

PROMOTING HEALTHY LIFESTYLE CHOICES

Administrative Directive

Wolf Creek Public Schools believes that the promotion of healthy living is a goal for all of students, staff and school communities in the school division. It is our belief that students and staff who are supported in a healthy environment are better able to achieve the goals of education and concurrently enjoy a healthy, productive lifestyle. In accord with that belief, this Administrative Procedure is designed to set out the guidelines that will encourage all schools in the Division to commit to a comprehensive school health approach that encourages healthy choices for healthy living by promoting healthy eating, physical activity, and a positive social environment.

Guidelines and Responsibilities

1. The Division shall:
 - 1.1 Promote the identification of a staff member at each school site to assume the role of “Health Champion” and work with the staff to create their own health and wellness teams.
 - 1.2 Partner with Alberta Health Services on initiatives, updates, and resources regarding nutrition and healthy living.
 - 1.3 Share information with staff on food use in schools, nutrition education, and other information related to healthy living.
 - 1.4 Participate in research projects and share findings that promote best practices in healthy eating and healthy lifestyles.
 - 1.5 Provide professional development opportunities, when possible, to ensure staff receive updated information and resources to support the promotion of healthy living.
 - 1.6 Model and promote healthy food and beverage choices.
2. The Principal shall:
 - 2.1 Ensure strategies are in place to foster the knowledge, skills, and attitudes that promote healthy living.
 - 2.2 Access expertise from Alberta Health Services personnel and in the community to establish linkages between health education and foods available at the school.
 - 2.3 Ensure staff members have the opportunity to take on the role as “Health Champion” for their school community.

- 2.4 Review options with food suppliers to include foods from the *choose most often* and *choose sometimes* categories, as per Alberta Nutrition Guidelines (Appendix A of this procedure).
 - 2.5 Move to ensure that those foods listed as *choose least often* or not recommended are curtailed in the “for sale” items in the schools by September of 2013.
 - 2.6 Encourage staff to limit the use of food rewards, especially those that would fall into the category of *choose least often*.
 - 2.7 Ensure that the beverage consumed by students during instructional hours will be water or other healthy choices as allowed by school policy and respective of the *choose most often* category (Appendix A of this procedure).
3. Schools shall:
- 3.1 Create an environment where healthy foods are available, affordable, and promoted as best choice.
 - 3.2 In the cafeteria, vending machines, or other food vendors, include foods from the *choose most often* and *choose sometimes* categories, unless CTS modules from Alberta Education require food choices not included from the *choose most often* and *choose sometimes* categories (Appendix A of this procedure).
 - 3.3 On special days, celebrations, and fundraising activities encourage parents and staff to include foods from the *choose most often* and *choose sometimes* categories as per Alberta Nutrition Guidelines (Appendix A of this procedure). The school division does recognize that there will be occasions when foods in the *choose least often* category will be available at the school site, but it is the intent of this administrative procedure that those choices are limited and that they are provided only in the context of a school approval process that considers the input of staff, school council members and the administration of the school.
 - 3.4 Model healthy food and beverage choices during instructional time, supervision, and while in the school environment.
4. This administrative procedure does not impact on lunches, snacks or foods that students and/or staff members bring from home.

References: Alberta Nutrition Guidelines for Children and Youth (February 2008)
Canada’s Food Guide (2007)

Adopted: March 2013

Administrative Procedure 107 – Appendix A

Choose Most Often

These foods should be the main focus in a healthy diet, with special emphasis on grain products and vegetables and fruits. Foods on this list tend to be rich in essential nutrients. Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamin A, C, or D and are generally low in fat, sugar and salt.

