



NUTRITION & MacGregor Collegiate Institute

MacGregor Collegiate acknowledges the vital role that nutrition plays in supporting the health, development, performance and learning potential of all students. We recognize that our school and community have a shared responsibility to educate and encourage healthy lifestyle choices.

MacGregor Collegiate recognizes the presence of food in various aspects of school life and believes that it has a responsibility to promote and support good nutrition in school by ensuring healthy nutritional practices, healthy food options and appropriate portion sizes.

Involvement includes but is not limited to:

- Curriculum Instruction
- School Cafeteria or vending machines
- Fundraising activities
- Special events that involve students and occur on behalf of schools
- School breakfast, lunch or snack programs

MacGregor Collegiate expects that this policy shall guide its school to manage all practices related to nutritional education and the distribution of food during school hours and school-related activities.

GUIDELINES

In keeping with the nutrition policy, MacGregor Collegiate Institute will ensure that:

- a. Schools reference the *Manitoba School Nutrition Handbook* to develop cultures and climates of best practice and principles of healthy eating.
- b. Students receive nutrition education that teaches the knowledge, skills and attitudes that promote healthy eating habits for a lifetime.
- c. Teachers have access to appropriate resources to achieve nutrition outcomes as outlined in the *Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*.
- d. Food and beverages sold in vending machines within MacGregor Collegiate is in accordance with the *Manitoba School Nutrition Handbook*.
- e. All school-based fundraising initiatives prioritize non-food items or healthy food and beverage choices according to the *Manitoba School Nutrition Handbook*.
- f. Food and beverages that are sold at events in which students participate follow the *Manitoba School Nutrition Handbook*.
- g. School canteen menu reflects food choices as outlined in the *Foods Available in K-12 Schools in Manitoba Quick Guide*. MCI is encouraged to provide equivalent nutritional value foods from the “Sometimes to most often categories.”
- h. Healthy food choices are priced competitively so as to encourage purchase.
- i. The parent/guardian and/or student is responsible for notifying the school of allergies and medical conditions and for making informed choices consistent with the student’s healthcare needs, from foods available at the school.
- j. MacGregor Collegiate defines nutrition priorities in their School Plans and report on the related outcomes, to parent advisory councils and Manitoba Education – *Supporting Inclusive Schools: School Based Planning and Reporting: A Framework for Developing School Plans and Reports (Manitoba Education)*.

SPECIFIC PROCEDURES

- a. Students of significant needs are encouraged to consider breakfast, lunch or snack programs. While such programs are accessible to any students in schools that offer them, schools will not promote them as replacements for breakfast eaten at home.
- b. In accordance with the guidelines regarding vending machines, beverage vending machines should offer 100% juice (fruit or vegetable), water products, nutritionally equivalent milk alternatives, milk and or milk products.
- c. MacGregor Collegiate is encouraged to have students clean their desks or any tables at which they are required to eat and provide students time to wash their hands before and after they handle or consume food.
- d. MacGregor Collegiate will support opportunities for staff development and training about the effective delivery of nutrition education.
- e. In accordance with the Public Schools Act (47.2) – (1) (2) (3) *Artificial Trans Fat Banned in Schools*, Schools will not sell food products containing artificial trans fats in packaged foods or other food products. Vegetable oil or spreadable margarine used in the preparations of foods at school will not exceed 2% of the product's total fat content. The trans fat content of other foods, excluding meat or dairy products must not exceed 5% of the food's total fat content. Exceptions may occur in circumstances relating to student lunches brought from home, or for food items that are not available in the school every day.