

## **STUDENT NUTRITION POLICY FOR FOOD SERVICES**

The Brunswick School Board, as overseer of public education, acknowledges its important role in improving the health of its students. The Board believes that good nutrition strongly influences a child's development, health status, well being and potential for learning. Because children spend a significant portion of time in school, the schools are in a key position to engage children in healthy eating and to reinforce the value of nutritional foods and beverages.

The Brunswick School Board supports the health of children by promoting and providing healthy food and beverage choices. By facilitating learning through the support and promotion of good nutrition, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

Establishing a school-wide nutrition policy that encourages all members of the school community to help create an environment that supports healthy eating habits is one step toward improving the health of students. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

To enable the health and well-being of all students, the Board will:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days, always being mindful of cost factors.
2. Encourage and promote health for students by supporting the implementation of nutritionally adequate, educationally and financially sound school food and nutrition programs.
3. Ensure the integrity of the school meal program by prohibiting food sales to students that are in direct competition, as defined by school participation in the National Lunch and Breakfast programs.
4. In the event of sales or free distribution of food and beverages to students during school or at school-sponsored events, promote the practice of good nutrition by encouraging that those items contain nutritional value, as defined in federal dietary guidelines.
5. Equip students with the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff, parent(s) and booster groups are encouraged to model healthy habits as a valuable part of student education, particularly for classroom celebrations and use of rewards and incentives.

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