

AP 113 – Nutritional Foods in Schools

Background

The Abbotsford School District recognizes the important role nutrition plays in the total development and performance of the individual, and recognizes the responsibility of the school to encourage healthy lifestyles in cooperation with the home and community.

The purpose of this procedure is to promote good nutrition and healthy living by providing guidelines for K-12 educational programming, and for the food and beverages served or sold in schools.

Procedures

1. All food and beverages offered and sold in schools will be classified into three groups:
 - Green - "Choose most"
 - Amber - "Choose Sometimes"
 - Red - "Choose Least"
2. Schools will be provided with guidelines containing the classifications with examples of commonly sold or consumed foods and beverages and other healthy alternatives. New or uncategorized foods and beverages will be evaluated, classified and updated as required and approved annually. Schools can refer to the guidelines (AP114-2) to assist them with the implementation of this policy.
 - 2.1 Elementary and Middle School Levels - Red category beverages will not be offered, sold, or distributed at any time at Elementary and Middle Schools.
 - 2.2 Secondary School Level - Red category beverages will not be offered, sold, or distributed during school hours at the Secondary school level. School hours are defined as midnight to 4:00 p.m. on any day that classes/exams are in session.
 - 2.2.1 Secondary schools may choose to sell red category beverages from 4:00 p.m. to midnight on school days, anytime on weekend days and anytime on a weekday when classes/exams are not in session and the school is open for extra-curricular activities.
 - 2.2.2 Vending machines containing red category beverages (permitted only at the Secondary school level) must be on timers to prevent purchases during school hours.

Note: Caffeinated, highly sweetened, and/or artificially sweetened beverages, which provide little or no nutritional or health benefit will generally be classified as "Red" category beverages.

Note: Foods that provide little or no nutritional or health benefit will generally be classified as "Red" category food.

3. Foods at School

- 3.1 Parents are encouraged to provide a recess snack and lunch for their children, following Canada's Food Guide to Eating Well.
- 3.2 When foods are provided as a reward or for a celebration, foods from the "Choose Sometimes" or the "Choose Most" categories of the *Guidelines for Food and Beverage Sales in BC Schools* issued by the Ministries of Education and Health, should generally be served to students, at the discretion of the Principal.
- 3.3 School fund-raising efforts should avoid the sale of foods listed in the "Not Recommended" or "Choose Least" categories of the *Guidelines for Food and Beverage Sales in BC Schools*.
- 3.4 Parent Advisory Committees, when holding events that offer food at schools, are encouraged to follow the *Guidelines for Food and Beverage Sales in BC Schools*.
- 3.5 Schools will make every effort to comply with the *Guidelines for Food and Beverage Sales in BC Schools* for all foods and beverages available to students through:
 - cafeterias
 - instructional programs such as the Career Preparation Programs in Food Services. Curriculum requirements may take precedence over the *Guidelines for Food and Beverage Sales in BC Schools*.
 - beverage and snack vending machines
 - school stores
 - other events or locations where food is served

4. School Meal Programs

- 4.1 Lunch (snacks) Meal Programs will follow the standards established by the Ministry of Education, Canada's Food Guide to Healthy Eating.
- 4.2 Breakfast Programs provided by various community organizations will follow the standards established by the Ministry of Education, Canada's Food Guide to Healthy Eating.

Appendix: [AP 113-1 Nutritional Foods in Schools Rationale](#)
[AP 113-2 Categories and Guidelines for School Food and Beverages](#)

Reference: Eating Well with Canada's Food Guide (www.healthcanada.gc.ca/foodguide)
Guidelines for Food and Beverage Sales in BC Schools
Action Schools BC
Fraser Health
Healthy Abbotsford

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AP 113-1 Nutritional Foods in Schools Rationale

Nutrition plays a significant role in children's growth and development, resistance to disease and physical and mental health. It is important to have a diet that is nutritionally well balanced.

