



Nutrition Policy 2016-2017

Serving "Choose Most Often" Foods

BACKGROUND

As a healthy school, Lee Ridge aims to promote healthy living choices for the students, families and staff of the school.

With a nutrition policy that states that the school will only provide nutritious food to the students and staff, the school is headed in the direction of making the healthy choice the easy choice for all.

We know that healthy students learn better; it's important to provide our students with healthy food. Lee Ridge will only serve food from the "Choose Most Often" category, as stated by the Alberta Nutrition Guidelines for Children and Youth.



For more information on the full policy, or the Edmonton Public School Policy on Nutrition or please visit our school website at <http://leeridge.epsb.ca>

Please feel free to contact our school to find more information on how you can help promote comprehensive student health at home and at our school.

We are an **APPLE** School.



apple
SCHOOLS

Alberta Project Promoting
active Living & healthy Eating

WHAT CAN YOU DO?

We recognize the importance of role modelling healthy behaviours. Our Staff at Lee Ridge make a conscious effort to support our Nutrition Policy by only serving healthy foods to the students, and by making healthy choices while at school. We invite our parents to support our health initiative as well by considering the following guidelines:

- **If sending food for classroom celebrations or birthdays, please only send healthy treats from the "Choose Most Often" category. Please do not send cake, cupcakes, or snacks full of sugar content**
- **Send healthy choices at lunch time and for snacks**
- **Promote healthy eating at home, by including vegetables and/or fruits at every meal**

WHAT FOODS FIT?

"Choose Most Often" foods are nutritious foods that fit within Canada's Food Guide.

Some examples of foods that fit are:

- Fruit – fresh, frozen, canned (in water or juice), pureed or dried
- Vegetables – fresh, frozen
- Low-fat white milk
- Low-fat cheese, string cheese
- Individual yogurt servings, yogurt tubes
- Whole grain bread products, wraps, crackers
- Low fat, low sodium meats – turkey, ham, fish, beef
- Beans and legumes – lentils, chickpeas, nuts

Thank you for keeping Lee Ridge healthy!