

**APPENDIX E**  
**WL Seaton Secondary**  
**Healthy Food Choice Policy**

**WLS Nutrition Committee: Discussion Paper**

The Nutrition Committee was formed as part a pilot program in the North Okanagan to encourage healthy eating within the school. Our goal is to ensure that a variety of nutritious and healthy foods and beverages are provided and promoted to students and staff. This policy is designed to ensure that a healthy and supportive environment is created for the school community by clarifying the direction for action. It acknowledges that public education has a powerful influence on the development of youth and that learning takes place beyond the classroom. Implementation of the policy demonstrates that the school values the health of its students and staff.

**A. General:**

1. The policy will be available for review in the School Office and in the Staff Manual.
2. All community members working with WLS must adhere to the healthy foods policy
3. All new parents, staff, and student groups will be informed of the policy and a copy will be distributed at the beginning of each school year
4. This policy will be reviewed after 1 year and then every 5 years or as requested by the Staff Committee
5. Additions and amendments to this policy should be made only after the consideration of all of those involved (staff, parents, administration and students)

**B. Food and Beverage Choices:**

1. Food and beverage choices available on the school grounds, especially in the cafeteria, vending machines, special events and fundraisers will include a variety of choices where the majority are Serve Most and/or Serve Sometimes Foods

Majority Definition: At any one location at least 80% of the choices are Serve Most or Serve Sometimes Foods/Beverages. A maximum of 20% of the choices will be Serve Least Foods/Beverages.

Note: another document is recommending implementation over a period of 3 years:

Year 1:	50% Most,	30% Sometimes,	20% Least
Year 2:	60	30	10
Year 3:	70	20	10

2. Whenever possible, efforts will be made to offer mostly 'Serve Most' foods and beverages at any one location.
3. Food and beverage sales will be reviewed regularly. When indicated, sales will be adjusted through competitive pricing and/or replacement of Serve Least choices to promote the healthier choices
4. When Serve Least Choices are, offered, smaller portion sizes will be encouraged

### **C. Pricing and Promotion:**

1. Serve Most/Serve Sometimes foods and beverages are competitively priced and whenever possible, are less expensive than the serve least choices
2. Serve Most/Serve Sometimes foods will be placed in easy to see, easy to access locations
  - i. Vending machines: these choices will be in the top/centre slots
  - ii. Cafeteria: these choices will be displayed on front shelves/space where they are easy to see and access
3. Serve Most/Serve Sometimes foods and beverages will be appropriately promoted
  - i. Advertising in the school and on school grounds will reflect healthy choices (eg. Dasani instead of Coke as fascias on the vending machines)
  - ii. Serve Most/Sometimes foods and beverages may be promoted by various means such as incentives, special events, sale of the week, theme days etc
  - iii. Local companies providing Serve Most foods at competitive prices will be promoted (Eg. Juice provided by Davidson Orchards or bread donated by Baker's Dozen)

### **D. School Fundraisers and Special Events:**

1. Suggestions are available for healthy food choices for fund raisers

### **E. Celebrations:**

1. Special events such as the 'Celebration of Cultures' or seasonal holidays such as Christmas or Valentines Day are avenues for the school to promote the use of Serve Most choices. These are also occasions when the use of Serve Least foods (such as chocolates) can be done in a positive way.

### **F. School Meal Events:**

1. Free breakfasts will be subsidized by other cafeteria sales or vending machine sales
2. Meal events such as the Medieval Feast will encourage the use of foods and beverages from the Serve Most/Serve Sometimes choices

### **G. Nutrition Education:**

- a. Encourage nutrition education in as many areas of the curriculum as possible. (eg. Home Ec, Science, Active Health, etc)
- b. Education will be consistent with provincial standards, guidelines, and frameworks

### **H. Food Safety:**

1. When food is prepared or handled at least one person present must have Food Safe training (note: this is a Provincial Government requirement)

### **I. Food as a Reward:**

Consider healthy options or non-food items whenever possible