
Subject: Healthier School Food Environment
Effective: February 1991
Revised: October 11, 2005, March 17, 2008, May 31, 2018, December 3, 2018

1.0 PURPOSE

This policy establishes the minimum requirements for creating a Healthier School Food Environment in New Brunswick's public schools, including foods and beverages that are sold, served or otherwise offered at school.

2.0 APPLICATION

This policy applies to all school districts and public schools in New Brunswick including: curricular, co-curricular, extra-curricular, fundraising, school sponsored and endorsed activities and events.

The policy does not apply to foods and beverages that student bring from home.

3.0 DEFINITIONS

À la carte Item refers to any foods and beverages that are sold individually.

Foods and Beverages refers to all foods, beverages and school meals – for example, breakfast, lunch and hot lunch programs, vending machines, à la carte items and snacks. It also includes items that are not for sale, such as foods and beverages offered to students during classroom or schoolwide events.

Healthier Food Environment refers to the consistency between the food and beverage selection, setting in which students eat and drink, and healthy eating messages in the school environment.

Higher Nutritional Value refers to foods and beverages that contain nutrients and lower amounts of saturated fats, sugar or salt. These foods and beverages are permitted for sale, service or otherwise offered in public schools.

Lower Nutritional Value refers to foods and beverages that contain few nutrients and are higher in saturated fats, sugar or salt. These foods and beverages will not be permitted for sale, service or otherwise offered in public schools.

4.0 LEGAL CONSIDERATIONS AND AUTHORITY

Education Act, section 6

The Minister...

b.2) may establish provincial policies and guidelines related to public education within the scope of this Act [...]

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MINISTER

Education Act, Sections:

Subsection 13(1), Roles of parents

Subsection 27(1), Duties of teachers

Subsection 48(2), Duties of Superintendent

Paragraphs 28(2)(a), 28(2)(c), 28(2)(h), Duties of Principals

Paragraphs 33(1)(d), 33(1)(e), 33(1)(f), Duties of Parent School Support Committees

5.0 GOALS / PRINCIPLES

The Department of Education and Early Childhood Development believes that:

- 5.1 Supporting a healthier school food environment helps students attain their full potential by providing them with the skills, social support, education and environmental reinforcement they need to adopt lifelong healthy eating behaviours and attitudes;
- 5.2 All members of the school community have a role to play in supporting a healthy food environment, including District Education Councils, school districts, school personnel, parents, students and community stakeholders;
- 5.3 Healthy eating during childhood and adolescence promotes optimal health and contributes to physical and intellectual development;
- 5.4 The main purpose of selling foods and beverages in schools is to provide nutrition to students, not for profit generation nor marketing of products;
- 5.5 Supporting local foods in public schools is important to enable learners to discover, be aware and feel connected through school activities and cross-curricular connections to how and where food is grown, cultivated, and harvested; and
- 5.6 It is important to work in collaboration with other government departments and stakeholders to create a healthier food environment in schools.

6.0 REQUIREMENTS / STANDARDS

6.1 Healthier School Food Environment

- 6.1.1 School personnel will create a safe, supervised, pleasant and positive eating environment, including adequate time and space to eat, and by trusting students to eat according to their appetite.
- 6.1.2 School personnel, school community partners and volunteers will model healthy behaviours and attitudes at school and during school sponsored and endorsed activities or events.

- 6.1.3 Foods and beverages will not be withheld from students as a consequence. Additionally, foods and beverages will not be offered as an incentive or reward, except when it is justified and documented in the student's Personalized Learning Plan.
- 6.1.4 Students and parents, through the Parent School Support Committee and other mechanisms, will be given the opportunity to provide input into the healthier school food environment, including foods and beverages options consistent with the policy.
- 6.1.5 School personnel will provide opportunities and encourage students to participate in activities that develop food skills and knowledge.
- 6.1.6 School personnel will ensure that students and parents are aware of free and or subsidized food programs. Schools will ensure that these programs are accessible to students in a non-stigmatizing manner.
- 6.1.7 Restaurants that sell, serve or offer foods and beverages will not promote or market their products or brand. The foods and beverages will be supplied in plain packaging without the company's brand name or logo.

