.
- 4.9. **Partnership with Public Health:** To support teachers and school staff to incorporate food and nutrition within the curriculum and to implement healthy school programs and initiatives beyond the classroom, Legacy Public School will continue its partnership with York Region Community and Health Services – Public Health.
- 4.10. **Adult role modeling and support:** School staff are encouraged to role model healthy eating behaviours to the student community.
- 4.11. **Engaging Parents and the wider school community:** Legacy will promote strategies that involve families in healthy eating education, program development and implementation. Legacy staff will distribute healthy eating (i.e. healthy lunches and snacks) information at the beginning of and throughout each school year to help educate parents on healthy food and beverage choices for school. Foods brought from home by students (i.e. lunches and snacks) will be free from scrutiny, remarks and evaluation by peers and school staff.

## 5. Policy Implementation

- 5.1. Members of staff will be given a copy of the policy.
- 5.2. Parents will be informed on the policy at the beginning of the school year.
- 5.3. The policy will be shared with school council annually at the beginning of the school year.

## 6. Monitoring and Compliance

- 6.1. The administration will be responsible for monitoring policy implementation and answering teachers or parents who are not clear ( in consultation with Policy and committee if needed)
- 6.2. Policies will be enforced in accordance with Legacy Public School procedures.

## 7. Evaluation and Review of the Policy

- 7.1. The policy will be reviewed every 4 years by the school administration, school council and healthy school committee.
- 7.2. The administration will partner with Nutrition Services, York Region Community and Health Services to update the policy, where necessary.

**Appendix A: Ideas for Implementing Legacy’s Food and Nutrition Policy**

Policy #	Policy Item	Expected outcomes upon full implementation of nutrition policy	Examples of food that could be offered or sold <sup>1</sup> or non-food ideas
4.1	<p><b>Foods offered for sale</b></p> <p><b>e.g. Lunch Lady, Subway, Pizza</b></p>	<p><b>Legacy Public School will:</b></p> <ol style="list-style-type: none"> <li>1. Ensure all foods and beverages are in compliance with or exceed PPM 150</li> <li>2. Ensure all food and beverages sold or provided are peanut/nut safe</li> <li>3. Plan healthy menu options with input from students, parents and/or the school council. As appropriate, include a variety of local, cultural and ethnic favourites of students</li> <li>4. Legacy may choose to consult with public health to ensure healthy catered lunch offerings.</li> </ol>	<p>Examples of ‘catered lunch’ menus:</p> <ul style="list-style-type: none"> <li>● Lean meat (turkey, ham, roast beef) sandwich on 100% whole grain with sliced tomato and lettuce, yogurt (2% MF or less)</li> <li>● Plain or vegetarian pizza on whole grain crust, served with plain milk and fruit</li> <li>● Pasta with tomato sauce, vegetable sticks, plain milk and fruit</li> <li>● Vegetable bean soup, whole grain pita/roll, plain milk and fruit</li> <li>● Chicken souvlaki, rice or potatoes and broccoli</li> <li>● Vegetarian dhal with side carrots and rice</li> </ul>

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<sup>1</sup> This is not a full list of all the examples/ideas. The school is welcome to contact their public health nurse and/or dietitian for additional resources and ideas.

4.2	Classroom, Divisional celebrations	<p><b>Legacy Public School will:</b></p> <ol style="list-style-type: none"> <li>Staff and families will refrain from offering food or beverages for classroom, divisional and school-wide celebrations and parties (e.g. birthdays, holiday parties, dances)</li> <li>Send note home at the beginning of the year instructing parents that birthdays/parties/dances will be celebrated/noted with non-food activities.</li> </ol>	<p><b><i>Shift the focus from food to fun! Focus on non-food items or experiences.</i></b></p> <ul style="list-style-type: none"> <li>Birthday child be teacher’s assistant for the day</li> <li>Birthday student picks a free period activity</li> <li>Have a short class dance party</li> <li>Create a ‘Celebrate Me’ book. Classmates write what’s special about birthday child</li> <li>If parents want to bring something to school to acknowledge the child’s birthday, suggest a book for the class. The birthday student can bring or even donate their favourite book to be read to class</li> <li>Items at a dance, consider glow items, raffle tickets for experiences, party trinkets etc.</li> </ul>
Policy #	Policy Item	Expected outcomes upon full implementation of nutrition policy	Examples of food that could be offered or sold <sup>2</sup> or non-food ideas
4.2	<p>School-wide celebrations, initiatives and events</p> <p>e.g. play-days, sporting events, contests, initiatives</p>	<p><b>Legacy Public School will:</b></p> <ol style="list-style-type: none"> <li>Ensure all foods and beverages are in compliance with PPM 150</li> <li>Ensure all food and beverages sold or provided are peanut/nut safe</li> <li>Consider providing non-food related items for contests/initiatives (or have it fall under PPM 150)</li> </ol>	<p><b><i>Shift the focus from food to fun!</i></b></p> <ul style="list-style-type: none"> <li>If food is to be served at school wide events, look first to offer vegetables and fruits (e.g. orange slices or apples after a school run/walk)</li> <li>Look for alternatives to food for school-wide contests/initiatives that may involve food (e.g. ‘Guess the Lego pieces’ instead of “Guess the jelly beans in the jar”, win gym time for 4, instead of win a lunch out for 4, sending pencils or trinket like items at holidays instead of candy items)</li> </ul>
4.3	Food and Nutrition Programs	<p><b>Legacy Public School will:</b></p> <ol style="list-style-type: none"> <li>Ensure that all foods served at a school nutrition program meet the Nutrition Guidelines and standards</li> </ol>	

