

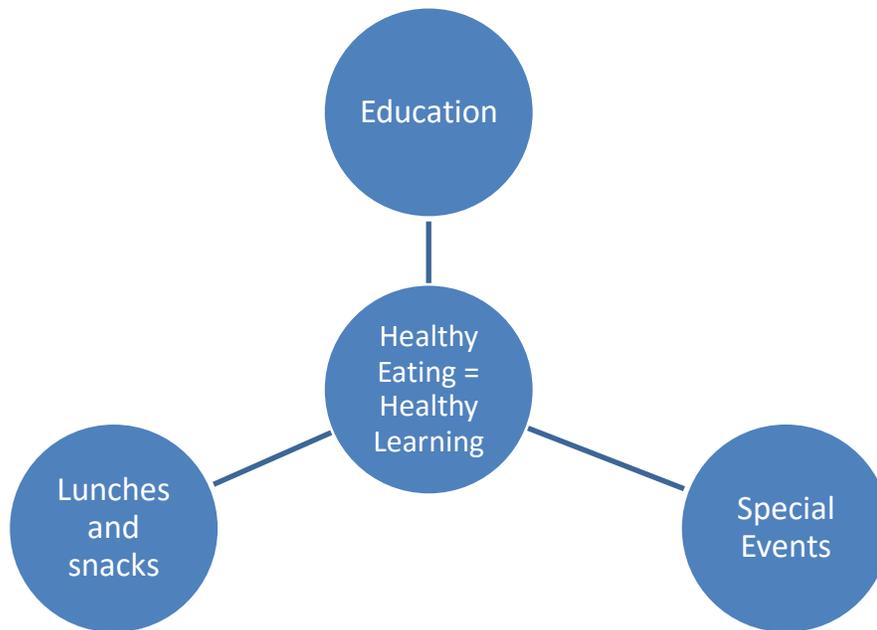
## Chelsea Elementary: A Healthy Eating Community

*Mission Statement:* Chelsea Elementary School promotes healthy learning through healthy eating.

*Vision:* We understand and respect the connection between food, health, the earth, and culture.

*Motto:* Healthy Eating = Healthy Learning

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The healthy eating initiative recognizes the importance of three areas of student life that, in combination, support healthy eating. These areas are: student lunches (either provided by home or through school options), education, and special events.

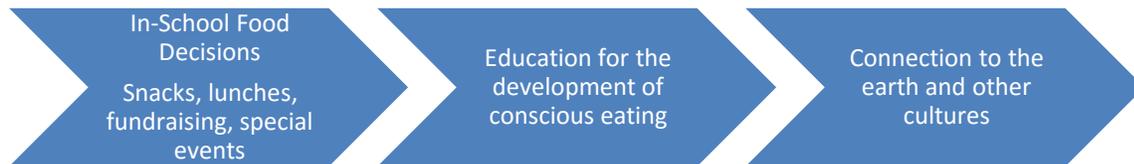
### Development Steps

A committee for healthy eating has been established. The committee determined that the first steps in developing the policy need to address in-school food initiatives/choices. Following the development of in-school healthy eating guidelines, the other areas (i.e. education for the development of conscious eating, connections to the earth and other cultures) can be developed.

Developing a healthy eating community is a significant undertaking and needs to be developed with input from all members of the Chelsea Elementary community which includes staff, students and parents. The initiative will follow the guidelines stipulated in the Government of Quebec Framework: *Going the Healthy Route at School*.

The in-school healthy eating guidelines will be developed recognizing that the healthy eating initiative will grow from beginning steps to long term success, while acknowledging that cultural shifts take time

and that positive educational messages are key. A prescriptive/prohibitive approach does not develop a consciousness shift and may result in monitoring or enforcement issues.



### **Action Items and Time Line**

#### **Step 1: June 2016- Guideline for In-school Food Decisions**

- Hot Lunch Program
- Communication of importance of inclusion statement and food sensitivities.
- Fundraising
- Special Events (after school or weekends)
- Birthdays
- Holidays

#### **Step 2: 2016- Education initiatives**

- Agenda pages (June 2016)
- Parent education/opportunities: To be determined
- Student education initiatives: in class learning activities, daycare cooking program, etc.

#### **Step 3: To be determined- Earth and Cultural Connections**

- Outdoor Education Piece
  - Development of Cultural Awareness

### **Step 1: In-School Food Choices**

- **Hot Lunch Program**

Following a tender process (invitation to submit a proposal), priority for hot lunch menus should be given to options meeting the following criteria:

1. Additive free (chemicals, dyes, artificial sweeteners);
2. Whole grains;
3. Including a minimum of 2 vegetables;
4. Made from scratch (made “in-house”);
5. Using unbleached flour;
6. Non processed foods (including processed sweeteners, ex: corn syrup, dextrose, glucose-fructose, maltodextrin);
7. List of ingredients must be provided;
8. Packaged in Eco-friendly packaging;
9. Provided at a low cost;
10. Gluten free, dairy free options would be desirable.

### **Fundraisers**

At the end of each term there may be a food based fundraiser in celebration of student effort and achievement. These will be organized by home and school following the format of ‘Fun Fridays’. Students and parent will be aware that this is a treat, that it is to celebrate the completion of a term and will be used to introduce the idea of moderation. Allergies and food sensitivities need to be considered when selecting the food item offered for sale and if necessary, an equally appealing item should be supplied for students who cannot eat the food item. Nutritious and delicious food items that promote healthy eating are preferred over highly processed, high sugar items.

Student led fundraisers should be limited to 1 bake sale per term. This will ensure that a variety of fundraising initiatives are conducted throughout the school year.

### **Special Events out of school hours**

During after school (ex. Movie night, Winter Carnival) or weekend (ex. Spring Fling) activities, the organizers may choose to offer treats for sale. When a meal is offered to participants, it must include a healthy variety of foods (ie. protein, vegetables, fruit and healthy grains). These out of school hours special events are not intended to include A4/Fun Club.

## **Birthdays**

Birthdays are an important celebration and the school welcomes parent contributions to their child's class. These treats, whenever possible, should meet the dietary needs of each student in the class to promote an inclusive culture and promote the enjoyment of delicious and healthy foods (ex. Fruit kabobs, homemade cupcakes/cookies, etc.). If it is not possible to meet the dietary needs of a particular student, the homeroom teacher will discuss this with the parent who may provide an alternative food option.

## **Other celebrations**

During celebrations, teachers may provide students with a special treat. This treat should be selected so as to meet the dietary needs of all students in class in order to promote an inclusive culture. If it is not possible to meet the dietary needs of a particular student, the teacher needs to discuss this with the principal and the parent of the child. The parent may be asked to provide an alternate. All parents will be made aware ahead of time by the teacher that a treat will be provided, to be consumed either at home or at school. Nutritious and delicious food items that promote healthy eating are preferred over highly processed, high-sugar items.