



## NUTRITION POLICY

The School District of Whiteshell, in cooperation with home and community, recognizes its responsibility and core belief for encouraging healthy lifestyles. The District acknowledges the important role that nutrition plays in the total development and performance of each individual. Readiness to learn is enhanced when children and youth are well-nourished.

It is the intent of the School District to reinforce sound nutrition principles through its food services and educational programs. The School District of Whiteshell shall establish practices and procedures that support and promote healthy lifestyles and nutrition. Manitoba Education, Canada's Food Guide to Healthy Eating, and additional resources from Health Canada will be used to guide decision making.