

# Pacific Montessori Society

## FOOD AND BEVERAGE POLICY

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**Effective Date: November 9, 2009**

### POLICY STATEMENT

The Pacific Montessori Society is committed to aligning with the *Guidelines for Food and Beverage Sales in BC Schools*, which help to guide the provision of a healthy eating environment for students. The Pacific Montessori Society believes it has a shared responsibility with parents/guardians and the community to ensure that students develop healthy lifestyles that include a focus on healthy nutrition. Healthy, well-nourished children are more prepared to learn, more likely to attend class and are better able to take advantage of educational opportunities.

### POLICY RATIONALE

The Food and Drink Policy recognizes four key facts identified in the *Guidelines for Food and Beverage Sales in BC Schools*:

- Students, on an average school day, consume about one-third of their calories at school, and some of that is purchased through school fundraisers;
- Good nutrition is important for healthy growth and development in childhood and can reduce the risk of health problems in later years;
- Healthy children learn better; and
- Schools can directly influence students' health.

### POLICY

1. Pacific Montessori Society will use the Ministry of Education's *Guidelines for Food and Beverage Sales in Schools in BC (2007)* to determine which foods and beverages are available to students and under what circumstances.
2. This policy is intended to apply to foods and beverages sold to students in all school locations, including vending machines, school fundraisers and special occasions, and events sponsored by the Pacific Montessori Society and/or the Selkirk Parent Group.
3. Food and beverage products sold to students in all school locations and events must be nutritious food choices for students.
4. Food and beverage vending machines are permitted in the school only with the approval of the Board of the Pacific Montessori Society.
5. The Board will review food services for students annually.
6. Only food and beverages from the "Choose Most" and "Choose Sometimes" list (detailed in the *Guidelines for Food and Beverage Sales in BC Schools*) will be sold at Selkirk Montessori School.

### REFERENCES

BC School Guidelines for Food and Beverage Sales in BC Schools (Revised September 2007)

[http://www.bced.gov.bc.ca/health/guidelines\\_sales07.pdf](http://www.bced.gov.bc.ca/health/guidelines_sales07.pdf)

Ministry of Education Healthy Schools Publications

[http://www.bced.gov.bc.ca/health/healthy\\_eating/food\\_guidelines/resources.htm](http://www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/resources.htm)