



## Stewart Hawke School

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***“Building Futures Together”***

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### **Nutrition Policy Stewart Hawke Community School (Jan. 09)**

#### Vision Statement

Stewart Hawke Community School believes good nutrition is important for growth, development and learning. We recognize the absence of proper nutrition results in restless, irritated and tired children. As a staff we accept the responsibility of providing nutritious food choices and educate students on healthy lifestyles.

#### Canteen:

Commencing in the 2008 school year, the canteen will only sell products as recommended by the “Nutrition and Food Safety recommendations for Nutrition Programming in Saskatchewan Community Schools” in the “Serve Most Often” and “Serve Sometimes” categories.

#### Special Events:

##### a) Special Events Canteen (Sports Days / Evening Activities):

Commencing in the 2008 school year, the majority of food sold at these events will be approved by the “Nutrition and Food Safety recommendations for Nutrition Programming in Saskatchewan Community Schools” in the “Serve Most Often” and “Serve Sometimes” categories.

##### b) Classroom Parties/Potlucks:

School community members will be encouraged to bring only food belonging to one of the four food groups listed in the Canada’s Food Guide. Although healthy foods should be promoted for daily consumption, it is recognized the school need to be flexible for celebration days.

#### Hot Meals hosted by Stewart Hawke Community School:

Commencing in the 2008 school year, all lunches sold at lunch events hosted by Stewart Hawke Community School will offer at least one serving from each of two food groups as outlined on Canada’s Food Guide.

Student Lunches Brought from Home:

Families are strongly encouraged to send healthy lunch items with their children. Parents are notified that Stewart Hawke Community School is a peanut conscious environment.

Fundraising:

Fundraising initiatives by the Stewart Hawke Community School will support healthy eating. The majority of items sold for fundraising events should be recommended by the “Nutrition and Food Safety Recommendations for Nutrition Programming in Saskatchewan Community Schools” in the “Serve Most Often” and “Serve Sometimes” categories.

Food Safety Preparation:

At Stewart Hawke Community School employees responsible for preparing and serving food should have successfully completed the Safe Food Handling course offered by the Government of Saskatchewan.

Stewart Hawke Community School will prepare and serve foods in accordance with the food and safety guidelines as outlined by the Public Health Inspector.

Stewart Hawke Community School staff will ensure that students are aware of the importance of hand washing and will provide opportunities for everyone to wash their hands before consuming snacks/meals.

The following foods will not be accepted at the school for nutrition programming:

- Home canned goods
- Raw milk
- Home processed meat, poultry, fish and dairy
- Frozen foods
- Peanut/Nut Products nor products manufactured in that process