

Cafeteria Health and Safety Policy

Nutrition has a vast influence on a child's development, health status, well-being and potential for learning. Schools are in a position to play an important role in ensuring that healthy eating patterns are promoted through classroom nutrition education coordinated with the promotion and the availability of healthy food choices.

The purpose of the nutrition policy is to ensure that a variety of nutritious foods and beverages are promoted and provided to students and staff. The environment is one of the most important indicators determining our success in making healthy food choices.

Implementation of the policy demonstrates that the school values the health of students and staff.

Food and Beverage Choices Available

During contract negotiations, the services and menus of cafeterias and vending programs should be negotiated for appropriate items to ensure that a variety of nutritious choices are available.

The majority of the choices available in the cafeteria should be foods of maximum or moderate nutritional value.

The long term goal is to decrease the availability of foods of minimal nutritional value to about 10% of the choices available.

Beverage Choices

Beverages of maximum nutritional value including water, 100% fruit juice and low fat milk should be available in a variety of size options to allow for choice.

Pricing of Foods and Beverages

Milk, water and 100% fruit juice should be priced lower than pop and flavoured drinks to encourage drinking of healthier beverages.

Prices of foods should be displayed at point-of-purchase i.e. on the food product and/or on the shelf by the food.

Advertising and Promotion of Foods and Beverages

Only posters that portray nutritious food items are to be displayed. Posters are to be visual and include positive messages that have teen appeal.

Food safety

A minimum of one full-time cafeteria employee must be certified in safe food handling.

Wales International School

It is encouraged that all cafeteria staff receive safe food handling training.

A hand sanitizing station will be provided in each cafeteria.

School Personnel

School staff will be encouraged to model healthy eating behaviour (children and youth who see teachers eating healthy foods are much more likely to eat well).

Pre -packed lunches

Students are allowed to bring their own packed lunches from home and eat them in the cafeteria .

They are not compelled to purchase their lunch from the school .