



HEALTHY SCHOOLS VENDING MACHINE & CAFETERIA POLICY

TITLE: Healthy Schools: Vending Machines and Cafeteria Policy in Schools

POLICY: Vending machines and cafeterias on the school premises will provide plain, unsweetened water, milk, and/or 100% juice; and healthy foods and snacks.

OBJECTIVES:

- To permit only healthy foods / snacks and beverages, including only plain, unsweetened water, milk, and/or 100% juice to be sold and consumed on the school premises, whether from the cafeteria, Tuck Shop, vending machine, food truck, outside caterer, or any other means of sale or distribution.
- To encourage parents to send only plain, unsweetened water, milk, and/or 100% juice, and healthy foods in student lunches.

RATIONALE:

The Ministry of Education recognizes that good nutrition promotes optimal health, growth and intellectual development, resulting in healthier students who are better academic achievers.

Consistent with the objectives stated above, **Healthy Schools**, including government's Nutrition Services, Oral Health Services, and Child Health Services is recommending that all beverage vending machines and cafeterias -- accessed by staff and/or students -- located in all primary, middle and senior schools provide only white milk; chocolate drink; soy milk; plain, unsweetened water; and/or 100% juice, **effective September 8, 2006**.

In addition, food cafeterias and vending machines will only provide healthy foods. The goal is to ensure that what students experience in their school environment is consistent with the information available to them through the Healthy Schools Nutrition Policy, which is linked to their health education classes.

This stance has been taken in response to the increasing prevalence of overweight and obesity in school-age children. In addition, added sugar contained in sweetened beverages contain empty calories and can promote tooth decay. Furthermore, phosphates in many sodas have been proven to reduce and/or negate the calcium that children need to grow healthy teeth and bones; thus, sodas will be removed from all schools. It is also recommended that such beverages as "Gatorade" not be provided, as students typically do not exercise for prolonged periods of time or expend sufficient amounts of energy that would require the replacement of electrolytes.

IMPLEMENTATION

The Nutrition Policy was first implemented in September 1997. As of September 1998, schools were expected to ensure full implementation of the policy. Principals and Administrators-in-charge are expected to endorse the policy by:

- communicating the Nutrition Policy and its components (such as this Vending Machine and Cafeteria Policy) and its rationale to parents to seek their support.
- ensuring that all vendors, including those servicing cafeterias in the school only provide the recommended water, milk and/or 100% juices, and healthy foods/snacks for sale at school.
- monitoring beverages and foods that students bring to school to eat or drink.
- allowing students to drink water throughout the school day, such as students sipping water at their desks from reusable water bottles.

The following professional organizations have endorsed a healthy nutrition policy for schools:

Bermuda Cancer & Health Centre	Bermuda Heart Foundation	Department of Pediatrics, KEMH
Bermuda Dental Association	Bermuda Medical Society	Patients Assistance League (P.A.L.S.)
Bermuda Diabetes Association	Bermuda Nurses Association	
Bermuda Dieticians Association	Bermuda Union of Teachers	