

Miller Elementary School Nutrition Policy

Miller School is committed to promoting, offering and modeling healthy and nutritious foods. Well-nourished students are more likely to achieve their academic potential, physical and mental growth and lifelong health and well-being (*Nourishing Minds: Towards Comprehensive School Community Health: Nutrition Policy Development in Saskatchewan Schools*, Saskatchewan Ministry of Education, 2009). Schools share the responsibility with the home and community to educate and provide healthy and nutritious foods.

Procedures

- a. The choice of foods offered, sold and served in our school, and at any school approved or hosted event shall adhere to the guidelines as outlined in *Nourishing Minds: Towards Comprehensive School Community Health: Nutrition Policy Development in Saskatchewan Schools*.
- b. Nutritious foods (as identified by *Healthy Foods for My School*, Saskatchewan Ministry of Health, 2008) will be reasonably priced and appropriately promoted and advertised.
 - a) Menu for track and field canteen will be sent home prior to the track meet.
 - b) Hot lunch order forms will be sent home prior to hot lunch and will be advertised in the school newsletter and on the school website.
- c. School Nutrition Committee will include parents, school teacher/administrator and the Public Health Nutritionist.
- d. Schools will adhere to Public Health Food Safety Standards.
 - a) Coordinator(s) of the Hot Lunch will have their Food Safe Handling course.
 - b) The cost of the Food Handling Safety course will be reimbursed, for the coordinator, by the School Community Council and Miller School.
- e. Miller School Nutrition Committee will develop procedures to comply with this policy and inform their staff and families annually.
 - a) Miller School Nutrition Committee was formed on March 31, 2011.
- f. The guidelines apply to the following areas: Track and Field Canteen, Fundraising, Classroom treats and rewards, Celebrations, Field trips, Sporting events, Professional Development, Staff Meetings, Emergency Food Programs, Catering, Hot Lunches and Milk Company.
- g. Catering companies and outside vendors are notified of, and adhere to the nutrition policy.
- h. Miller School has a scheduled am and pm snack time for all students K- Grade 4.
- i. For the 2011-2012 school year Miller School will pilot "The Reverse Lunch Hour".

June, 2011

