École Crane Nutrition Policy

This policy was developed in consultation with the École Crane Parent Advisory Council and the École Crane staff. It affirms and supports the policies and directions of the Province of Manitoba and the Pembina Trails School Division.

Balanced nutrition is essential for growth, development and learning. École Crane will promote healthy eating and drinking habits through education, and will take actions to encourage healthy choices. The goal of this policy is to promote balanced and healthy lifestyles and to create clear principles to guide healthy food practices at École Crane.

Lunches, Classroom Celebrations and Special Events

School community members will be encouraged to bring only food belonging to one or more of the four food groups of Canada's Food Guide to Healthy Eating for recess breaks and lunches.

Parents will be encouraged to plan with the school in advance, before providing food for classroom celebrations and other school events. Divisional safe food handling practices must be followed for any food items brought to, or prepared at, school.

Classroom Snacks

Decisions to use food for educational activities will align with our commitment to demonstrate healthy food practices. École Crane staff will choose foods which do not compromise students' healthy food choices.

Beverages

Staff at École Crane recognize the importance of water to learning and health. We encourage students to bring refillable water bottles to school.

Milk will be available to purchase with our lunch program. Chocolate milk is available on Wednesday and on fun lunch days only.

Fundraising

Fundraising activities will respect and support nutrition education and policies.

Contracts with food providers will be evaluated, in large part, based on their provision of nutritious menu items.

Allergies

We offer a safe, caring and inclusive environment by being "allergy aware". Peanuts, tree nuts, or any products containing peanuts/tree nuts should not be brought to school.

Individual classrooms may have students with additional allergies that may cause anaphylactic reactions. Classroom teachers will share this information with families in the fall. We appreciate your support with being "allergy aware".

Eating Environment

École Crane staff shall: 1) Encourage all students to wash their hands before eating 2) Allow a minimum of 20 minutes for students to eat lunch 3) Ensure that lunch is eaten in a calm and positive atmosphere.

Staff and Parents as Leaders

Recognizing the importance of role modeling in promoting healthy eating, school staff, parents and guardians will act as role models to promote healthy eating within the classroom and school environment.

We will follow the Public Schools Act policy statement regarding artificial trans fat content of foods in Manitoba schools. We will reduce the availability of foods containing artificial trans fat at school events, classroom celebrations, and fundraising events.

The Public Schools Act bans the preparation, sale or distribution of foods containing high levels of artificial trans fats in Manitoba schools. Under this legislation, school boards must ensure the artificial trans fat content of food prepared by a school as well as the foot it sells or distributes to students does not exceed specified amounts.

a) *The trans fat content of vegetable oil or spreadable margarine used in the preparation of foods at school must not exceed 2 per cent of the product's total fat content.*

b) *A pre-packaged product, excluding meat or dairy products, is deemed not to contain artificial trans fat if the nutrition facts table lists the trans fat content at 0.2 grams per serving or less.*

c) *The trans fat content of other foods, excluding meat or dairy products, must not exceed 5 per cent of the food's total fat content.*

The legislation allows for exceptions to be made for special occasions such as students' lunches, pizza days and other fun lunch days if the food items are not available in the school every day.