



NUTRITION POLICY - GUIDELINES CHECKLIST

This Nutrition Guidelines Checklist is a resource that provides schools with focus areas to consider in planning and evaluation School Nutrition Policies.

Nutrition Guidelines that Support Divisional Policy	Implemented	Developing or Partially Implemented	Under Consideration	Not Yet Under Consideration	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.					
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 (e.g. nutrition outcomes as outlined in the <i>Kindergarten to Grade 12 Physical Education Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles</i>).					
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.					



Nutrition Guidelines that Support Divisional Policy	Implemented	Developing or Partially Implemented	Under Consideration	Not Yet Under Consideration	NOT VIABLE
Students are encouraged to bring or purchase healthy snacks.					
Food items sold to raise funds for school/classroom activities are in accordance with the Policy and Guidelines when students and staff are involved.					
Eating areas are 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 <i>Manitoba School Nutrition Handbook</i> .					
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:					