



**DURHAM CATHOLIC  
DISTRICT SCHOOL BOARD**  
*Learning and Living in Faith*

## **POLICY – 419**

### **Healthy Food and Beverage**

Area: Operations  
Source: Superintendent of Education – Academic Services

Approved: May 25, 2005  
Revised: November 28, 2011; February 6, 2017

#### **1. Introduction**

The Durham Catholic District School Board (the “Board”) is committed to ensuring that its schools are healthy places for students in order to establish the conditions needed to realize their potential. A healthy school environment promotes student learning success and enhances the students’ social and emotional well-being. ~~Schools and boards have an important role to play in helping students lead healthier lives, including teaching students the skills to make healthy choices in reinforcing these lessons through school practices.~~

#### **2. Definitions**

Nil

~~**Healthy Eating**—eating adequate portions to provide the body with all the nutrients required. Students’ physical, mental and social well-being will be strengthened through regular implementation of healthy eating habits.~~

~~**National Standards for Food**—all food sold in schools must meet the standards set out in Ontario Regulation 200/08, “Trans Fat Standards”, made under the Education Act.~~

~~**Maximum Nutritional Value**—foods which meet or exceed the PPM 150 Nutritional Standards.~~

#### **3. Purpose**

The purpose of this policy is to establish nutrition standards for food and beverages sold in Durham Catholic District School Board schools.

## 4. Application / Scope

In accordance with Policy/Program Memorandum 150 – School Food and Beverage Policy, this policy applies to all food and beverages sold in all venues within the schools and in all events. This policy does not apply to food and beverages that are:

- 4.1 offered in schools to students at no cost;
- 4.2 brought from home or purchased off school premises and are not for resale in schools;
- 4.3 available for purchase during field trips off school premises;
- 4.4 sold in schools for non-school purposes (e.g., sold by an outside organization that is using the gymnasium after school hours for a non-school related event);
- 4.5 sold for fundraising activities that occur off school premises, (e.g., confectionary products (chocolate treats, etc.));
- 4.6 sold in staff rooms;
- 4.7 sold on one of the **ten limited** allowable exemption days as designated by the school principal in consultation with the Catholic School Council.

## 5. Principles

5.1 The Board of Trustees:

5.1.1 **The Board** supports the belief that healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development.

5.1.2 **The Board** acknowledges its responsibility to offer **only** healthy food and beverage choices sold to students in all schools and to **monitor ensure vendor** compliance with this requirement.

~~5.1 **The Board supports Teaching and Learning department staff who will promote and distribute educational teaching methods and materials for staff and students that support healthy living and curriculum.**~~

~~5.2 **The Board believes that every effort should be made to promote strategies to involve students, families, parish and the community in healthy eating education, and in endorsing and sustaining healthy school nutrition and environment that supports wellness initiatives consistent with the Board's strategic priorities.**~~

5.1.3 **supports the promotion of healthy eating strategies within the school and broader community.**

- 5.1.4 believes that strategies to promote healthy eating shall respect cultural preferences and shall consider barriers and obstacles for marginalized groups.
- 5.1.5 believes that the principles of Catholic Social Teaching shall guide the selection of products and services, where applicable (e.g., stewardship of creation, fair wages, rights of workers, etc.).

## 6. Requirements

- 6.1 The Director or designate shall develop administrative procedures to support the goals of the Healthy Food and Beverage Policy.
- 6.2 This policy and administrative procedure shall comply with the requirements of Ministry of Education Policy/Program Memorandum 150, School Food and Beverage Policy.
- 6.3 Nutrition education, consistent with Canada's Food Guide, will be incorporated into appropriate areas of the curriculum for all students to develop decision-making skills for healthy living.

~~6.4 All food and beverages sold within schools are subject to the approval of the school principal.~~

~~6.5 School principals will consult with the Catholic School Councils prior to designating ten exemption days within the school year.~~

- 6.6 Vendors providing food service to schools in the Board shall be required to demonstrate compliance with the requirements of this policy and the associated administrative procedure.
- 6.7 The Board will cooperate with the Durham Region Health Department in its ongoing efforts to educate and encourage students, parents/guardians/caregivers and the community about good nutrition and healthy eating habits.

6.8 The Board will encourage staff, students and vendors to: ~~Staff, students and vendors are encouraged to:~~

- 6.8.1 choose Ontario food and beverages first (e.g., offer Ontario grown and/or produced food and beverages when available and practical);
- 6.8.2 be respectful of the environment (e.g., reduce food waste, reuse containers compost food waste);
- 6.8.3 ensure that drinking water is freely available and accessible throughout the school day;
- 6.8.4 choose products from companies that promote sustainable practices and are stewards of creation;

- 6.8.5 support companies that use 'fair trade' practices as part of their mission and vision;
- 6.8.6 not distribute or sell bottled water unless mitigating factors prevent the use of a municipal water source.
- 6.9 All school staff will ~~enforce the application of~~ **adhere to** the Anaphylactic Students (Protection of) ~~Policy (PO608) and~~ Administrative Procedure (AP6081-1) when considering food selection and distribution at all school functions.

~~6.8 All school staff will work with parents and guardians to encourage and educate them to promote healthy and nutritious eating habits.~~

## **7. Sources**

- 7.1 Ministry of Education – School Food and Beverage Policy Resource Guide – 2010
- 7.2 Ministry of Education – School Food and Beverage Policy – Quick Reference Guide – 2010
- 7.3 Policy/Program Memorandum 150, School Food and Beverage Policy
- 7.4 Ontario Physical and Health Education Association (OPHEA) Guidelines
- 7.5 Canada's Food Guide
- 7.6 Canada's Food Guide, First Nations, Métis and Inuit
- 7.7 Durham Region Health Department

## **8. Related Policies and Administrative Procedures**

- 8.1 Healthy Food and Beverage Administrative Procedure (AP419-1)
- ~~8.2 Anaphylactic Students (Protection of) Policy (PO608)~~
- 8.3 Anaphylactic Students (Protection of) Administrative Procedure (AP601-1)