

Nutrition Resources Order Form For School Staff

Fact sheets on various nutrition topics, plus *Canada's Food Guide* publications are available from Nutrition Services, York Region Health Services to help support healthy eating within schools. These fact sheets are intended for use by school staff as background information, to copy and to send home with students, or to provide information for inserts in school newsletters. Please use this form to order these resources.

<i>Canada's Food Guide</i> Publications	Language and Quantity	
	English	French
For Students		
Eating Well with Canada's Food Guide (2007)		
Canada's Food Guide to Healthy Eating has been adapted for use with Chinese, Portuguese, Punjabi, Spanish, Tamil, Urdu and Vietnamese communities is still available. The adapted guides are available in three languages - the language of the cultural group (e.g., Chinese), English and French. 1. School libraries have been sent one copy of each of the seven food guides in all three languages which may be photocopied. 2. Electronic versions of the guides are available through the Nutrition Resource Centre web site at http://nutritionrc.ca/guide.html . 3. The guide may be available in limited quantities through York Region Health Services - Nutrition Services. Call to enquire.		
For Teachers		
Eating Well with Canada's Food Guide – A Resource for Educators and Communicators (2007) (for grade 7 and up)		

Nutrition Matters Fact Sheets

For Students	One copy per teacher, can be photocopied for students
Are you body wise? (body image) (for grade 5 and up)	
For teens thinking about becoming a vegetarian ... (for grade 7 and up)	
For Teachers and Parents	
A fast break in the morning (breakfast)	
Eat more vegetables and fruit	
Food access programs and services in York Region	
The ABC's of fruit juice	
Healthier choices for school fundraising	
Helping teens develop a positive body image	
Peanut/nut-safe environments	
Snacks that make the grade	
What's in your child's lunch bag?	

Name: _____
 Grade Taught: _____
 School: _____
 City/Town: _____
 Telephone: _____

Fax this order form to:
 (905) 895-7520
Or mail/school courier to:
 York Region Health Services
 Nutrition Services
 22 Prospect Street
 Newmarket, ON L3Y 3S9