Research clearly shows that many life-threatening diseases and health concerns such as obesity, heart disease, diabetes and dental problems begin in childhood from early food habits. Of particular concern in recent years is the increased consumption of refined sugars and trans-fatty acids in the North American diet. Research also demonstrates a significant relationship between nutrition and a child's physical, emotional healthy and intellectual readiness to learn. The school's role in health promotion and disease prevention is significant which underscores the need for action.

Many children do not receive enough food or enough essential nutrients to support proper growth and good health. Many children are overfed and still under-nourished. Short-term effects of chronic under-nutrition are fatigue, irritability, inattentiveness, and increased susceptibility to colds, influenza, and infections. Long-term effects can be underachievement in school, low self-esteem and general poor health.

The Abbotsford School District believes the situation is serious and there is enough research now supports that this generation of young people will be the first generation to have shorter life spans than their parents. Schools are a powerful influence in the lives of growing children and therefore have a unique opportunity and obligation to foster a school environment that promotes, values and models support for all aspects of healthy living.

The Abbotsford School District is concerned about the changing nutritional habits and attitudes of young people, and wishes to contribute to the establishment of healthy eating habits by providing:

- instruction at all levels K-12 in the basics of good nutrition; and
- offering food and beverages of sound nutritional value in its school food services programs and offerings.

The Abbotsford School District also recognizes that many schools have come to depend upon revenue from the sale of the food and beverage items that have been phase out of schools. We are, however, aware of School Districts that have implemented nutrition policies restricting the sale of sugar- laden beverages and other junk foods. It should be noted that these districts and schools not only maintained, but also in some cases have increased, revenues from the sale of nutritional foods and beverages.

AP 113-2 Categories and Guidelines for School Food and Beverages

<p>SECONDARY – Green, Amber & Limited Access to Red (Restricted access after 4:00 p.m. on school days. There are no restrictions on non-school days and weekends.)</p>		
<p>MIDDLE – Green & Amber Only</p>		
<p>ELEMENTARY – Green Only</p>		
<p style="text-align: center;">Green</p> <p style="text-align: center;">Beverage Category</p> <p style="text-align: center;">‘choose most often’</p>	<p style="text-align: center;">Amber</p> <p style="text-align: center;">Beverage Category</p> <p style="text-align: center;">‘choose sometimes’</p>	<p style="text-align: center;">Red</p> <p style="text-align: center;">Beverage Category</p> <p style="text-align: center;">‘choose rarely’</p>
<p>Unsweetened Juices & Beverages</p> <ul style="list-style-type: none"> • White Milk • Water • Carbonated Unsweetened Mineral Water • Unsweetened Beverages • Non-caffeinated, Herbal & Fruit, Hot & Cold Teas <p>Food</p> <ul style="list-style-type: none"> • Items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed. 	<p>Light to Moderately Sweetened and/or Caffeinated Beverages</p> <ul style="list-style-type: none"> • Single-flavoured Milk (Chocolate, Vanilla, Strawberry, Banana) • Lightly Sweetened Fruit Juices and Juice Blends • Herbal, Fruit & Regular Teas (with limited caffeine content) • Unsweetened Juices <p>Food</p> <ul style="list-style-type: none"> • Items (such as flavoured yogurts) tend to be nutritious but moderately salted, sweetened, or processed. 	<p>Highly Sweetened, artificially sweetened and/or Caffeinated Beverages</p> <ul style="list-style-type: none"> • Soft Drinks • Coffee • Powdered Drink Mixes (e.g. hot chocolate, Tang, etc.) • Syrup-based Frozen & Regular Drinks (i.e. Slushies, Frappachinos) <p>Food</p> <ul style="list-style-type: none"> • Items (such as french fries) tend to be low in key nutrients such as iron and calcium or may be highly salted, sweetened, or processed.

* Note: Any artificially sweetened beverages will automatically be classified under the “Red” Category

Not Recommended

These items (including candies and drinks where sugar is the first ingredient, power/high energy, 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.