

POLICY IHCG – Nutrition Policy

The Board recognizes that proper nutrition is an important component for health and well-being of children and plays a key role in our children’s ability to learn.

PURPOSE

To support schools in working with parents to help ensure proper nutrition for all students.

GUIDELINES & PROCEDURES

1. Schools make every effort to encourage healthy eating habits and lifestyles by – maintaining and periodically updating a school nutrition policy in consultation with their School Council.
2. Schools may:
 - a) consult other stakeholders including parents and students;
 - b) consider their unique individual needs of the school community;
 - c) consider the options available in their school such as vending machines, canteens and cafeterias.
 - d) review Canada’s [Dietary Guidelines](#) on a regular basis.
3. School Administrators shall communicate their school nutrition policy to their school community on an annual basis.

REFERENCES

Cross References: [Canada’s Dietary Guidelines](#)
[Alberta Nutrition Guidelines for Children and Youth](#): A Childcare, School and Recreation/Community Centre Resource Manual

Legal Reference: [Education Act](#) Section 53

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Next Review: 2026/2027