

## Our Partners

The development of the School Nutrition Policies has been made possible through the contributions and cooperation of the following partners.



Department of Health and Social Services  
Department of Education



For more information about the PEI Healthy Eating Alliance contact Mary Acorn

507 Dalton Hall, UPEI  
550 University Avenue  
Charlottetown, PE  
C1A 1Z1

Phone: 902-894-2819  
Fax: 902-628-4367  
E-mail: [macorn@upe.ca](mailto:macorn@upe.ca)



## PEI School Nutrition Policies



October 2006



[www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)

## Progress of the School Boards

### Eastern School District:

- ◆ Policy adopted in January 2005.
- ◆ Partial implementation began in September 2005 (all regulations except those concerning fundraising).
- ◆ Full implementation scheduled for September 2006.


### Western School Board:

- ◆ Policy adopted in June 2005.
- ◆ Implementation will take place throughout the 2005/2006 school year, with full implementation planned for September 2006.

### Commission scolaire de langue française:

- ◆ Policy adopted in March 2006.
- ◆ Implementation will officially begin in September 2006.

## How is the PEI Healthy Eating Alliance supporting the implementation?

- All Island elementary schools provided with *School Healthy Eating Toolkit*
  - Is also be available from the PEI Healthy Eating Alliance website ([www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)) for free download 



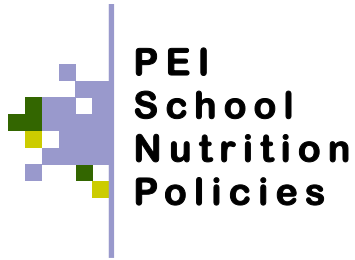
The School Healthy Eating Toolkit



Developed by the Healthy EATS (Eating at School) Project—an initiative of the PEI Healthy Eating Alliance. This project was made possible through financial contributions from the Public Health Agency of Canada, Canadian Diabetes Strategy.

- Newsletter called “*Healthy EatS Newsbites*” sent to all elementary and consolidated school staff 2-3 times a year
- Consultations with schools as requested





# PEI School Nutrition Policies

## The Objective

Since the spring of 2003, the PEI Healthy Eating Alliance has worked with the three school boards of Prince Edward Island to develop nutrition policies for elementary schools using a consultative process.

### What prompted this work?

Evidence of poor eating habits of Island children

- Too little milk products, vegetables and fruit
- Too much soft drinks, French fries, and high fat snacks
- 37% of students do not eat breakfast daily

Increasing rates of childhood overweight and obesity

### Why we need policies?

- To provide direction for school staff and parents
- To reach all students and parents
- To demonstrate that the school board/district values the health of the students
- To encourage healthy food choices

### “Bottom-Up” Policy Development Process

- 17 “lead” schools from the three school boards (Commission scolaire de langue française, Eastern School District, and Western School Board) formed Nutrition Teams consisting of:
  1. Parent
  2. Teacher
  3. Administrator
- Healthy Eating Alliance held consultation meetings with lead school Nutrition Teams
- Draft Language for Elementary School Nutrition Policy developed with lead schools
- Draft Language was then reviewed, revised and presented to the school board for their consideration for adoption

### Who are the Lead Schools?

#### Eastern School District:

1. Belfast Consolidated
2. Central Queens Elementary
3. Dundas Consolidated
4. Eliot River Elementary
5. Grand Tracadie Elementary
6. Gulf Shore Consolidated
7. West Kent Elementary

#### Western School Board:

1. Alberton Consolidated Elementary
2. Ellerslie Elementary
3. O’Leary Elementary
4. St. Louis Elementary

### Commission scolaire de langue française:

1. École Évangéline
2. École Française de Prince-Ouest
3. École François-Buote
4. École La-Belle-Cloche
5. École St-Augustin
6. École-sur-Mer

### Three Main Components of the Policies

1. Student Access to Healthy Food
2. Quality of Food Available
3. Nutrition Education

#### Sample Regulations under “Student Access to Healthy Food”

- ★ Provide 20 minutes to eat lunch
- ★ Schools encouraged to structure lunch period to allow students to eat after outside play
- ★ Foods sold at school are priced so to encourage students to choose healthier foods over less healthy choices
- ★ Provide emergency food cupboard

#### Sample Regulations under “Quality of Food Available”

- ★ Schools should use the “Guide to Food Choices” - based on Canada’s Food Guide - to determine foods served at school
  1. Foods to Serve Most Often
  2. Foods to Serve Sometimes
  3. Foods to Serve Least Often
- ★ School fundraising activities should emphasize non-food products or healthy food choices



#### Sample Regulations under “Nutrition Education”

- ★ The school boards will work with the Department of Education and community partners to promote a current, relevant nutrition education curriculum
- ★ Schools are encouraged to participate in Healthy Eating Week and Nutrition Month activities
- ★ School staff are encouraged to act as positive role models

