

Oakenwald School Nutrition Policy

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

The goals of our policy are to reinforce our commitment to promoting balanced and healthy lifestyles and to create clear principles to guide healthy food practices at Oakenwald School.

1. School decisions about the availability, promotion, and use of food will be made in accordance with Canada's Food Guide to Healthy Eating.
2. Students will be encouraged by parents/guardians to bring healthy snacks and lunches to school. Information and resources about healthy food will be shared with parents/guardians through our school newsletter.
3. Special lunch days, classroom and school celebrations will respect and support nutrition education and policies. Parents will be encouraged to plan with the school in advance, before providing food for classroom celebrations and other school events. Positive messages about balance and moderation in classroom celebrations and other events will be communicated.
4. Decisions to use food for educational activities will align with our commitment to demonstrate healthy food practices.
5. Foods and beverages will not be used as a reward, an incentive, or for motivation unless indicated on a student's Individual Educational Plan.
6. Fundraising activities will respect and support nutrition education and policies.
7. We recognize the importance of water to learning and health and encourage students to bring water bottles to school.
8. Skim, 1%, or 2% white milk will be offered daily with our lunch program. Chocolate milk is offered no more than once every week.
9. We support a safe, caring, and inclusive school environment by being "allergy aware". Peanuts, tree nuts, or any products containing peanuts/tree nuts should not be brought to school.
10. Modeling is recognized as a powerful and important influence on student behaviour. School staff, parents and guardians will act as leaders in promoting healthy eating habits.

11. Ongoing professional development will be provided to inform staff about current nutrition information.
12. We will follow the Public Schools Act policy statement regarding artificial trans fat content of foods in Manitoba schools. We will attempt to reduce the availability of foods containing artificial trans fat at school events, classroom celebrations, and fundraising activities.

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 foods 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 a 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 fats if the nutrition facts table lists the trans fat content as 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, school bake sales, hot dog days or pizza lunches if the food items are not available in the school every day.