



## KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

### ADMINISTRATIVE REGULATIONS

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**Section:** Educational Services  
• Student Welfare  
**Regulation:** NUTRITION

**Regulation Code:** ES-1.7.1  
**Policy Code Reference:** ES-1.7  
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Schools are important venues for influencing the healthy behaviours of children and youth. While at school, nutrition messages reach students in a number of ways. These messages are provided through classroom curricula, cafeteria and vending machines offerings, school council and volunteer-sponsored lunch programs, special event days, classroom celebrations, fundraising activities and breakfast programs.

These regulations extend to all areas of the school where food and beverages are sold or are made available to students.

This administrative regulation is written in accordance with the guiding principles in Board Policy No. ES-1.7, Nutrition. The application of this Board policy will follow the legislation and regulations outlined in Bill 8, Healthy Food for Healthy Schools Act, 2008, all related Ministry of Education and Ministry of Health legislation, and all related Board policies and regulations. These regulations are reflective of legislation regarding trans fat standards for Ontario schools and align with the Ministry of Children and Youth Services' Student Nutrition Program Nutrition Guidelines, 2020.

The regulations establish:

- guidelines for the sale of food and beverages in schools,
  - expectations for the establishment of healthy school nutrition environments,
  - procedures for the communication of these expectations.
1. In accordance with Board policy:
    - 1.1 foods and beverages for sale in schools are of maximum nutritional value. These food and beverages fall into the “sell most” category and must make up at least 80 percent of all food choices that are available for sale in all venues, through all programs, and at all events; and
    - 1.2 foods and beverages that fall into the “sell less” category make up no more than 20 percent of all food choices that are available for sale in all venues, through all programs, and at all events.
  2. The Nutrition policy does not apply to food:
    - 2.1 offered in schools to students at no cost;
    - 2.2 brought from home for school snacks or lunches;
    - 2.3 purchased off school premises and are not for resale in schools;

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- 2.4 sold in schools for non-school purposes, including outside organizations that use the school after school hours for non-school-related events;
  - 2.5 sold for fundraising activities that occur off school premises; and/or
  - 2.6 sold in staff rooms.
3. Principals are expected to:
- 3.1 incorporate the expectations of this administrative regulation in student, staff, parent/guardian, visitor and volunteer communications, such as the Student Handbook, Staff Handbook, Volunteer Handbook, school website and via other available and appropriate means (e.g. school newsletters, Edsby);
  - 3.2 provide relevant materials to support the instructional program;
  - 3.3 provide parents, volunteers and the community with information about Student Nutrition programs and nutrition education in the Kawartha Pine Ridge District School Board, in order to promote continuous awareness of and support for the Board's direction in this area;
  - 3.4 ensure that all items available in school-owned vending machines and tuck shops comply with trans fat and other legislative directives;
  - 3.5 support nutritious school council or volunteer-sponsored lunches where nutrition standards for foods and beverages are met;
  - 3.6 support the provision of nutritious foods for school celebrations that respect food allergies and cultural diversity;
  - 3.7 consult with school council and students to determine the Special Exemption Days allowable within Bill 8 (maximum of 10) as mandated by the Ministry of Education; and
  - 3.8 provide information from public health units about healthy choices and safe handling training available to students, staff, parents and volunteers with responsibilities for Student Nutrition programs, and other food-related activities and events in accordance with Regulation 493, Health Protection and Promotion Act.

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4. Staff are expected to:
- 4.1 access appropriate resources for nutrition education, consistent with Canada's Food Guide, 2019 and/or any successor guide, and incorporate into appropriate areas of the curriculum for students to develop decision-making skills for lifelong healthy living;
  - 4.2 model healthy eating practices by providing healthy food and beverage choices;
  - 4.3 provide foods with maximum nutritional value that respect food allergies and cultural diversity when food is used as part of program and/or classroom celebrations;
  - 4.4 use non-food rewards to acknowledge positive behaviour and achievement;
  - 4.5 ensure that hand-washing is promoted to reduce the spread of food-borne illness and the risk of reaction to food allergies.