

**Authority:** Footprints for Learning Society

**School:** FOOTPRINTS FOR LEARNING CHARTER ACADEMY

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**HOLISTIC AUTHENTIC PURPOSE DRIVEN ENTREPRENEURIAL GLOBAL**

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## **NUTRITIONAL CHOICES GUIDELINES AND POLICY**

### OVERVIEW

FLCA 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 the vending machine and at special events;
3. providing healthy food and beverage options from the "Hot Lunch Program";
3. ensuring that good nutrition is promoted both in theory and in practice;
4. ensuring good hand-washing protocol for meal times.

### Definitions

1. "Alberta Nutritional Guidelines" means the "Alberta Nutrition Guidelines for Children and Youth" released by Alberta Health and Wellness.
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 vendors providing food services to schools;

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.

#### GUIDELINE

1. All food and beverages served or sold by FLCA will consider with the following requirements:

- CHOOSE MOST OFTEN
- CHOOSE SOMETIMES
- CHOOSE LEAST OFTEN

with regards to Alberta Health Services & the Canadian Food Guide.

#### POLICY

2. FLCA is a NUT FREE ZONE in consideration of those with nut allergies.

#### SUMMARY NOTES

Most students at FLCA eat lunch in their classroom. Lunch hour varies so contact your homeroom teacher for your child’s lunch times and have snacks packed.

Parents/Guardians should please ensure that:

- all food items brought to our school are nut-free.
- all choking hazard foods are properly cut up. (eg. for younger students please cut grapes into halves).
- limited candy or sweets are in the child’s lunch pack. Instead, they should help us make the most of their learning by giving them healthy ‘brain food’ options!
- if your child has any dietary concerns, let the homeroom teacher know.
- that students pack a lunch that does not require heating if going off campus on a field trip.
- encourage a hand-washing protocol.