

## NUTRITION POLICY - GUIDELINES CHECKLIST

This Nutrition Guidelines Checklist is a resource that provides schools with focus areas to consider as they move ahead with the development and implementation of their School Nutrition Policy. The Checklist is intended to be used as a self-assessment and planning tool for schools to gauge progress in the implementation process and to assist schools in taking actions to encourage healthy choices. As schools implement items from this checklist, a reasonable time line will be used to effect change.

Nutrition Guidelines that Support Divisional Policy	Implemented	Developing or Partially Implemented	Under Consideration (UC)	Not Yet UC	NOT VIABLE
Stakeholders (teachers, parents/guardians, students, RHA community nutritionist) will participate in school policy/ guideline formation					
Information regarding the school nutrition policy is communicated and/or available to all stakeholders					
Teachers have appropriate training and resources to achieve nutrition outcomes as outlined in the "Kindergarten to Grade 12 Physical Education/Health Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles"					
Other staff are offered information and resources to understand and promote the Policy and Guidelines					
Students receive nutrition education that teaches the knowledge, skills, and attitudes that promote healthy eating					
Parents/guardians are provided with information and encouraged to support the Policy and Guidelines					
Nutrition messages throughout the school are consistent with the Policy and Guidelines					
Adults model and encourage healthy food choices					
Staff make nutrition decisions that are in accordance with the Policy and Guidelines regarding any activity, event, or program					
Nutritious foods are served or available at special events, class parties, field trips, etc.					
Students and staff are encouraged to stay hydrated.					

*Accomplish Anything*

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Students are encouraged to bring or purchase healthy snacks					
Food (including food or beverage related coupons) are not used as a reward for students except in the case where it is identified as part of an IEP					
Food items sold to raise funds for school/classroom activities are in accordance with the Policy and Guidelines when students and staff are involved					
Meal periods are long enough for students to eat and socialize (25 minutes recommended)					
Eating areas are attractive and clean					
Eating areas have sufficient seating taking into consideration school configuration and available space					
Hand washing before and after eating is encouraged					
Healthy food choices are offered at a price that encourages their purchase					
Food and beverages offered for sale, including vending machines, are in accordance with the Policy and Guidelines					
Catering contracts with external food service companies are in accordance with the Policy and the Manitoba School Nutrition Handbook					
After-school activities remain governed by the Policy and Guidelines and staff, students, and parents/guardians are encouraged to promote healthy and nutritious choices					
Additional:					

— *Accomplish Anything* —

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