

5.22 Food and Nutrition Policy

1. Policy

Kootenay Christian Academy (KCA) will comply with the BC government's "*Guidelines for Food and Beverage Sales in BC Schools*" 2013. KCA will continue to promote healthy lifestyles by offering nutritious food choices and health education.

2. Procedure

2.1. Nutrition and Healthy Lifestyles Education

1.1. Staff will ensure that the nutrition and healthy lifestyle segments of curricula are taught as per the BC Ed Plan.

2.2. Fundraising & Hot Food Lunches

1.2. Parent support groups, parents and staff will work together to ensure that fundraising in the school does not rely on the sale of non-nutritious foods, by choosing healthy food fundraisers more often.

2.3. Special Events and Celebrations

1.3. A broader range of food options is acceptable provided such activities are of an intermittent nature and not for sale.

2.4. Rewards

1.4. Reward is an item used conditionally on behaviour. This does not include celebration, tradition or routine events. The decision to use food rewards in schools and classrooms can undermine the above guidelines if used too often. Before food rewards are considered, frequency and quantity of such rewards, nutrition, healthy behaviour modeling and long-term behavioural impact should be considered.

2.5. Role of Students and Parents

1.5. KCA will provide parents with access to this policy and supporting documents. Parents will support the efforts of classroom teachers by striving to model healthy eating behaviours at home (ie: providing nutritious lunches and snacks to school.) Students will be encouraged to make an effort to choose healthy foods more often, and whenever possible to be involved in strategies that promote healthy lifestyles at school.