

Yukon Education

Policy Subject: School Nutrition Policy

Date Passed: September 11, 2008

Policy No. 1025

Legislation:

Yukon Public Health and Safety Act – Eating and Drinking Places
Regulations

Cross Reference:

Home Prepared Foods Policy # 1023

Fund Raising Policy # 1026

Field Trip Policy # 3004

School Health Promotion – Yukon Health and Social Services

Canada Food Guide

Health Canada - Eating Well with Canada's Food Guide – First Nations, Inuit
and Métis

Council of Yukon First Nations – Food from the Land

Principles:

The Department of Education supports:

1. That the school community has a shared responsibility to take a leadership role in promoting good nutrition and healthy food choices to our students. Good nutrition is vital to the mental and physical health of all students and increases the learning potential of each student.
2. The inclusion of First Nation culture, heritage, language, content and perspectives in Yukon schools.
3. Food safe measures that observe hygienic practices in the preparation of foods served and sold in schools.

Definitions:

School community includes but is not limited to students, parents, staff, school administration, temporary staff, visiting professionals, student teachers, School Councils, School Boards and School Committees and volunteers.

Food Safe The FOODSAFE Training Program teaches safe food handling procedures to students, workers, supervisors, and operators in the food services industry.

Resources:

1. A variety of resources on health and nutrition are available to teachers and other staff through resource services at the Department of Education. The Health and Career curriculum is taught to grades K -12 and contains specific components that teach nutrition.
2. Resources on food preparation, storage, sanitation and food safety are available through Environmental Health Services.
3. Resources are available from Yukon Health Promotion Unit to help schools foster an environment that emphasizes healthy eating and nutrition.

Standards and Procedures:**A) Prohibited Foods**

Food products that have been home canned can cause botulism. Botulism is a serious, often fatal, form of food poisoning. Over the years, a number of Canadians have died from botulism as a direct result of improper home canning. Home canned or pickled meat, fish and shellfish are prohibited from being sold or served in schools.

B) Nutrition:

Schools should:

1. Ensure that foods available in a school based event reinforce nutrition education;
2. Encourage, role model and promote healthy eating behaviours;
3. Give students sufficient time to eat;
4. Follow the Canada Food Guide;
5. Follow Health Canada's – "Eating Well with Canada's Food Guide – First Nations, Inuit and Métis";
6. Follow the Council Yukon First Nations Guide "Food from the Land: Traditional Yukon Food";
7. Develop their own school based nutrition policy and guidelines.
8. Schools are encouraged to choose fundraising activities, rewards and incentive programs which do not compromise student's healthy food choices.
9. Liaise with the Health Promotion Unit for resources and ideas for fostering a healthy school nutrition environment

C) First Nations Culture:

Yukon Education recognizes the benefit of serving traditional foods in schools.

Schools should:

1. Provide opportunity for students to learn about First Nations culture and nutrition;
2. Welcome First Nations involvement on lessons during harvest time;
3. Make use of Council Yukon First Nations “Food from the Land”;
4. Make use of Health Canada’s - Eating Well with Canada’s Food Guide – First Nations, Inuit and Métis.

D) Components of Food Safety:**Hygiene**

Staff must ensure proper hygiene is observed during food preparation.

Food preparation guidelines include:

1. Washing hands with soap and water;
2. Ensuring hair is tied back or in a hair net;
3. Not preparing food if you are ill;
4. That all persons handling food have Food Safe training.

Allergies

1. Parents and the schools will work together to ensure that staff and volunteers are aware of students who have food allergies and/or food related chronic health conditions. (eg diabetes, celiac disease, lactose intolerance etc).
2. It is the responsibility of the parent / guardian to notify the school of food allergies and food related medical conditions.
3. Administrators may at any time ban certain food products from the school due to food allergies.

Food Storage

A staff person in charge will ensure that:

1. The food is in good condition and free from spoilage;
2. Ensure that all food is properly stored and protected from contamination at all times;
3. Food is labeled; including ingredients and date it was made.
4. The requirements of Environmental Health Standards are met.