



**SECTION 3000 - STUDENTS  
NUTRITION IN SCHOOLS**

Lord Selkirk School Division (LSSD) recognizes that the responsibility of the schools in cooperation with the home and community is to encourage healthy lifestyles. LSSD has a responsibility to promote and support good nutrition programs in schools by ensuring that healthy food choices predominate in school cafeterias, breakfast and lunch programs, snack programs, canteens, extra-curricular events, vending machines, and fundraising activities.

LSSD acknowledges the important role that nutrition plays in the total development and performance of the individual. Readiness to learn is enhanced when children and youth are well-nourished.

**Guidelines**

All schools in LSSD shall establish school specific procedures that support and promote healthy lifestyles and nutrition. These procedures should be shared with parent(s)/guardian(s) at least once per school year.

School specific nutrition practices are designed to:

- promote healthy eating, consistent with what is taught in the school curriculum;
- make the healthy choice the easy choice; and
- support students in establishing healthy eating habits for a lifetime.

The following resource documents are to be used to develop a school's nutrition policy and protocols:

- Moving Forward with School Nutrition Guidelines (MB Government)
- Public Schools Act, section 47.2
- Manitoba School Nutrition Handbook Getting Started with Guidelines and Policies
- Canada's Food Guide to Healthy Eating and additional resources from Health Canada will be used to guide decision making in the development of guidelines that will apply to foods that may be sold in or provided by each school.

**Cross Reference:**

**Board Informed:**  
June 2011

**Procedure Review Date:**  
September 2023

**Procedure Revision Date:**

**Page 1 of 1**