

## Administrative Procedure 164

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### NUTRITION

#### Background

The Langley School District recognizes the important role nutrition plays in student development and recognizes the responsibility of the school to encourage healthy lifestyles in cooperation with the home and community. The purpose of this administrative procedure is to establish guidelines for food sales and distribution in schools.

#### Procedures

1. Administrators need to be aware of the three classifications of foods and promote those foods in the green category.
  - Green – “Choose most”
  - Amber – “Choose sometimes”
  - Red – “Choose Least”
2. Schools will be provided with guidelines containing the classifications with examples of commonly sold or consumed foods and beverages and other healthy alternatives. Schools can refer to the guidelines to assist them with the implementation of this administrative procedure.
3. It is the principal’s responsibility to ensure that a plan is in place to eliminate all foods in the red category during school operational hours. Foods at school:
  - 3.1. Parents should be encouraged to provide a recess snack and lunch for their children, following [Canada’s Food Guide](#) to Eating Well.
  - 3.2. When foods are provided as a reward or for a celebration, foods from the “Choose Sometimes” or the “Choose Most” categories of the Guidelines for Food and Beverage Sales in BC Schools issued by the Ministries of Education and Health should generally be served to students, at the discretion of the principal.
  - 3.3. School fundraising efforts should avoid the sale of foods listed in the “Not Recommended” or “Choose Least” categories of the Guidelines for Food and Beverage Sales in BC Schools.
  - 3.4. Parent Advisory Committees, when holding events that offer food at schools, are encouraged to follow the [Guidelines for Food and Beverage Sales in BC Schools](#) and [Administrative Procedure 164: Nutrition](#). Schools will make every effort to comply with the Guidelines for Food and Beverage Sales in BC Schools for all foods and beverages available to students through:

- Cafeterias
  - Instructional programs such as the Career Preparation Programs in Food Services. Curriculum requirements may take precedence over the Guidelines for Food and Beverage Sales in BC Schools.
  - Beverage and snack vending machines
  - School stores
  - Other events or locations where food is served
4. School Meal Programs
- 4.1. Lunch (snacks) Meal Programs will follow the standards established by the Ministry of Education and Child Care, [Canada's Food Guide](#) to Healthy Eating.
- 4.2. Breakfast Programs provided by various community organizations will follow the standards established by the Ministry of Education and Child Care, [Canada's Food Guide](#) to Healthy Eating

Adopted: December 15, 2020