



## Healthy School Guidelines

(Effective September 3, 2013)

Developed and supported by Timberlea School Community: parents, students, support staff, teachers and administrators.

### Food Served / Sold at School

Foods and beverages provided or sold by Timberlea Public School, when possible, will follow the Alberta Nutrition Guidelines for Children and Youth and come from the "Choose Most Often" category.

### Food as Rewards

Non-food rewards are strongly encouraged within the classroom to promote academic achievement or desired behaviour. When using food to promote academic achievement or desired behaviour, school staff will use food from the "Choose Most Often" category according to the Alberta Nutrition Guidelines for Children and Youth.

### School / Classroom Celebrations and Holidays (This is of particular importance to parents)

Foods provided during Timberlea Public School / classroom celebrations and holidays will follow the Alberta Nutrition Guidelines for Children and Youth and meet the following criteria:

Minimum 80% of food provided will fit into the "Choose Most Often" food category.

Maximum 20% of food provided will fit into the "Choose Sometimes" food category.

**Parents are asked to consider this when supplying food for their child's classroom for celebrations, including birthdays.**

### School Supported Groups and Outside Agencies

School supported groups and outside agencies will be provided with Timberlea's Healthy School Guidelines and will be encouraged / supported to follow it.

### Field Trips

Field trips have been recognized as a great opportunity for school community members to make healthy lifestyle choices. Timberlea staff and students are strongly encouraged to seek out potential healthy options available for purchase and/or bring healthy options while on field trips.

### Fundraising

To support student's health and school nutrition-education efforts, school fundraising activities will include food that fits Canada's Food Guide and the "Choose Most Often" food category according to the Alberta Nutrition Guidelines for Children and Youth. In addition, school fundraising efforts are encouraged to promote physical activity.

### Staff Role Modeling

Timberlea School Staff recognize the importance and impact that healthy role modeling can have on influencing student behaviours. During school hours all staff is strongly encouraged to model healthy choices and choose foods and beverages that follow Canada's Food Guide and coincide with the Alberta Nutrition Guidelines.

### Lunch and Recess Time

The Timberlea School community will make an explicit effort to celebrate the healthy choices made by students in terms of healthy snacks, lunches and physical activity habits by awarding Healthy Howlers. Furthermore, teachers recognize that physical activity and socialization are vital to a child's development and will be encouraged to explore options other than movies during lunch / recess time. Please note that movies may still be used for instructional purposes, as an incentive for students, or during celebrations / holidays.

**(The entire Healthy School Guidelines document is available at the school as well as on the School webpage)**





# Making The Healthy Choice The Easy Choice

## What Will I Find In The Guidelines?

Foods are divided into three categories

- Choose Most Often
- Choose Sometimes
- Choose Least Often

Categorizing foods will help any facility provide healthy choices.

### Choose Most Often:

Food closer to its "natural state", low fat, some fibre, low salt

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



### Choose Sometimes:

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

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



### Choose Least Often:

High calorie, low nutrient food

- High fat crackers
- Candy, ice cream
- Pastries, muffins, doughnuts
- Pop, energy drinks, fruit flavoured drinks
- Chips, sugary cereals, cookies, chocolate bars



For a complete listing of food categories, check out [www.healthyalberta.ca](http://www.healthyalberta.ca)