

Crescent Park Nutrition Policy 2025-2026

Through Feeding Futures funding, free food will be available for students three times per day (morning, recess and lunch) to ensure all students have the nutrition needed for learning at school. Our PAC provides a hot lunch program 2-3 times per week, which is ordered and paid for by parents. Occasionally, classes will hold a special event like a class party where food is donated by students' families.

In all aspects, we will strive to ensure all food offered to students meets the Ministry of Education and Ministry of Health Guidelines for Food and Beverage Sales in BC Schools <https://healthyschoolsbc.ca/classroom-resources/guidelines-for-food-and-beverage-sales-in-bc-schools/> and will include and promote nutritious, healthy food choices. On occasion, during a special event, food may be provided that would not normally be served under the school's nutritional guidelines.

Crescent Park Elementary staff will educate students about healthy food choices and healthy eating habits and will provide educational programs that promote health and nutrition by embracing Canada's New Food Guide <https://food-guide.canada.ca/en/> which promotes these guidelines:

Eat a variety of healthy foods each day.

- Have plenty of vegetables and fruits.
- Eat protein foods.
- Make water your drink of choice.
- Choose whole grain foods.

Healthy eating is more than the foods you eat.

- Be mindful of your eating habits.
- Cook more often.
- Enjoy your food.
- Eat meals with others.
- Use food labels.
- Limit highly processed foods.
- Marketing can influence your food choices.

Eat well. Live well.