

AP 560.1 Appendix A – Nutrition Guidelines

This appendix is designed to support school and school division actions around food offerings that align with nutrition and the promotion of nutritional food items. The categories of Choose Most Often or Choose Sometimes are found through Saskatchewan ministry documents (Saskatchewan School Food Guidelines) and are detailed in AP 560.2 Appendix B- Saskatchewan School Food Guidelines.

1. Food and Beverage Guidelines

a. Vending Machines

Vending machines will provide choice of bottled water, 100% fruit and/or 100% vegetable juices and milk.

b. Canteens/Concessions

Any canteen operated in the schools of LCSD serving food to LCSD students shall provide at least 50% of food choices from AP 560.2 Appendix B-Saskatchewan School Food Guidelines in the Choose Most Often category and not more than 50% from the Choose Sometimes category.

The following list of food and beverages are examples of what ***should not*** be sold or served to students as they do not fall within the Choose Most Often or Sometimes categories.

- **Snack Foods:** Potato chips, cheezies, other high-fat snack foods
- **Candy & Sweets:** Chocolate bars, candy, fruit-flavoured gummies/snacks
- **Beverages:** Pop, energy drinks, slushies, and other high-sugar beverages
- **Highly Processed Convenience Foods:** pizza pops, canned ravioli or similar canned pasta, prepackaged submarine sandwiches, instant noodles, kraft dinner/instant macaroni cups

c. Lunch Programs

100% of LCSD Lunch Programs run by LCSD or School Community Councils will ensure their menus follow Saskatchewan School Food Guidelines and strive to meet the four food groups outlined in [Canada's Food Guide](#).

d. High School Cafeteria

The cafeteria will price foods with low nutritional value higher than nutritionally valued foods to make healthy foods the easier choice. Cafeteria items with minimal unhealthy choices are limited to certain days per week, reducing opportunity to purchase non-nutritional foods. The cafeteria strives to offer at least 50% of its food from the Choose Most Often category every day.

e. Fundraising

School fundraising campaigns involving food or beverages that are organized by or through LCSD schools must follow the Saskatchewan School Food Guidelines and [Canada's Food Guide](#) when conducted during school hours or on school property.

Fundraising activities held after school hours or off school property (e.g., evening events, community sales) may offer a wider variety of items; however, schools are still encouraged to choose healthy fundraising options whenever possible.

f. Incentives, Rewards, Celebrations in Classrooms and Team Events

Whenever possible, LCSD staff will recognize student achievements and accomplishments—both individually and collectively—using intrinsic rewards that promote self-motivation and personal responsibility for learning not food items.

When a food and/or beverage item is donated to a classroom for sharing (e.g., birthday cupcakes, cookies), and the teacher is unable to verify the nutritional value or method of preparation, the item may be individually packaged and sent home, allowing parents/guardians to decide if, and when, their child will consume it.

g. School Wide Functions

Any school wide function in LCSD will ensure their selections of food items follow Saskatchewan School Food Guidelines and will meet the four food groups outlined in [Canada's Food Guide](#).

h. Food Services and Religious Practice

All food services provided to students under the auspices of our Catholic School Division shall be in alignment with the teachings and traditions of the Catholic Church to demonstrate parallel religious practice. For example, and in particular,:

- *Lenten Period*: Abstinence from eating meat, except for fish products, is to be observed on Fridays throughout the Lenten period.
- *Ash Wednesday*: Abstinence from eating meat (excluding fish products) is to be observed on Ash Wednesday. Also, students and staff will be encouraged to fast (i.e., miss one meal) on Ash Wednesday.