

Nutrition and Sale of Food to Students

Background

The Board believes that schools play an important role in ensuring the health of students through programs and services that encourage healthy life style habits and sound nutritional principles. Nutrition education should be a co-operative effort between home and school.

Procedures

1. Food Services are defined as the **sale** of any food or beverages **to students** at all School District No. 43 (Coquitlam) schools, including, but not limited to, vending machines, school stores, cafeterias, teaching kitchens, canteens and at any time, including extra-curricular events such as: fundraisers, PAC lunch programs and other special events.
2. The District will comply with the Ministry of Education and Health “Guidelines for Food and Beverage Sales in B.C. Schools” (guidelines attached). The guidelines support broader policies around school nutrition by dividing foods and beverages typically sold in schools into four categories.

Not Recommended	Choose Least	Choose Sometimes	Choose Most
These items (including candies and drinks, where sugar is the first ingredient, or the second ingredient after water) tend to be highly processed or have very high amounts of sweeteners, salt, fat, trans fat or calories relative to their nutritional value.	These items (such as french fries) tend to be low in key nutrients such as iron and calcium and highly salted, sweetened or processed.	These items (such as flavoured yogurts) tend to be nutritious but moderately salted, sweetened or processed.	These items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed.
These foods <u>must</u> be eliminated in school food sales by 2008.	These food and beverage items <u>must be eliminated</u> by 2008.	These food and beverages <u>can</u> account for up to 50% of total food and beverage items sold in BC schools by 2008.	These food and beverages <u>must</u> account for 50% or more of food and beverages sold in BC Schools by 2008.

3. The Ministry Guidelines will be phased in over the course of the next three years, as determined below.

	Not Recommended	Choose Least	Choose Sometimes	Choose Most
Year 1 (06/07)	10%	30%	30%	30%
Year 2 (07/08)	10%	20%	30%	40%
January 2008 (elementary only)	0%	0%	50%	50%
Year 3 (08/09)	0%	0%	50%	50%

4. District cafeterias should operate on, at least, a break-even basis.
5. An annual review process will be conducted to assess both the financial impact and policy implementation of the Ministry Guidelines.

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