<sup>2</sup> This is not a full list of all the examples/ideas. The school is welcome to contact their public health nurse and/or dietitian for additional resources and ideas.

	<b>Snack programs</b>	from the Ministry of Children & Youth Services	
<b>4.4</b>	<b>Using food in the classroom</b>  <b>Food and Beverages as Rewards or Consequences</b>  <b>Classroom Curriculum activities</b>	<b>Legacy School staff will:</b> 1. Avoid using food as a reward or punishment to impact student behaviour 2. Teachers will use healthy food examples when teaching with food. Unhealthy foods will not be used for teaching purposes (e.g. candies or donuts for teaching math)	<ul style="list-style-type: none"> <li>Using food to reward or as a consequence for student behaviour sends an inconsistent message about food, particularly unhealthy foods.</li> <li>It also reinforces the message to eat, even if not hungry which can disrupt the natural hunger/satiety cues</li> </ul>
<b>4.5</b>	<b>Eating times</b>	Students will have a full 20 minutes of eating time for lunch from the time seated.	
<b>4.8</b>	<b>School Fundraisers</b>	<b>Legacy Public School will:</b> 1. Consider only selecting non-food items or vegetables and fruit for fundraising efforts 2. Legacy will not host traditional 'bake sales'	Examples of non-food items for fundraising <ul style="list-style-type: none"> <li>Toilet paper, Dance-a-thons, Read-a-thons, Light bulbs, plants, gift card programs, raffles</li> </ul>
<b>4.9</b>	<b>Partnership with Public Health</b>	1. Legacy Public School will continue its relationship with York Region Public Health and the broader community as appropriate	
<b>4.10</b>	<b>Role Modelling</b>	1. School Staff and school volunteers are encouraged to be positive role models when eating and drinking in front of students. 2. School staff and volunteers will endeavour to be supportive role models of positive body image by refraining from talk about dieting in the presence of students	
<b>4.11</b>	<b>Engaging parents and the wider community</b>  <b>Food brought from home for snacks, lunches</b>	Legacy Public School will distribute information about healthy lunches and snacks to parents at the beginning and throughout the school year Legacy Public School will make available at the school for parents: <ul style="list-style-type: none"> <li>information about healthy lunches and snacks</li> <li>Call information for EatRight Ontario (to speak with a Registered Dietitian, translation is available)</li> </ul>	

		<p><b>Legacy Public School students and families will be:</b></p> <ul style="list-style-type: none"> <li>● Encouraged to bring to school healthy food and beverages for lunches and snacks</li> <li>● Asked to avoid sending any food and or beverages with peanuts and/or nuts</li> <li>● Asked to avoid sharing snacks and lunches with each other</li> </ul> <p>Legacy Public School respects that it is the parents/caregivers responsibility to provide lunches and snacks. School staff and volunteers can encourage parents to pack healthy choices, but will accept the choices that parents make.</p> <p>Foods brought from home (i.e. lunches and snacks) will be free from scrutiny and evaluation by peers and school staff</p>	
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**Definitions**

**Healthy School Nutrition Environment** - A school with a Healthy Nutrition Environment is one that promotes and supports healthy eating for students through both words and actions. The goal is to ensure consistency between lessons students learn in the classroom and the nutrition messages provided in the school environment; for example, on “catered lunch” days, during special events and fundraising.

**Healthy Eating** - Healthy eating can be defined as the amount and variety of safe and culturally appropriate foods to provide the body with all the nutrients required, in adequate proportions. Nutrition is a major environmental influence in physical and mental growth and development in early life. Healthy eating should be an integral part of daily student life that contributes to the physiological, mental and social well-being of individuals.