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## **REGULATION 6164.3**

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### **CONSUMPTION OF NUTRITIOUS FOODS**

The District supports healthy food choices and the full implementation of the Ministry of Education and Ministry of Health "Guidelines for Food and Beverage Sales in B.C. Schools" by **January 2008** for elementary schools and **September 2008** for middle and secondary schools. This regulation has been prepared to assist schools in meeting the Guidelines and apply to any food or beverages sold to students within the school grounds and at school organized events off the school grounds.

#### **A. FOOD IN SCHOOLS**

##### **Food in schools includes:**

Vending Machines

Cafeterias and Canteens

School Meals Program

Food Based Fundraisers

Food Based fun days, activities and reward programs

##### **Vending Machines**

Food and beverage vending machines may be placed in the schools at the discretion of the principal in consultation with staff, students and parents. Pricing should encourage the selection of healthy food and beverage choices. In compliance with the guidelines, vending machines in schools will contain:

- At least 50% of foods in the "Choose Most" category
- No more than 50% in the "Choose Sometimes" category
- Foods in the "**Choose Least**" and "**Not Recommended**" category will be **eliminated**

##### **Cafeterias and Canteens, School Meals Program**

Foods served must be consistent with the most recent Eating Well with Canada Food Guide and the "Guidelines for Food and Beverage Sales in BC Schools". Foods offered should be nutrient dense and assist children and youth in learning.

### **Food Based Fundraisers**

Food sold to students and staff (eg. pizza, hotdogs, hamburgers) must be in compliance with “Guidelines for Food and Beverages Sales in BC Schools”. Foods that students sell in the community do not fall under the guidelines but should be reflective of healthy nutrition.

### **Food Based fun days, activities and reward programs**

Schools should consider modeling health and nutrition when choosing food for fun days. Food should be discouraged as a reward for students. Examples of alternative rewards could include pencils, stickers and recognition ceremonies /bulletin boards.

## **B. NUTRITION EDUCATION**

All schools are expected to provide nutrition education as outlined by the most recent Ministry of Education Integrated Resource Packages.

## **C. NUTRITION RESOURCES**

Approved Integrated Resource Packages for nutrition education include:

- Health and Career Education, K-7 Integrated Resource Package, Healthy Living, Ministry of Education, 2006
- Physical Education, K-7 Integrated Resource Package, Active Living, Ministry of Education, 2006
- Health and Career Education, 8-9 Integrated Resource Package, Healthy Living, Ministry of Education, 2005
- Planning 10, Integrated Resource Package, Healthy Living, Ministry of Education, 2004

Supplementary resources include:

1. School Meals Coordinator SD #61
2. Healthy, Safe and Caring Schools Coordinator SD #61
3. Community Nutritionist – Vancouver Island Health Authority
4. B.C. Ministry of Health
5. B.C. Ministry of Education
6. Fundraising Guidelines for Schools, Ministry of Health (June 2007)
7. Dieticians of Canada

*Greater Victoria School District*

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Modification to this document is not permitted without prior written consent from the Greater Victoria School District.