

Healthy Schools



Government of Bermuda
Department of Health and Family Services
Department of Health



NUTRITION POLICY

STUDENTS REQUIRE GOOD NUTRITION TO PROMOTE:

- **GOOD HEALTH**
- **GROWTH**
- **MENTAL DEVELOPMENT**
- **SOCIAL SKILLS**

Childhood is the best time in life to acquire good eating habits.

The messages young people receive about nutrition should be clear, consistent and constant. Getting children and adolescents to form healthy eating habits requires support from all of us – parents, schools, the community, media and government.

The Department of Education has approved the Food and Nutrition Policy for government schools in support of keeping students healthy.

The policy states:

'All foods consumed on the school premises will contribute to the health and wellbeing of students.'

SCHOOL LUNCHES SHOULD MEET THE NUTRITIONAL STANDARDS AS DEFINED BELOW:

Food should provide nutrients (protein, complex carbohydrates, calcium, iron, vitamin A, vitamin C etc.) supplied from the five food groups.

School lunches should be consistent with the recommendations of the 'Guide to Good Eating' as outlined in Bermuda's Guide to Daily Food Choices.

Encourage students to:

- Eat a variety of foods.
- Choose low-fat dairy products, low-fat milk; calcium-fortified soy milk or juices; leaner meats: chicken, turkey, tuna; and use lower-fat cooking methods, i.e., baking and grilling.
- Choose whole grains, fruits and vegetables.
- Limit the use of foods high in salt and sugar.

SCHOOLS

To encourage healthy eating in students:

- Teach students the importance of nutrition through the health education curriculum.
- Integrate the principles of nutrition in other subjects (i.e., counting fat grams in mathematics).
- Adopt and endorse the Nutrition Policy.
- Support a healthy school environment.
- Encourage the sale and consumption of nutritious foods from the five food groups.

TEACHERS

To encourage healthy eating habits in students:

- Be a role model and eat healthy lunches with students during lunch duty.
- Provide incentives for the students who bring nutritious lunches (e.g., healthy lunch box stickers).
- Discourage the use of candy or other (non-nutritious) foods as a reward for good work.

PARENTS

To encourage healthy eating in students:

- Encourage students to eat breakfast (cereal and low-fat milk, sandwiches, fruit yogurt or leftovers).
- Select healthy foods for snacks (see list provided).
- Teach students how to make nutritious lunches.
- Provide students with a nutritious lunch that includes 4 to 5 foods from the five food groups.

COMMUNITY AGENCIES & BUSINESSES

To support young people in eating healthily and:

- Provide nutritiously balanced foods for sale to young people.
- Provide nutritious foods at social events.
- Provide a healthy environment (i.e., making healthy food choices available at the check-out stand).
- Make healthy food affordable.

THE FIVE FOOD GROUPS

- **Meat group:** fish, chicken, egg or vegetarian alternative such as peanut butter, beans, lentils, tofu and soy products.
- **Milk group:** milk, cheese, low-fat pudding or yogurt.
- **Bread and cereal group :** bread (whole wheat, multigrain, rye, small bagels, etc.) variety breads (herbed, pocket, onion or raisin), pasta, rice or unsweetened cereals.
- **Vegetables:** chopped, raw or cooked vegetable salads.
- **Fruit:** piece of fruit, fruit canned in juice or light syrup.

INSTEAD OF	TRY
Chocolate, candy, fruit roll-ups, or snacks	Lite puddings, yogurt, fresh fruit, or canned fruit in own juice, dried fruit
Sweet cakes, pies, pastries, donuts	Angel food cake, vegetable or fruit breads, fruit muffins, bagels, Johnny bread, corn bread
Chocolate chip cookies, sweet cookies, cupcakes	Whole grain crackers, graham crackers, ginger snaps, vanilla wafers, fig bars, vegetable muffins
Chips, corn curls, corn chips, French fries	Air-popped popcorn, micro-wave light popcorn, pretzels, dry unsweetened cereal
Sweetened drink boxes, sodas, iced teas, fruit drinks, Lucozade, fruit punch, Orangina	Water, plain sparkling waters, 100% fruit juice, milk, sugar-free drinks

The following professionals have endorsed this nutrition policy for schools:

Bermuda Dental Association

Bermuda Dietitian's Association

Bermuda Diabetes Association

Bermuda Heart Foundation

Bermuda Nurses' Association

Bermuda TB, Cancer, and Health Association

P.A.L.S.

Department of Pediatrics, KEMH

Bermuda Medical Society

Bermuda Union of Teachers

Nutrition Services

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