

## Good Shepherd Catholic School

### Nutrition Guidelines



#### Our Vision

Good Shepherd fosters a supportive environment where students and staff are encouraged to make positive choices that promote a healthy, active lifestyle—nurturing the body, mind, and spirit.

#### Our Mission

Good Shepherd strives to ensure that all foods served on school premises are nutritious and align with the following guidelines:

- Alberta Nutrition Guidelines for Children and Youth
- Canada's Food Guide
- ECSD Administrative Procedure 164 and the ECSD Healthy Eating Food Guide.

#### Our Practices

At Good Shepherd, we are committed to creating a healthy school environment that supports the well-being of every student. As an APPLE Schools Ally, we aim to nurture lifelong habits of wellness by encouraging healthy choices for the body, mind, and spirit.

To support this, the foods offered at school follow the “*Choose Most Often*” and “*Choose Sometimes*” categories from the Alberta Nutrition Guidelines for Children and Youth, Canada's Food Guide, and ECSD's Healthy Eating policies. Throughout the year, we share reminders with families about our nutrition practices to help minimize foods that fall outside these categories.

Our staff play an active role in promoting health and wellness by modelling healthy habits and incorporating them into lessons and school-wide activities.

In consideration of student dietary needs, allergies, and overall wellness, we kindly ask that food not be sent for classroom sharing unless it's part of a planned celebration or cultural lunch organized by the homeroom teacher. When food is brought for such events, we ask that it follow our nutrition guidelines and be chosen from the "*Most Often*" or "*Choose Sometimes*" categories. Items in the "*Choose Least Often*" category will not be served at school, as we want to model the kinds of choices that support students' health both now and in the future.

We understand and respect that what families pack for their child's personal lunches and snacks is a family choice. Food brought from home for individual consumption will not be monitored or restricted.

### **Why We Support "Choose Most Often" and "Choose Sometimes" Foods at School**

As an APPLE Ally School, we are committed to creating a healthy, supportive environment where all students can thrive physically, mentally, and emotionally.

While we all enjoy "*Choose Least Often*" foods from time to time—like sugary treats, chips, or candy—the approach to limit these choices at school helps us to:

- Align with Canada's Food Guide recommendations
- Adhere to national, provincial and divisional nutrition guidelines
- Model healthy choices and habits in a consistent way
- Create an inclusive environment where all students' dietary needs are considered
- Promote lifelong well-being for all members of our community.

We know that special occasions matter, and we're committed to celebrating them in meaningful, inclusive, and healthy ways.

Thank you for partnering with us to support the health and well-being of every child.