Grain Products	<ul style="list-style-type: none">✓ Whole wheat or whole grain bread, rolls, bagels, pita bread, English muffins, waffles, pancakes, tortillas, pasta, pizza dough, cereals✓ Low fat, high fiber muffins with vegetables or fruit✓ Rice cakes, bannock, brown rice, corn bread, low fat crackers,✓ Unsweetened or low sugar breakfast cereals
Vegetables and Fruit	<ul style="list-style-type: none">✓ Fresh fruit and vegetables or frozen without added sugar✓ Canned fruit prepared in its own juice✓ 100% vegetable or fruit juice✓ Applesauce or applesauce blend products✓ Vegetable soup✓ Salads without high fat dressing, fruit or vegetable salads
Milk Products	<ul style="list-style-type: none">✓ 2%, 1% and skim white or chocolate milk✓ Yogurt (2% Milk fat or less)✓ Cheese✓ Milk-based soups
Meat and Alternatives	<ul style="list-style-type: none">✓ Chicken or turkey✓ Fish, seafood, canned fish✓ Lean or extra lean beef or pork✓ Beans, lentils, dried peas (e.g. baked beans or chili)✓ Eggs, Peanut Butter, soya beverages, tofu, nuts and seeds, cottage cheese

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Choose Sometimes

Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamins A, C, or D but are also higher in calories, fat, or salt. If serving these foods, combine with foods from the 'choose most often' list.

Grain Products	<ul style="list-style-type: none"> ✓ White bread, rolls, bagels, English Muffins, waffles, pancakes, pita bread, tortillas, pasta, rice ✓ Fruit or vegetable loaves ✓ Sweetened cereal made with oats or whole grains (e.g. Honey Nut Cheerios) ✓ Granola and cereal bars; low fat ✓ Cookies (made with oatmeal, peanut butter, or dried fruit), digestive cookies ✓ Biscuits, scones, pretzels, Rice Krispie squares, light popcorn ✓ Non-whole grain crackers, Goldfish, animal shaped crackers, rice crackers, rice cakes ✓ Cheese Pizza ✓ Bagel or pita chips
Vegetables and Fruit	<ul style="list-style-type: none"> ✓ Canned fruit in light syrup ✓ Dried fruit, raisin boxes, ✓ Frozen fruit bars (100% Fruit Juice) ✓ Fruit bars or leathers ✓ Fruit crisps, date squares ✓ Baked potato (with low fat toppings), oven-baked potato wedges, baked potato chips
Milk Products	<ul style="list-style-type: none"> ✓ Whole milk, hot chocolate made with milk ✓ Frozen Yogurt (2% milk fat or less) ✓ Processed cheese products (spreads, slices), cheese strings ✓ Yogurt drinks, milk-based puddings, flavored milk drinks, custards ✓ Ice Milk (single portion Dixie cups)
Meat and Alternatives	<ul style="list-style-type: none"> ✓ Lean cold cuts, lower fat hot dogs, baked ham ✓ Nuts and seeds (salted)

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Choose Least Often

These foods and beverages offer minimal nutritional value, are very high in sugar, fat, salt, caffeine, sweeteners and/or processing and/or tend to replace nutritious foods when available as meals and snacks. These items should be severely limited as food products that the school would serve or sell as part of cafeteria, canteen, vending, breakfast, lunch or snack menus.

Mixed Foods	<ul style="list-style-type: none">✓ Hot dogs, corndogs✓ Battered/breaded and fried items (e.g. french fries, fish sticks, onion rings, chicken nuggets)✓ Processed, previously deep fried and oven –heated commercial products (e.g. Tator Tots, chicken fingers, Taquitos)✓ Donairs, egg rolls, poutine, sausage rolls, chicken wings✓ Dried instant noodles and single serve dried soup mixes
Baked Goods	<ul style="list-style-type: none">✓ Donuts, pastries, croissants, cakes, cupcakes, tarts, pie, cookies with sweet filling, icing and/or chocolate
Processed or Snack Foods	<ul style="list-style-type: none">✓ Granola bars dipped in chocolate or yogurt, or with chocolate chips or marshmallows✓ Candy, chips, cheezies, chocolate bars, licorice, corn nuts, sesame snaps, banana chips, fruit roll-ups, Jell-O, artificial fruit snacks✓ Meal replacement bars, protein bars or energy bars
Frozen Novelties	<ul style="list-style-type: none">✓ Popsicles and freezies✓ Ice cream, sherbet and frozen novelties (e.g. drumsticks)✓ Milkshakes, eggnogs
Beverages	<ul style="list-style-type: none">✓ Pop, sport and energy drinks, slushes,✓ Hot chocolate made with water✓ Meal replacement shakes or beverages,✓ Sweetened fruit beverages iced tea, lemonades