

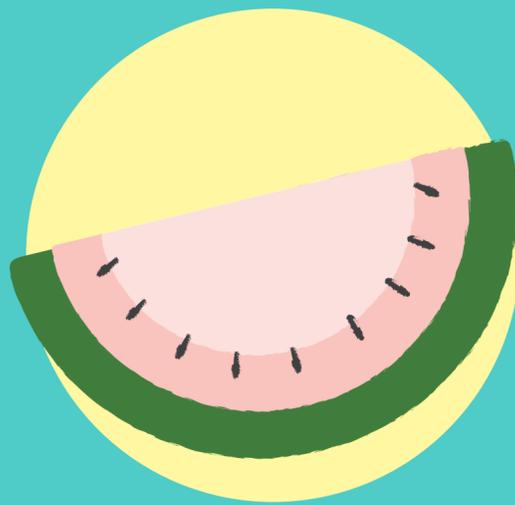
• NUTRITION AP HIGHLIGHTS •

NUTRITION



FOOD RATING SYSTEM

EICS will offer choices from the "Choose Most Often" and "Choose Sometimes" categories only. Live link to the "Healthy Food Checker" found in the AP document.



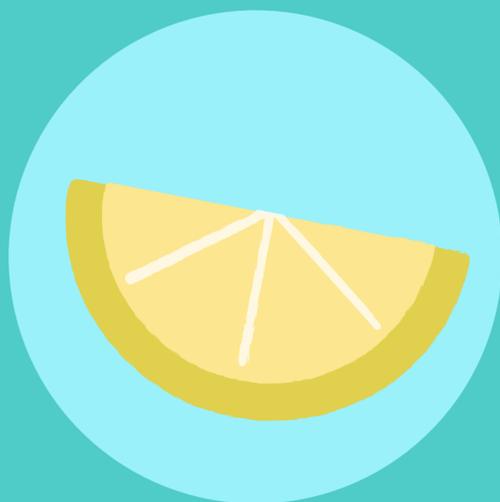
ENVIRONMENT

We will create nutrition environments where healthy foods are available, affordable, and promoted.



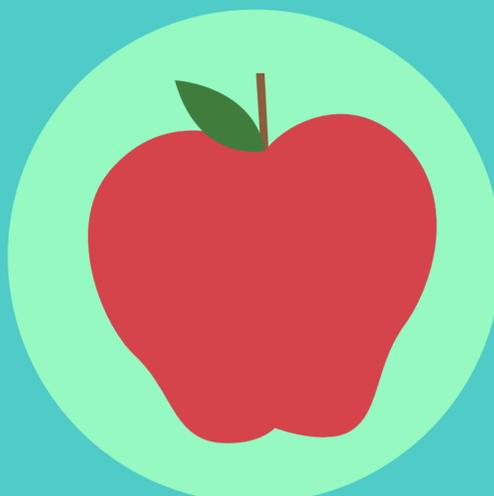
NUTRITION GUIDELINES

The Alberta Nutrition Guidelines for Children and Youth will be our primary guiding document.



NON-FOOD REWARDS

Let's get creative with providing non-food incentives for staff and students.



MEETINGS AND CELEBRATIONS

We will offer only food and beverages that meet our nutrition guidelines.



DON'T PANIC

The AP does not touch food staff or students bring from home for personal consumption. We are encouraged to model positive practices.