

ROCK CITY SCHOOL NUTRITION POLICY

Rock City Elementary School will continue to promote a positive and informed attitude toward healthy eating and active living through nutrition education and physical education. Our continuing education will incorporate Canada's Food Guide for Healthy Eating and will focus on nutritional foods during classroom and school functions. We will be responsible for teaching good nutritional curriculum from K-7. Parents will be encouraged to recognize the value of healthy living and maintain healthy, active, living activities

Rock City Elementary School Food Guidelines:

- a) School community members (students, staff and parents) will be encouraged to bring only snacks belonging to one of the four food groups of "*Canada's Good Guide to Healthy Eating*" as a school day snack. We will make a special point of TEACHING to nutritional foods and sources of information.
- b) Food and beverage items being sold to students (ie. Hot lunch, recess sales, concessions, etc.) will be selected from the "*Choose Most and Choose Sometimes*" categories of the "*Nutrition Guidelines for Sales of Food and Beverages in BC Schools*".
- c) It is recognized that there are 'special celebrations' occasionally throughout the school year (ie. Valentine's Day, Christmas, etc.). Staff will work to create a balanced approach to these celebrations while recognizing that 'treats on occasion' are part of a balanced approach to a healthy lifestyle.