



# CALGARY BOARD OF EDUCATION

## Administrative Regulation 3047 - Nutrition

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#### **PART 1 GENERAL**

##### **Purpose**

1. The CBE supports access to healthy, nutritional food choices for students that are essential to establish an environment that is safe, caring and conducive to effective learning by:
  - 1) providing students with the skills, opportunities and encouragement they need to adopt healthy eating patterns;
  - 2) providing healthy food and beverage options in school cafeterias, vending machines, stores or canteens, and at special events;
  - 3) establishing nutritional procedures that make healthy choices the easy choice; and
  - 4) ensuring that good nutrition is promoted both in theory and in practice.

##### **Definitions**

2. In this Regulation:
  - 1) **“Alberta Nutritional Guidelines”** means the “Alberta Nutrition Guidelines for Children and Youth” released by Alberta Health and Wellness in June 2008 and amendments;

- 2) **“Beverage”** does not include any item represented as having “therapeutic use” (such as natural health or homeopathic products) or energy drinks;
- 3) **“Choose Most Often”**, as defined in the Alberta Nutritional Guidelines, means high nutrient foods and beverages. These foods and beverages should be consumed daily, in appropriate amounts and portion sizes, based on age category. These foods and beverages are recommended as healthy choices in “Eating Well with Canada’s Food Guide”;
- 4) **“Choose Sometimes”**, as defined in the Alberta Nutritional Guidelines, means moderate nutrient foods and beverages. While these foods and beverages may still provide beneficial nutrients, they tend to be higher in added sugar, unhealthy fat and sodium (salt);
- 5) **“Choose Least Often”**, as defined in the Alberta Nutritional Guidelines, means low nutrient foods and beverages. Foods and beverages from this category are very low in nutrients and higher in calories, fat, sugar and salt;
- 6) **“Contracted Food Service Providers”** means non-CBE companies and vendors providing food services to schools; and
- 7) **“Food”** does not include any item represented as having “therapeutic use” (such as natural health or homeopathic products) or protein or “meal replacement” bars.

**Statement**

3. All food and beverages served or sold by CBE staff to CBE students will comply with the following requirements:

	<b>CHOOSE MOST OFTEN</b>	<b>CHOOSE SOMETIMES</b>	<b>CHOOSE LEAST OFTEN</b>
ELEM	100%	0%	0%
JRH/Multi-level	60% - 100%	0% - 40%	0%
SRH	50% - 100%	0% - 50%	0%

**Application**

4. This Regulation applies to all staff and contracted food service providers working on behalf of the CBE.
5. This Regulation applies to all contracts and services by which food and beverage items are provided for sale to any school.

**Staff Responsibilities**

6. Staff who contract with the contracted food service provider must ensure that the contracted food service provider is aware of this Regulation.

**Contracted Food Service Providers**

7. Contracted food service providers must be aware of this Regulation and must provide healthy food and beverage options in compliance with this Regulation.

## **REGULATION INTERPRETATION AND RESOURCE**

- General questions: all school principals
- Specific questions about this regulation to the Food & Nutrition Specialist or the Health & Calm Specialist.
- Questions about this regulation to the Policy Analyst, Legal Affairs.