



### **NUTRITION POLICY**

Proper nutrition is essential to a child's health, learning, and growth. Therefore, the Portage la Prairie School Division will promote healthy eating and drinking consistent with what is taught in the school curriculum and take actions to encourage healthy choices. This policy will support students in establishing healthy eating habits for a lifetime.

"Food/Nutrition" is implied whenever the word "Nutrition" is used and is defined as the relationship between the foods and beverages consumed and their nutrient value needed for the proper functioning of the body.