

**MEDICINE HAT SCHOOL DISTRICT NO. 76**

**HEALTHY NUTRITIONAL CHOICES**

**BACKGROUND**

Healthy eating is an integral part of growth and development. Good nutrition is conducive to student learning. It is essential to create an environment that provides and promotes healthy food choices and healthy attitudes about food.

**POLICY**

The Principal shall ensure that the school provides age appropriate nutritional health instruction to students, that healthy eating habits are promoted among all students and staff, and that nutritious foods are consistently the primary choices available for sale and/or distribution.

**GUIDELINES**

Medicine Hat School District No. 76 supports access to healthy, safe nutritional food choices for students as defined in the Alberta Nutrition Guidelines for Children and Youth (Exhibit 001) by:

1. Providing students with the skills, opportunities and encouragement they need to adopt healthy eating patterns;
2. Ensuring that good nutrition is promoted both in theory and in practice;
3. Establishing nutritional procedures that make healthy choices the easy choice through practices such as having nutritional food and beverages prominently and positively displayed, easily accessible, and appropriately priced;
4. Offering healthy food and beverage choices in school cafeterias, vending machines, stores or canteens, at special events and for fundraising.

**Approved & Adopted:  
September 7, 2004**

**Revised:  
February 18, 2014**