

Belmead School created a Nutrition Policy in 2011 that involved parent, student and staff input. The Policy was revised in 2012 and again in 2015 and guides the food choices the school makes for all areas and circumstances that involve the consumption of food provided by the school for our students. This includes: Food Served as Rewards, Food Sales, Serving Food, Celebrations and Holidays, Fundraisers, Healthy Environment and Staff Wellness. Belmead School uses the food rating system provided by the Alberta Nutrition Guidelines for Children and Youth.

Belmead School recognizes that each individual is different and accommodations have to be made depending on situations that arise. Belmead School staff are asked to use their discretion when making healthy choices to ensure that students are exposed to messages about healthy choices at school and support the concept of the healthy choice being the easy choice for all students.

	What We Will Do	Includes but is not limited to:
Food as Rewards	Staff will choose alternatives to food and beverages as rewards for academic behavior or desired behavior. If food and beverages are used then selections must be Choose Most Often .	Classrooms Office
Food Sales	Food and beverages sold at the school will be Choose Most Often or Choose Sometimes .	Hot Lunches
Serving Food	Foods and beverages offered during school hours, at school-sponsored events both during and outside of school hours will be Choose Most Often or Choose Sometimes .	Daily Snack Program Barbeque Whole School Events
Celebrations and Holidays	Limit celebrations that involve food during the school day typical to celebrations and serve food that is Choose Most Often or Choose Sometimes . Teachers who choose to provide or organize snacks for their class will use food that is Choose Most Often or Choose Sometimes .	Halloween Christmas Valentines Day Student Birthday
Fundraising	Encourage fundraising activities that promote physical activity and healthy eating. School fundraising activities will use food that is Choose Most Often or Choose Sometimes .	
Healthy Messages	Billboards, visual reinforcements and environments that include food or activity promote and reinforce the healthy choices and messages being taught in Belmead School.	Bulletin Boards Displayed Art
Staff Wellness	Role-modeling can greatly enhance healthy behaviors for students. All school sponsored events and activities for staff, held at school, will contain food that is Choose Most Often or Choose Sometimes .	Staff Events

Alberta Nutrition Guidelines for Children and Youth Food Rating System

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.

Choose Most Often group

There are many **Choose Most Often** foods. Here are some examples:



Choose Sometimes group

Examples:



Choose Most Often and **Choose Sometimes** foods can look the same. But **Choose Sometimes** foods have more fat, sugar or salt. Use the Food Rating System to make healthy choices.

Choose Least Often group

Examples:

