



TCSA POLICY	
TITLE	Healthy Food in Schools
POLICY NUMBER	21-19-V2
PROGRAM NAME	JK-Grade 12
DOMAIN NAME	Education
EFFECTIVE DATE	29-June-2023
NEXT REVIEW DATE	29-June-2027
APPROVAL DATE	29-Junw-2024
ISSUING AUTHORITY	Tłıchǫ Community Services Agency (TCSA)
ACCREDITATION STANDARD	N/A

POLICY AND GUIDING PRINCIPLE

The Tlıchǫ Community Services Agency recognizes that good health and learning are linked. Through its health and wellness policies, Education supports students and staff in making healthy lifestyle choices. This policy establishes the standards for the promotion of healthy food choices in Tlıchǫ Region schools and is intended to guide the selection of healthy food choices. The goal of the policy is to optimize student learning and performance by ensuring that foods served and sold in schools have nutritional value and are consistent with Canada's Food Guides and the GNWT Healthy Food for Learning (Anti-Poverty Strategy) Action Plan. The Tlıchǫ Community Services Agency requires that foods served and sold in all school settings and at school events, comply with school food guidelines as established in this policy.

The Tlıchǫ Community Services Agency:

- a) Recognizes that schools are key partners in the promotion of healthy lifestyles for students;
- b) Views the promotion of good nutrition as part of a comprehensive approach to school health;
- c) Believes that food programs in school settings must be consistent with, and support, nutrition education that is part of the curriculum; and,
- d) Believes that the purpose of selling food and beverages in schools is to meet students' nutritional needs and not primarily for fundraising purposes.



PURPOSE/RATIONALE

The Tlicho Community Services Agency Healthy Foods for Learning Policy is based on the Education Renewal Action Plan to ensure that “students need to have nutritious foods so they can grow well, have energy, and do their best learning.” (GNWT website). Nutritious eating impacts the health of our children when they are young and helps them to develop healthy lifestyle practices as they grow into adults. There are major concerns about the eating habits of today’s children and youth. Compelling evidence exists that the benefits of eating well include:

- Improved cognitive development and academic performance;
- Enhanced concentration, self-esteem, and behavior;
- Protection against chronic diseases and other illnesses; and
- Better overall health, growth, and development.

Parents are the first and most important influence on children’s eating habits. However, next to the family, school is identified as one of the most influential factors in a child’s life. The evidence shows that school-based programs can promote healthy eating and help to reduce childhood obesity. The purpose of this policy is to guide adopting healthy food programming.

DEFINITIONS

N/A

SCOPE/APPLICABILITY

This policy applies to:

1. All settings under the jurisdiction of Tlicho Region, including all schools, board offices and other working sites (including culture camps) operating under the name of Tlicho Community Services Agency or any individual school;
2. All food served and sold through cafeterias, canteens, and vending machines.
3. Breakfast Club of Canada, and all other breakfast, recess/snack and lunch programs.
4. Food purchased and provided for all meetings and training breaks.
5. Food sold in schools through privately contracted food service providers as well as to foods sold or served by school staff, students, or volunteers.
6. Food served/sold during on-site, school-sponsored special events, tournaments, fairs, and all fundraising events connected to a school-based program or occurring at the school.
7. Food provided to classes from an outside individual or group.



This policy does not apply to:

1. Food brought to school by students or staff for their personal consumption.
2. Foods purchased/consumed during school field trips (i.e. out-of-town sport tournaments, visits to special sites, tours), although every effort must be made by supervising teachers/adult volunteers to ensure healthy choices are made available where possible

PROCEDURE

1. Requirement / Standards: When considering a food purchase, planning menus, or serving food, all staff must adhere to the following requirements/standards:
 - 1.1. Healthy Food Choices: Foods as defined in Canada's Food Guides and belonging to one of the four food groups, consistent with portion sizes recommended in Canada's Food Guide for the majority of the food served.
 - 1.2. Good Nutrition: Foods that support nourishment and the body uses for growth, replacement of tissues and prevention of diseases.
 - 1.3. Served During Non-Instructional Time: Students will have access to nutritional foods during non-instructional time.
 - 1.4. Exceptions: Although healthy foods should be promoted for daily consumption, as well as on special occasions or celebration days (Christmas, Valentine's Day, Halloween), it is recognized that schools need to be flexible and may provide small amounts of foods outside of the Canadian Food Guides.
 - 1.5. Beverages: Due to the high concentration of sugar in many beverages (ex: soda pop, juice, 'fruit' drinks, chocolate milk, and energy drinks) the approved beverages for schools are water and white milk, and in limited amounts chocolate milk and real fruit juice.
 - 1.6. Preparation: The Canadian Food Guide recommends baking, grilling, broiling, roasting, steaming, stir-frying, and sautéing as healthy cooking methods. Avoid cooking methods that add unhealthy fats (ex: frying and battered methods); these food preparation methods should be served infrequently (1-2 times a month).
 - 1.7. Limiting Sodium, Unhealthy Fats, and Sugar: Limit highly processed foods; when chosen, offer them less often and in small amounts. Choose foods with healthy fats over saturated fats. Prepare meals and snacks using ingredients that have little to no added sodium, sugars, or saturated fats.



2. Safety Standards: “Establishments that are preparing and serving food to the public, including schools and childcare facilities that prepare and serve food to the children in their care, are required to hold a Food Establishment Permit under the s. 2(1) of [Food Establishment Safety Regulations](#) (Regulations) and s.14 of the *Public Health Act*, and to comply with all applicable requirements set out in the Regulations and any additional terms and conditions set out in the permit. This includes:
- 2.1. A permit for each location where food will be handled.
 - 2.2. Safe Food Handling Training for at least one employee who is primarily responsible for the food handling in the school, typically this will be the school secretary, support assistant, or custodian. In schools where a staff is hired to prepare and serve food as their primary responsibility, they are required to maintain the Safe Food Handling Training (ex: Cafeteria staff, camp cook).

PERFORMANCE MEASURES

N/A

CROSS-REFERENCES

21-08-V1 Traditional Food in Schools

ATTACHMENTS

N/A

REFERENCES

- NWT Education Act
- Canada’s Food Guides (including the Canada’s Food Guide: First Nations, Inuit, and Metis) (2019)
- [Food Establishment Safety Regulations](#) (Regulations)
- s.14 of the *Public Health Act*

