

Healthy Measures: Healthy food in schools will be mandatory!

Starting September 2011, all elementary and secondary schools in Ontario that sell food and beverages will be required to sell healthier versions of these. The Ministry of Education introduced a policy, which includes [nutrition standards](#) specifying which food and beverages can be sold. These nutrition standards apply to school venues such as cafeterias, vending machines, tuck shops and through school events/programs such as catered lunches, sports games, fundraisers, school dances and school plays.

York Region Community and Health Services' embraces this policy; however, it is only one piece in creating a healthy school nutrition environment. We encourage schools to have healthy food and beverages not only when they are SOLD, but also when they are PROVIDED such as during classroom celebrations and during meetings.

Parents and teachers can also help to create a healthy school nutrition environment. For example, they can model healthy eating behaviours when in front of students. Instead of raising money through bake sales, non-food items like magazines, water bottles with the school's logo or plants could be sold. Teachers can use nutrition and healthy eating examples to teach parts of the curriculum. In high schools, family studies teachers can use healthy recipes to demonstrate baking skills.

Eating nutritious foods improves student concentration levels in class and reduces missed-classes due to sickness. In the long-term, healthy eating contributes to reduced risk of chronic diseases such as heart disease, diabetes and certain cancers.

Help your kids develop healthy eating habits by supporting healthy food and beverages in schools. Together we can make the healthy choice the easy choice!

For more information:

[School Food and Beverage Policy \(P/PM 150\)](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!