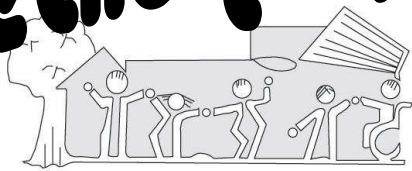


Health Tips



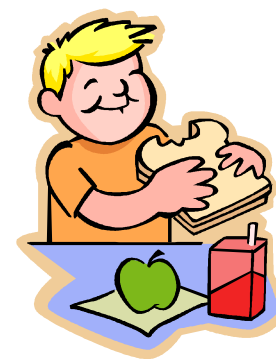
Building Healthy Schools Together
Ensemble, bâtissons des écoles en santé

NUTRITION AND THE SCHOOL ENVIRONMENT

Children who eat well are healthier, and healthier children tend to do better in school. Schools are an ideal setting to influence children's eating habits. A Healthy School Nutrition Environment is one that promotes healthy eating through words and actions; not only do students learn about healthy eating in the classroom, but they have opportunities to practice what they learn throughout the school community.

WAYS TO ACHIEVE A HEALTHY SCHOOL NUTRITION ENVIRONMENT:

- ♥ Have a committee that works on nutrition initiatives
- ♥ Be a positive role model
- ♥ Send healthy eating information home to parents/caregivers
- ♥ Involve families and community partners in healthy eating programs, nutrition homework assignments and school events
- ♥ Ensure that healthy eating is taught in all grades according to the curriculum
- ♥ Use non-food items (e.g., pencils) or non-material rewards (e.g, playing a favourite game) instead of food rewards for positive behaviour or doing well in school
- ♥ Serve healthy foods at school meetings, classroom parties and school events
- ♥ Offer healthy choices in school tuck shops and vending machines
- ♥ Offer a School Milk Program so all students can enjoy fresh, cold milk with their lunch
- ♥ Offer a Student Nutrition Program (breakfast, lunch or snack) so that all students can access healthy food at school, and recruit families and community members to help
- ♥ Have healthy "special food" days that include foods from at least three of the four food groups, such as just cheese pizza on whole wheat crust with milk and a fruit cup
- ♥ Show students how to wash their hands and provide time before and after eating to do so.
- ♥ Create a school nutrition policy addressing foods and beverages offered or sold at school
- ♥ Provide safe and pleasant eating areas for students to enjoy their lunches
- ♥ Fundraise with healthy foods or non-food items or events



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