

**Subject:** Healthier Foods and Nutrition in Public Schools  
**Effective:** October 11, 2005  
**Revised:**

**1.0 PURPOSE**

- 1.1 This policy establishes the minimum requirements for healthy foods in New Brunswick's public schools by setting standards for healthy food awareness, food options available in schools and sale of foods in and through the public school system.
- 1.2 This policy replaces *Food and Nutrition Policy for New Brunswick Schools*, issued February 1991.

**2.0 APPLICATION**

This policy applies to all school districts and public schools in New Brunswick.

**3.0 DEFINITIONS**

**Comprehensive School Health (CSH)** is an approach to school-based health promotion involving a broad spectrum of programs, activities, and services which take place in schools and their surrounding communities. Such actions are designed not only to affect the health of individual students but also to change the environment in which they live and learn. CSH is an integrated approach to health that incorporates three components: (1) education, (2) services and supports and (3) environment (social and physical).

**Maximum Nutritional Value** indicates foods that are a good or excellent source of important nutrients and are low in fat, sugar and/or salt. These foods are considered nutrient dense relative to the energy they provide. These foods should be consumed on a daily basis.

**Moderate Nutritional Value** indicates foods that are a source of nutrients but may be high in fat, sugar and/or salt. These foods are not as nutrient dense as foods in the maximum nutritional value category. These foods can each be served up to a maximum of twice per week.

**Minimum Nutritional Value** indicates foods that provide few nutrients and are generally high in fat, sugar and/or salt. These foods are considered to have low nutrient density relative to the energy they provide. These foods can each be served up to a maximum of twice per month and will be gradually phased out.

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**4.0 LEGAL AUTHORITY**

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*[Education Act](#), sections*

6(a) The Minister shall establish educational goals and standards and service goals and standards for public education in each of the education sectors established in section 4(1).

6(b.2) The Minister may establish provincial policies and guidelines related to public education within the scope of this Act.

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**5.0 GOALS / PRINCIPLES**

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The Department of Education:

- recognizes that healthy eating during childhood and adolescence promotes optimal health and contributes to physical and intellectual development;
- believes that a comprehensive school health approach can help students attain their full educational potential and good health by providing them with the skills, social support and environmental reinforcement they need to adopt lifelong healthy eating habits;
- believes that nutrition should be an integral part of a student's education at every grade level and be consistent with the comprehensive school health approach, this policy and any district or school policy;
- believes that a healthy lifestyle, which includes eating foods with maximum nutritional value, should be fostered and promoted in all schools; and
- is committed to collaborating with other departments and related stakeholders to promote healthier eating and nutrition awareness.

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**6.0 REQUIREMENTS / STANDARDS**

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**6.1 General**

- 6.1.1** Foods with maximum nutritional value will be available and promoted wherever and whenever food is sold or otherwise offered at school, including vending machines, canteens, cafeterias and hot lunch programs (see [Appendix A](#)).
- 6.1.2** Foods with maximum and moderate nutritional value sold in school will be priced as close to cost as practicable.
- 6.1.3** Schools shall work towards creating a pleasant eating environment which includes appropriate supervision, including adequate time and space to eat school meals.
- 6.1.4** Any foods sold or provided in public schools will be handled with attention to the food safety guidelines provided in [Appendix C](#).

- 6.1.5** Food will not be withheld from students as punishment. Additionally, food will not be offered as a classroom performance incentive or reward, except in certain circumstances for students with exceptionalities.
- 6.1.6** On a regular basis, school districts will review the effectiveness of district and school policies in promoting healthy eating and nutrition.

## **6.2 Fundraising**

- 6.2.1** The sale of foods with minimum nutritional value in fundraising initiatives, organized by schools and students, will be phased out by September 2007. This section does not apply to parent/community support groups, who may request participation of high school students, in fundraising activities after school hours.
- 6.2.2** Schools, in consultation with their Parent School Support Committee (PSSC), will develop their own plan to promote foods with moderate or maximum nutritional value or non-food items in fundraising efforts, including a strategy to phase out foods with minimal nutritional value in fundraising. (See [Appendix B](#) for fundraising alternatives).

## **6.3 Food Services**

- 6.3.1** Contracts with food providers will be evaluated, in large part, based on their provision of nutritious menu options (see [Policy 127 – Management of Food Services in Schools](#)).
- 6.3.2** As per [Policy 315 – School/Community Partnerships and Sponsorships](#), competitors will not be excluded at the request of a food provider. Additionally, no food provider shall receive exclusive access to any school or district indefinitely.
- 6.3.3** Food service contracts must be signed by the superintendent or by a Department of Supply and Services agent.
- 6.3.4** Breakfast and hot lunch programs will be consistent with this policy and any nutrition policies or guidelines developed by the districts and schools, as well as the Healthy Minds School Nutrition Program guidelines.
- 6.3.5** In elementary schools, the sale and promotion of foods, including items in vending machines, will consist of foods with moderate and maximum nutritional value only.
- 6.3.6** In middle and secondary schools, food with minimal nutritional value, including items in vending machines, will be phased out by September 2007. Districts will develop a plan to promote foods with maximum and moderate nutritional value, which includes a strategy to phase out foods with minimal nutritional value in all schools.

**7.0 GUIDELINES / RECOMMENDATIONS**

- 7.1 When serving food to students, attention should be paid to age appropriate serving sizes (For more information, consult [Healthier Eating and Nutrition in Public Schools: A Handbook for Policy 711](#)).
- 7.2 School administrators, all staff and school community partners should promote the consumption of foods with maximum nutritional value on school premises. This includes modelling healthy eating behaviour.
- 7.3 Districts, schools and the school community should support and reinforce messages about healthier eating in schools.
- 7.4 For special occasions, in-school celebrations, holidays, end of school year, etc., every effort should be made to include foods with moderate or maximum nutritional value.
- 7.5 Schools and school community partners should encourage parents/guardians to provide a healthy breakfast and healthy foods at home.

**8.0 DISTRICT EDUCATION COUNCIL POLICY-MAKING**

District Education Councils may develop policies with respect to nutrition in the schools that are consistent with, or more comprehensive than, this provincial policy.

**9.0 REFERENCES**

*Related Department of Education Policies and Programs:*

[Policy 127](#) – *Management of Food Services in Schools*

[Policy 315](#) – *School/Community Partnerships and Sponsorships*

[Policy 704](#) – *Health Support Services*

Healthy Minds School Nutrition Program

*Guidelines:*

[Healthier Eating and Nutrition in Public Schools: A Handbook for Policy 711](#)

Department of Health and Wellness/Department of Education [Healthy Learners in School Program](#)

[Canada's Food Guide to Healthy Eating](#)

[Health Canada](http://www.hc-sc.gc.ca) – <http://www.hc-sc.gc.ca>

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**10.0 CONTACTS FOR MORE INFORMATION**

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