



**CATHOLIC DISTRICT
SCHOOL BOARD OF
EASTERN ONTARIO**
www.cdsbeo.on.ca

BOARD POLICY

SECTION B

B14

**School Operations
Healthy Foods**

POLICY STATEMENT:

The Catholic District School Board of Eastern Ontario is committed to the well-being of its students, mind, body, heart and soul. In particular, the Board recognizes the value of promoting healthy nutrition among students and that healthy lifestyles help to advance physical well-being, growth and intellectual development. The school environment profoundly influences students' attitudes, preferences, and behaviours. Research shows that "health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy"¹ and that "healthy eating patterns in childhood and adolescence promote optimal childhood health, growth and intellectual development."² To that end, the Board will ensure that all food and beverages sold on school premises for school purposes will meet the requirements set out in Policy/Program Memorandum No. 150 including the established nutrition standards which apply to all food and beverages sold in all venues (e.g. cafeterias, vending machines, tuck shops), through all programs (e.g. catered lunch programs), and at all events (e.g. bake sales, sports events).

Date of Board Approval: May 2011

Board Motion No. 11-05-151

Date of Revision (Amendments)

ADMINISTRATIVE PROCEDURES:

REFERENCE:

¹ M. M. Storey, M. S. Nanney, and M. B. Schwartz, "Schools and Obesity Prevention: Creating School Environments and Policies to Promote Healthy Eating and Physical Activity", *The Milbank Quarterly*, 87(1), (2009), p. 72.

² Centers for Disease Control and Prevention, *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, MMWR 1996;45 (No. RR-9), p. 1