

# **Annunciation Catholic IB World School Nutrition Policy**

## **Our Vision**

Annunciation Catholic IB World School supports a healthy environment where students and staff make positive choices that empowers them to live a healthy, active lifestyle for the body, mind, and spirit.

## **Our Mission**

Annunciation requires that all foods made available on the school premises should offer nutritious choices for the students that are in accordance with the Alberta Nutrition Guidelines for Children and Youth and Eating Well with Canada's Food Guide.

## **ECSD Policy**

<https://edmontoncatholicschools.sharepoint.com/sites/D0002/Administrative%20Procedures%20Manual/AP%20164.PDF>

## **ECSD Healthy Eating Food Guide**

<https://edmontoncatholicschools.sharepoint.com/sites/D0002/Administrative%20Procedures%20Manual/AP%20164%20Appendix.PDF>

## **Our Procedures**

Foods served at Annunciation will follow the “Choose Most Often” and “Choose Sometimes” categories from the Alberta Nutrition Guidelines for Children and Youth 2012.

Reminders of the District and school nutrition policies and procedures is communicated with parents throughout the year in an effort to minimize foods which do not meet The Food Rating System for “Choose Most Often” or “Choose Sometimes” foods.

Staff provide education on aspects of health and wellness to the school community through role modelling, lessons, and activities in an effort to foster lifelong healthy and active lifestyles for individuals.

Lunches - Staff, parents, and students will demonstrate a commitment to healthy eating by including foods from the “Choose Most Often” and “Choose Sometimes” guidelines in the lunches that they consume at school.

School Messaging - Messages in the school will promote and reinforce healthy messages being taught at Annunciation. This includes newsletter items, the school website, bulletin boards, announcements, and displays in the classrooms or for special events.

Due to dietary, allergy and health concerns of students, families will not be permitted to bring in lunches for classes of students (such as pizza, burgers, etc.). If families would like to bring in a treat to share with the class, they may bring in a "Choose Most Often" or "Choose Sometimes" food to share with the class as a snack or as a supplement to their lunch (fruit tray, vegetable tray, cheese tray, etc.). Parents are requested to let the homeroom teacher know beforehand (via agenda, email, etc.) that they are planning to bring in food to share with the class.

Birthday Treats - We know that birthdays are very important in a child's life. In keeping with our nutrition policy, we ask parents to choose healthy alternative treats to send to school when their child is celebrating a birthday. Teachers will not be able to serve birthday treats containing lots of sugar (such as cake or cupcakes) to the entire class when a student is celebrating a birthday since this does not support our nutrition policy, the nutrition policy of the District and also is not in keeping with what parents are trying to promote with their children.