
HOLY FAMILY CATHOLIC REGIONAL DIVISION # 37

Nutrition Facts....

Most students will eat at least one meal or snack while at school (2).

Only 14 % of children aged 9-12 years consume recommended daily servings of fruit and vegetables (3).

Among adolescents 78 % of vending machine purchases occur at school (4).

The number of Canadian children who are overweight has tripled in the last 20 years to 30 % and obesity levels have risen to 15 %(5).

Food choices children make directly influences learning and health. Well nourished children learn better.

Children and youth are highly influenced by foods readily available to them.

By making healthy foods available schools can facilitate and promote healthy eating.

References

Holy Family Catholic Regional Division #37. Supporting a healthy nutrition environment. Implementation Guide. Project LINK for Health, 2003.

Healthy Active Schools Communities. Summer Active. Alberta Health and Wellness, 2006.

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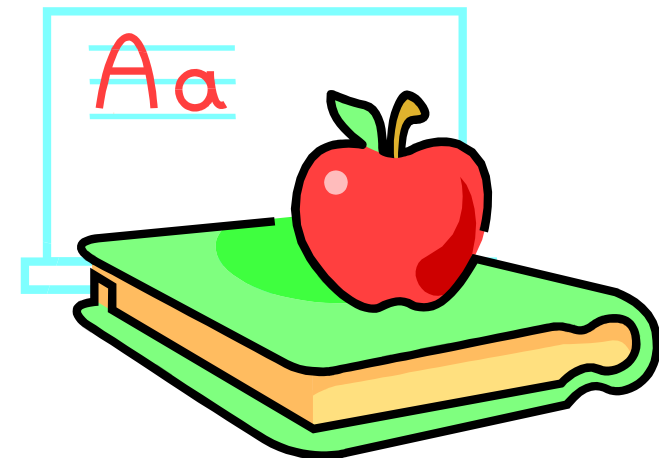
A day in the life of a Teen's Appetite. New York, NY: Channel One Network. 1998.

Tremblay MS, Katzmarzyk PR, Wilms JD. Temporal trends in overweight and obesity in Canada. Int J Obes Relat Metal Disorders. 2002;26(4): 538-43.

For more information on the Nutrition Policy, ask at your school office for your Project LINK/Health Representative or call Jasmine Fitzpatrick RD at 624-3956.



NUTRITION POLICY



School Food and Nutrition Policy

HFCRD # 37 Nutrition Policy

A nutrition policy.....

Makes the healthy choice the easy choice.

Outlines the standards for foods sold and served in schools.

Is a way to ensure that good nutrition is promoted both in theory and practice.

Supports a positive learning environment for students, staff, and communities.

Did You Know???

In December 2003, with input from Holy Family Division staff, students, and families the Board of Trustees adopted a division-wide Nutrition Policy.

The Policy encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods, and controlling the sale and use of non-nutritious foods.

Policy guidelines and the foods to serve most often, sometimes and least often can be found in the HFCRD # 37 Education Policies Manual, available at your school's office or at www.hfcrd.ab.ca.



Key Points

- Foods served in cafeterias, canteens, vending machines, and at special events should come from the four food groups of Canada's Food Guide .
- Foods higher in nutrition are to be served more often.
- Foods lower in nutrition (e.g. empty calories, high fat, high sugar) are to be served least often.
- Water, milk, and/or 100% fruit juice are offered as beverage options.
- Students can only make the healthy choice if those foods are available!

SUCCESS STORY

Since the implementation of the nutrition policy all schools within the division have had a positive increase in milk sales.

Students are requesting fresh fruits and vegetables as snack options.
