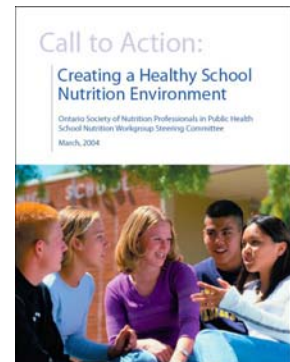


Create a Healthy School Nutrition Environment with *Nutrition Tools for Schools*

Interested in creating a healthy nutrition environment in your school? Not sure how or where to start? *Nutrition Tools for Schools* is for you! Whether you're a teacher, parent, school administrator or volunteer, *Nutrition Tools for Schools* will lead you through a step-by-step process to creating a healthy nutrition environment in your school.

The *Nutrition Tools for Schools* toolkit was conceived following the March 2004 release of the report entitled, *Call to Action: Creating a Healthy School Nutrition Environment* from the Ontario Society of Nutrition Professionals in Public Health (OSNPPH). This report, supported by several key provincial and national health organizations, describes nine essential elements that create a healthy school nutrition environment. York Region Health Services officially endorsed the *Call to Action* in June 2004. To download a copy of the *Call to Action*, go to: www.osnpnh.on.ca/position.html.



What is a Healthy School Nutrition Environment?

A healthy nutrition environment exists when a school promotes and supports healthy eating for students through both *words and actions*. There is *consistency* between classroom learning about healthy eating and the food and beverage choices available and nutrition messages provided throughout the school (for example, in vending machines, fundraising campaigns, classroom celebrations, and the use of food as a reward). A healthy school nutrition environment makes the healthy choice the easy choice!

What is the Purpose of the Toolkit?

The development of *Nutrition Tools for Schools* is a project of eight Ontario public health units, including York Region Health Services. It is designed to help elementary schools to take action on the nine recommendations in the *Call to Action*:

- Food and nutrition policies
- Healthy eating education for students
- Healthy eating education for staff
- Healthy, reasonably priced and culturally appropriate foods
- Positive role modeling of healthy eating by schools
- Parent education and involvement
- Student nourishment programs
- Safe food practices and allergy safe environments
- Appropriate scheduling of nutrition breaks

Who should Use the Toolkit?

The toolkit is intended for use by anyone connected to an elementary school, including: school councils, parents, students, school administrators, teachers, education assistants, interested community members, and school volunteers.

What does the Toolkit contain?

Nutrition Tools for Schools is based on the ‘whole school’ or comprehensive approach to improving the school nutrition environment. A whole school approach engages the entire school community in promoting consistent messages about healthy eating throughout the **school day**. It addresses all areas in the school and surrounding community where foods and/or beverages may be offered or sold: *In the Classroom, In the School* and *In Homes and In the Community*. Practical tools and resources are included to help the school to carry out many different activities that support healthy eating in classrooms, schools and within the community external to the school.

The Toolkit contains three main components:

- ***Leader’s Handbook*** – school leader resource that outlines how to gain interest, form a committee, review the current situation, make and carry out action plans to work towards an environment that supports children, staff and parents in healthy eating. Includes worksheets and easy-to-adapt tools for each activity.
- ***School Nutrition Action Committee (SNAC) Handbook*** – resource for SNAC members
- **Action Guides:**
 - ❑ ***Classroom Action Guide*** – provides tools and information to help teachers include healthy eating education in all areas of the Ontario Curriculum
 - ❑ ***In the School Action Guides*** – 14 topic specific (e.g., fundraising, special food days, tuckshops, classroom celebrations etc.) action guides provide sample plans, communication tools, information and resources to help the SNAC address healthy eating throughout the school e.g., vending machines, tuck shops/canteens, “special food days”, school council meetings
 - ❑ ***In Homes and In the Community Action Guides*** – comprehensive plans, information and tools to assist with promoting healthy eating to families and to work with the community external to the school.

For More Information, please contact:

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