



Belmead School is a proud participant in Alberta Project Promoting active Living and healthy Eating (APPLE) schools. *APPLE Schools* aim to **make the healthy choice the easy choice** by changing the school environment. The easy choice for students will be healthy lunches and snacks and an active lifestyle. We aim to create and sustain supportive physical and social environments that foster lifelong health and learning. Home, school, and community will work together to improve a child's health. We involve parents, students, staff, and community stakeholders to impact students' knowledge, skills, attitudes, and behaviours.

As an APPLE School, Belmead created a Nutrition Policy in 2011 that involved parent, student and staff input. This Policy guides the food choices we make for our snack program, any events where food is served and in how we educate our students in making healthy choices about what they eat for snack and at lunch.

	What we will do	Where/ When it happens	Resources
Food as Rewards	Staff will use alternatives to food or beverages for rewards	Classrooms Office	<u>Healthy Rewards for Children, Healthy Rewards</u>
Food and Beverage Sales	All of the foods sold are considered a <u>Choose Most Often</u> food.	Healthy Hot lunches Fundraisers	<i>The Food Rating system</i> (Alberta Nutrition Guidelines for Children and Youth)
Serving Food	A minimum 80% of the foods served at any given time are considered a <u>Choose Most Often</u> food, and a maximum of 20% of the food served at any given time is a <u>Choose Sometimes</u> food.	Classrooms, Special events, Library Club, Patrol/Office Club appreciation events, Whole School events, Breakfast For Learning	<i>The Food Rating system</i> (Alberta Nutrition Guidelines for Children and Youth)
Celebrations and Holidays	We will limit celebrations that involve food during the school day to typical celebrations and serve food from the <u>Food Rating System</u> for <u>Choose Most Often</u> or <u>Choose Sometimes</u> guidelines.	Halloween Christmas Valentine's Day Birthdays	<i>The Food Rating System: Healthy Choices for Special Event Days and Healthy Eating for Holidays</i> (Alberta Nutrition Guidelines for Children and Youth)
Fundraising	Fundraising activities will be non-food related as often as possible. If they are food fundraisers, they will include food from the <u>Food Rating System: Choose Most Often</u> category.	Through the school	<i>The Food Rating System: Healthy Choices for Special Event Days and Healthy Eating for Holidays</i> (Alberta Nutrition Guidelines)

			for Children and Youth)
Healthy Messages	Staff will promote and reinforce the healthy messages being taught.	Bulletin Boards Announcements Displays for special events Lessons in class	
Staff Wellness	Staff recognizes the importance and impact that healthy role-modeling can have on influencing student behaviors and will strive to make healthy eating choices at school.	Staff events that involve food contain food from the <u>Food Rating System: Choose Most Often</u> or <u>Choose Sometimes</u> guidelines.	<i>The Food Rating System: Healthy Choices for Special Event Days and Healthy Eating for Holidays</i> (Alberta Nutrition Guidelines for Children and Youth)

Food Rating System Examples:

Choose Most Often:

Food closer to its “natural state”, low fat, some fiber, low salt.

- Fresh fruits and vegetables
- 100% juice
- Whole grain products
- Low fat dairy products
- Lean meats, eggs, tofu, nut butters, legumes

Choose Sometimes:

Food with some nutrition, added fat, salt, and/or sugar.

- Refined grain products
- High fat and/or higher sugar dairy products
- Processed meats
- Salted nuts

Choose Least Often:

High calorie, low nutrient food.