

## What's in Your School's Vending Machines?

### *Updated Guidelines for Food and Beverage Sales Now Available*

The 2013 edition of the Guidelines for Food and Beverage Sales in BC Schools (“the Guidelines”) is now available!

The purpose of the Guidelines is to support healthy eating at school by increasing access to healthy food and beverages while limiting access to choices that are high in sodium, sugar and fat. This revised edition reflects new nutrition standards for food and beverages sold to students in school and at school-related events.

The Guidelines are mandated policy for all BC public schools. Schools will now begin the work of implementing these revised Guidelines, so that they are fully in place at the beginning of the 2014/15 school year.

Why care about what kids eat and drink at school? Because healthy eating helps students do their best at school, builds healthy behaviours, gives kids the energy they need to learn and play, and reduces the risk of chronic disease down the road. The Guidelines are one part of the Healthy Schools BC approach that promotes healthy choices both inside and outside of the classroom. Selling healthy food in schools contributes to an environment that consistently supports students to develop the knowledge, skills and habits needed for lifelong wellbeing.

#### **What's new in the 2013 edition?**

- New fact sheets and an [At-a-Glance brochure](#) to help schools use the Guidelines
- A new and improved way to score freshly made food using ‘the Checklist’
- Revised Nutrient Criteria that continue to reduce the amount of sugar, sodium and fat in the food and beverages sold to students
- Optional policies that schools can adopt to promote food literacy throughout the school community
- A complete makeover that makes the Guidelines much easier to use and understand

Parents, teachers, school administrators, students and food service staff all have a role to play in meeting the Guidelines and ensuring students are offered healthy choices while at school. [HealthLinkBC](#) is available to support you in implementing the Guidelines in your school. Dial 8-1-1 or send an [email](#) to speak to a Registered Dietitian.

For links to the Guidelines and supportive resources, please visit [HealthLinkBC](#).

HealthLinkBC hopes you will find these new resources informative and helpful as you adopt the revised Guidelines for Food and Beverage Sales in BC Schools. Thank you for all of your efforts to create healthy school environments!