

Ministry of Education Policy Statement

Nutrition in Saskatchewan Schools

Authority: This policy statement is developed with reference to:

Legal documents

- *The Education Act, 1995* sections 4(1)(e), 87 (1)(f).

Aspirational documents

- *International Covenant on Economic, Social and Cultural Rights* (1966), Article 11, Section 1 and 2
- *Ottawa Charter for Health Promotion* (1986)
- *The Universal Declaration of Human Rights* (1948), Article 25
- *The United Nations Convention on the Rights of the Child* (1989), Article 24, Section 2(c),(e) and Article 27, Section 3

In accordance, the Government of Saskatchewan promotes a comprehensive and holistic approach to student health, safety and well-being.

Intent:

The Ministry of Education recognizes that good nutrition for children and youth supports their readiness for learning and is foundational to student success. Schools play an important role in preparing students for the future and well-nourished students are more likely to achieve their academic potential, physical development, mental growth and lifelong health and well-being.

This policy will provide guidance to boards of education in the development or renewal of effective nutrition policies.

The intent for this policy is to encourage boards of education, school divisions and schools to actualize *Nourishing Minds* (2019) and align with the key resources, including [*Healthy Foods for my School*](#) and [*Food Safety for my School*](#).

Policy Statement:

The Ministry of Education encourages boards of education, in collaboration with students, parents/guardians, school staff, School Community Councils, community organizations and public health professionals, to develop, review and/or revise and implement nutrition policies and administrative procedures and to consider:

- the [*Comprehensive School Community Health*](#) approach;
- [*Saskatchewan curricula*](#);

- authentic student learning opportunities;
- the physical and social environment (see [Comprehensive School Community Health](#)); and,
- adherence to provincial nutrition and food standards (see [Healthy Foods for my School](#) and [Food Safety for my School](#)).

Roles:

The Government of Saskatchewan shares responsibility with schools, families and communities to promote and support the healthy growth and development of Saskatchewan children and youth.

The Ministry of Education is committed to working with education sector partners, communities and other ministries to develop and implement school nutrition policies, administrative procedures and programs to ensure that healthy food and beverage options and practices are promoted.

Boards of education are responsible for the development of policies to ensure high quality nutritious foods are served and sold while also promoting healthy and safe food practices at the school level.

School divisions are responsible for following the board of education policy and are encouraged to develop, implement, update and regularly evaluate administrative procedures.

Schools are responsible for following the policies and administrative procedures developed by the board of education and school division, and are encouraged to provide healthy food choices.

Key resources have been identified to assist boards of education and school divisions to develop, renew and/or revise their nutrition policy and administrative procedures.

- [Child Care Licensee Manual \(2015\)](#)
- [Comprehensive School Community Health \(2014\)](#)
- [Food Safety for my School \(2018\)](#)
- [Healthy Foods for my School \(2014\)](#)
- [Nourishing Minds \(2019\)](#)
- [Registrar's Handbook for School Administrators](#)
- [Saskatchewan Curricular Outcomes and Nutrition \(2019\)](#)
- [Saskatchewan Treaty Outcomes and Nutrition \(2019\)](#)