

## Healthy School Food Policy & Guidelines Checklist

The following checklist is a tool, which may be used by school divisions, schools and School Community Councils, along with their stakeholders in developing, implementing and evaluating policies and guidelines for healthy school foods. It can also be a mechanism to track progress over time.

Nutrition Policy Checklist	Not Evident	Emerging/ Developing	Evident	Exemplary
The school division has a policy that follows the provincial guidelines outlined in the document <i>Nourishing Minds: Towards Comprehensive School Community Health, Nutrition Policy in Saskatchewan Schools</i> .				
Stakeholders at the division level are involved in the development, implementation and evaluation of the policy.				
School engages a broad array of stakeholders (including students) in the development, implementation and evaluation of school level administrative procedures that aligns with the school division nutrition policy.				
<b>High-Quality Teaching &amp; Learning</b> Stakeholders including school division, board of education, school staff, parents, students and School Community Councils have opportunities to learn about healthy eating.				
Provincial health education curricula are implemented and appropriate instructional strategies and healthy eating resources are used.				
School staff promotes the school nutrition policy by planning and modeling healthy food choices and behaviours.				
Healthy foods are defined and understood. All foods in the school meet the <i>Healthy Eating, Nutrition and Safety Guidelines</i> . Foods offered and served in schools are consistent with the learning outcomes of the health education curriculum.				



Nutrition Policy Checklist Cont.....	Not Evident	Emerging/ Developing	Evident	Exemplary
<b>Healthy Physical Environment</b> Students and staff wash their hands before and after eating.				
Every student has access to a chair and desk/table top to eat his or her meal comfortably.				
Regular mealtimes and snack times meet the needs of students. At least 20 minutes of eating time (once seated) is recommended for lunch.				
Lunchroom supervisors are provided with on-going support and training regarding effective practices in supervision and maintaining a respectful, safe and caring environment				
All foods served in conjunction with school or classroom events and activities (including field trips) meet the <i>Healthy Eating, Nutrition and Food Safety Guidelines</i> .				
Breakfast/lunch/snack programs follow the <i>Healthy Eating, Nutrition and Food Safety Guidelines</i> .				
School fundraising initiatives include only foods that meet the <i>Healthy Eating, Nutrition and Food Safety Guidelines</i> or are non-food items.				
Staff and volunteers involved in food provision receive regular nutrition and food safety training.				
Healthy foods are reasonably priced and readily available in the school (e.g. cafeteria, canteen and servery).				



Nutrition Policy Checklist Cont.....	Not Evident	Emerging/ Developing	Evident	Exemplary
Foods provided by vendors and caterers meet the criteria in <i>Healthy Foods for My School</i> .				
If rewards or treats are offered, only nutritious foods or non-food items are used.				
Food waste and disposable packaging are minimized.				
<p><b>Supportive Social Environment</b> Inclusive, caring and respectful practices are common; no students are isolated.</p>				
During school events, teachers, administrators, caregivers and communities support and model healthy food choices as recommended in <i>Canada’s Food Guide</i> .				
The school coordinates all body image programs and speakers with the provincial curriculum.				
<p><b>Community Engagement and Partnerships</b> Students eat nutritious meals and snacks as recommended in <i>Canada’s Food Guide</i>, and are involved in the selection and preparation of food.</p>				
School meal programs and/or emergency food are available to ensure that all students have access to nutritious food in school.				
A community of caregivers, school staff, students and/or local business partners advocates and implements strategies for addressing food security. Examples include <i>community kitchens</i> , the “ <i>The Good Food Box</i> ” and <i>community gardens</i> . Local foods are purchased as often as possible.				

