

## **Tisdale Elementary School Nutrition Policy**

1. Why is this important to our school?
  - We are an elementary school and want to address the needs of the whole child.
  - We want to promote healthy living in our school community.
  - Encourage community/parental involvement in our school.
  
2. How will a nutrition policy play a role in helping children learn?
  - Show students and families the benefits of healthy eating
  - Introduce students to new food choices
  
3. What are our goals?
  - To develop a formal school food policy.
  - To educate children and families on healthy food choices
  - To encourage and overall healthy lifestyle
  
4. Where are we now?
  - School milk program
  - Food allergy alerts
  - Some parental involvement on food choices served in the school
  
5. Where do we want to go?
  - To create a school food policy for breakfast, snack and special events
  - Create more opportunities for parental involvement
  - To ensure that our nutrition programs are available in a non-stigmatizing manner
  - Staff will ensure volunteers are aware of food allergies and guidelines for supporting children with food-related chronic illness
  - More nutrition resources available to staff & families

### Vision Statement

Tisdale Elementary School believes good nutrition is important for growth, development and learning. We recognize the absence of proper nutrition results in restless, irritated and tired children. As a staff and school community council, we accept the responsibility of providing nutritious food choices and educate students on healthy lifestyles.

T.E.S. Partnerships and Commitment:

T.E.S. staff will partner with Public Health (nutritionist and public health inspector), Community Wellness Coordinator and parents to review policy and ensure standards are being met.

Snack:

Commencing in January 2008, all foods served in our snack program will follow the 'Serve Most Often' or 'Serve Sometimes' as outlined by 'Nutrition and Food Safety Recommendations for Nutrition Programming in Saskatchewan Community Schools' (Please see Appendix A).

Special Events:

a) Special Events Canteen (Sports Tournaments/ Evening Activities):  
Commencing in January 2008, food sold at special events will be selected from the 'Serve Most Often' and 'Serve Sometimes' as outlined in, 'Nutrition and Food Safety Recommendations for Nutrition Programming in Saskatchewan Community Schools.'

b) Classroom Parties/Potlucks:

School community members will be encouraged to bring only food belonging to one or more of the four food groups according to the Canada's Food Guide (Please see Appendix B). Although healthy foods should be promoted for daily consumption, it is recognized the school needs to be flexible for celebration days.

Lunch Events hosted by Tisdale Elementary School Community Council:

Commencing in January 2008, all lunch items sold at lunch events hosted by Tisdale Elementary School Community Council will offer at least one serving from each of the four food groups as outlined on Canada's Food Guide.

Student Lunches Brought from Home:

Families are strongly encouraged to send healthy lunch items with their children. Candy, chocolate bars, chips and soft drinks should be left at home.

Fundraising:

Fundraising initiatives by the Tisdale Elementary School Community Council will support healthy eating. Items such as chocolate bars, candy, pop etc. will not be sold.

Food Safety Preparation:

Any school employees responsible for preparing and serving food should have successfully completed the Safe Food Handling course as offered by the Government of Saskatchewan.

T.E.S. will prepare and serve foods in accordance with the food and safety guidelines as outlined by the Public Health Inspector.

All food premises will follow food safety policies as outlined by the public health inspector.

T.E.S. Staff will ensure that students are aware of the importance of hand washing and will provide the opportunity to wash their hands before consuming snacks/meals.

The following foods will not be accepted at the school for nutrition programming:

- Home canned goods
- Raw Milk
- Home processed meat, poultry, fish and dairy
- Dented, rusted cans or any food with an expired, 'Best before date.'
- Frozen Food
- Pastry or dessert items
- Left-over food from banquets, parties, etc.