

Christ the Teacher Catholic Schools

ADMINISTRATIVE PROCEDURES

SECTION:	GENERAL ADMINISTRATION	CODE:	AP 163
PROCEDURE:	NUTRITION		

BACKGROUND

The Catholic belief is that the human body is good and to be treated with dignity, and that as part of creation, the body is to be properly cared for. Scripture says that the human body is a “temple of the Holy Spirit” (1 Cor.6:19). Properly understood, health is one of the most important goods for which we all have a precise responsibility (John Paul II, February 2, 2005 – message to congress on “Quality of Life and Ethics of Health”).

Christ the Teacher Catholic School Division is committed to promoting, offering, and modeling healthy nutritious foods in its schools. Lifelong eating habits are established in childhood. Research demonstrates a relationship between nutrition and children’s physical, emotional, and intellectual readiness to learn. Promoting good nutrition, physical activity, and making positive choices is an important goal for each school.

PROCEDURES

1. The choice of foods offered and served in our schools, and at any school approved event shall adhere to the guidelines as outlined in the document: [Saskatchewan Ministry of Education - Nourishing Minds: Eat Well, Learn Well, Live Well](#)
2. Foods offered and served in our schools will complement the learning outcomes of the Ministry of Education curricula.
3. Nutritious foods will be competitively priced and appropriately promoted and advertised.
4. Schools will adhere to Public Health Food Safety Standards.
5. Each school principal will develop procedures to comply with this policy and to inform their families and staff annually.
6. Predominantly nutritious food items will be offered in the following areas:
 - Canteens/Concessions/Cafeteria
 - Vending machines
 - Fund-raising
 - Classroom treats
 - Rewards
 - Celebrations
 - Field trips

- Sports events
 - Professional development
 - Staff meetings
 - Emergency food programs
 - Vendors
 - Catering
7. Catering companies and outside vendors are to be notified of, and adhere to, this nutrition policy.
8. Modeling behaviours for students has significant impact and therefore adults and school groups are encouraged to model and support healthy nutrition choices.

Reference: Sections 85, 87, 109, 175 Education Act

Date Issued: April 15, 2014

Date Revised: February 20, 2018