

<p>Kelsey School Division Box 4700 The Pas, MB R9A 1R4</p> <p>Phone: 623-6421</p>	<p>Code: EFA</p>
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HEALTHY FOODS IN SCHOOLS AND OFFICES

Children need healthy food for growth and development. It is expected that students be taught the principles of healthy eating as part of the school program. In addition, school meals or snack programs should provide students with the energy required to learn and to be physically active each day. The school environment must support this learning by promoting nutritious and acceptable food choices in vending machines, cafeterias, classrooms, and offices.

The following regulation will outline the standard that Kelsey School Division Board has established for foods served and sold in schools. This policy does not impact on lunches, snacks, etc., that students or staff members are bringing from home. Students and staff are encouraged to think about healthier food choices in their day to day life.

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HEALTHY FOODS IN SCHOOLS AND OFFICES

1. A Healthy Foods Committee will be formed in each school by September 30 of each year. This committee should include student representative, a cross-section of each staff component, and a parent council representative. The committee will:
 - a) meet on a regular basis to monitor the implementation of the Healthy Foods policy in the school,
 - b) at the end of the school year, forward an evaluation and/or comments to school administration,
 - c) assist the school administration in making decisions regarding food allergies for the school.
2. All beverage vending machines in all Kelsey School Division schools will have 100% product in the form of unsweetened fruit juices and/or vegetable juices and/or water.
3. The standard, as indicated in List 1 (Choose and Serve Most Often) and List 2 (Served Least Often – one item per day 2X per week) will be met for all foods sold and/or served in Kelsey School Division schools and at all fundraising events.
4. The cafeteria at Margaret Barbour Collegiate and all schools choosing to provide fundraising activities shall incorporate the principles outlined in Canada’s Food Guide to Healthy Living.
5. All vending machines in all Kelsey School Division schools will have 50% product chosen from List 1 (Choose and Serve Most Often).

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LIST 1

CHOOSE AND SERVE MOST OFTEN

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D, and are generally low in fat, sugar, and salt.

- Grain Products Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes, muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, crackers, tortillas, taco shells, rice.

- Vegetables and Fruit Fresh fruit, fresh vegetables, canned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100%) real fruit juice, fruit or vegetable salads.

- Milk Products 2% and 1% white or chocolate milk, yogurt, cheese slices, cheese sticks, mild based puddings, individual cheese portions.

- Meat and Alternatives Canned fish, lean meat, fish, poultry, tuna and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legumes (dried peas, beans, or lentils).

- Sauces, Toppings, Garnishes and Dips Syrup, honey, jam, salsa, tomato sauce, low or non-fat dressings, spreads, mayonnaise, dips.

- Sweets Fruit bars (fig, apple, raspberry), graham crackers, cereal bars (multi-grain, low fat).

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LIST 2

SERVED LEAST OFTEN
(Goal of maximum of one item per day twice a week)

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D, but are also high in fat, sugar or salt. If serving these foods, combine with foods from the =Choose and Serve Most Often= list.

- Grain Products Cookies (made with oatmeal, peanut butter, or dried fruit).

- Vegetables
And Fruit French fries, fruit in light syrup.

- Milk Products Flavoured milks, yogurt drinks, ice-cream, frozen ice-cream treats.

- Meat and
Alternatives Wieners, sausages, cold cuts, luncheon meats,
pepperoni sticks, nuts, seeds, pizza pops, pizza.

- Other Pastry danishes, donuts, cake, sticky buns, chips, cheese puffs (cheesies), candy,
chocolate, flavoured gelatine (Jello), flavoured fruit drinks/slushies, hot chocolate, frozen
ice pops, frozen ice-cream treats, packaged instant soups, noodle soup.

- Sweets Crispy rice squares.