6.2 Foods and Beverages

- 6.2.1 Foods and beverages with higher nutritional value, as outlined in the Appendix A – Food and Beverage Requirements, will be available whenever and wherever foods are sold, served or otherwise offered, [Appendix A – Food and Beverage Requirements](#). However, given the uniqueness of breakfast programs and their reliance on donations from community partners, school districts shall strive to provide the healthiest possible food options.
- 6.2.2 For special occasions, in-school celebrations, holidays, end of year school celebrations, etc., every effort shall be made to include foods and beverages with higher nutritional value. Timing of these events shall be reasonable and undertaken in moderation.
- 6.2.3 Foods and beverages sold in school will be priced as close to cost as possible.
- 6.2.4 The price of a lunch meal will include at least: vegetables, fruit, whole grain products, milk or alternatives and meat or alternatives.
- 6.2.5 Principals shall ensure that *À La Carte Items* sold to students are selected from [Appendix B - À La Carte Items](#).
- 6.2.6 School personnel and students will have access to potable drinking water throughout the day, including when they are engaged in outdoor activities.

6.2.7 [Appendix A – Food and Beverage Requirements](#) applies to all fundraising activities, school sponsored and endorsed activities and events during school hours.

6.2.8 Fundraising activities and school sponsored and endorsed events that happen after school hours that sell, serve or offer foods and beverages, must be approved by the principal.

6.3 Food Services

6.3.1 All food service provided, including vending machines, will meet the requirements set out in this policy and [Policy 127 – Management of Food Services in Schools](#).

6.3.2 As per [Policy 315 – School/Community Partnerships and Sponsorships](#), competitors will not be excluded at the request of a food provider. Additionally, no food provider shall receive exclusive access to any school or school district.

6.3.3 School districts are responsible for all food service contracts which include school cafeterias, vending machines and other foods and beverages sold in schools and during school activities as per [Policy 127 – Management of Food Services in Schools](#).

6.3.4 Foods and beverages sold, served or otherwise offered in public schools will comply with the *Food Premises Regulation* under the *Public Health Act* set out by the Department of Health and enforced by the Health Protection Services at Justice and Public Safety.

6.4 Support and Promotion

6.4.1 The principal with the support of the Parent School Support Committee will set goals to monitor and support a healthier school food environment. The goals will be communicated to the school district, students, parents and school personnel.

7.0 GUIDELINES / RECOMMENDATIONS

7.1 Schools should strive to serve foods and beverages that are whole, minimally processed, and prepared in a healthy way.

7.2 Schools and food service providers should sell, serve, or offer foods and beverages that are locally-sourced, seasonally available and produced or manufactured in New Brunswick as much as possible.

7.3 Schools should be environmentally aware by recycling, composting and reducing disposable packaging and food waste.

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- 7.4 Schools and Parent School Support Committees are encouraged to use the [Appendix C – Step for Improving Our School's Food Environment](#) as a tool to help set goals to support the healthier school food environment.
- 7.5 Traditional First Nation foods are encouraged in public school celebrations, ceremonies and other events, in compliance with the *Food Premises Regulation* under the *Public Health Act*.

8.0 DISTRICT EDUCATION COUNCIL POLICY-MAKING

District Education Councils may develop policies with respect to their Healthier School Food Environment that are consistent with, or more comprehensive than, this provincial policy.

9.0 REFERENCES

[Education Act](#)

[Policy 127 – Management of Food Services in Schools](#)

[Policy 315 – School/Community Partnerships and Sponsorships](#)

[Policy 704 – Health Support Services](#)

[Public Health Act](#) – Food Premises Regulation

[Healthy Learners in School Program](#)

[Health Canada](#)

[Joint Consortium for School Health](#)

10.0 CONTACTS FOR MORE INFORMATION

Department of Education and Early Childhood Development – Policy and Planning Division,
506 453-3090

Department Justice and Public Safety – Health Protection Services, 506 453-2830

Department of Education and Early Childhood Development – Learning and Achievement
Branch, 506 453-2812

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