



## STUDENT NUTRITION PROGRAM (SNP) GUIDELINES

**Healthy Eating for Better Learning (HEBL)** provides funding and ongoing support to operate, maintain or enhance healthy breakfast, snack and/or lunch programs for children and youth in Stormont, Dundas, Glengarry, Prescott and Russell.

### Program Organization

- Program coordinator plays a central role for SNP, i.e. managing volunteers, budgets & record keeping, and acting as contact person.
- Volunteers needed to maintain daily operation and may include parents & family members, students, teachers/school staff and others.
- A local program committee may be established to guide the program, including parents/ caregivers, teachers and other school staff, community members, students and others community members.

**Parental and Community Contributions:** HEBL fosters parental and community involvement in the SNP to ensure sustainability of programs.

- All parents or caregivers should be informed about the program and be given the opportunity to contribute (financially, in-kind or volunteering).
- Community partnerships, other funding sources, monetary or in-kind donations (e.g. businesses, service clubs, church groups).

**Universality:** HEBL is a universal program that is available to all students, regardless of socio-economic status. This ensures that the program is non-stigmatizing and that children may feel welcomed, safe, and comfortable.

**Nutritious and Safe Food:** Programs should serve safe, nutritious food.

- Food choices must be planned using MCYS guidelines.
- Food choices should reflect the cultural diversity of students.
- Breakfast and lunch programs must include at least three of the four food groups, including a fruit or vegetable and a grain product.
- Snacks must offer a minimum of two food groups, including a fruit or vegetable.

**Nutrition Education Component:** SNP's should be models for children's healthy eating habits for lifelong healthy development. Nutrition education within and outside of curriculum is encouraged.

**Record Keeping:** Progress reports, expense summary, and receipts are submitted to HEBL coordinator 3 times per year.