

Promoting healthy eating at school

**words + actions
= a healthy school**

- ✓ We learn about healthy eating in our classrooms
- ✓ We practice healthy eating at our school – whenever food is offered and sold
- ✓ We promote healthy eating in our homes and community



Adapted with permission of the Timiskaming Health Unit, September, 2010

**Together we can make
the healthy choice the easy choice!**

Learn more at www.york.ca/nutrition or call York Region Community and Health Services *Health Connection* at 1-800-361-5653 TTY: 1-866-252-9933

A healthy school nutrition environment includes...

- ✓ Healthy catered lunches
- ✓ Healthy classroom celebrations
- ✓ Healthy fundraising
- ✓ Healthy eating lessons
- ✓ Non-food rewards
- ✓ Healthy school lunches and snacks
- ✓ Healthy tuck shops and cafeterias
- ✓ Student Nutrition Programs and more...




York Region


HEALTHY
Schools and Workplaces:
Where people thrive and communities come alive



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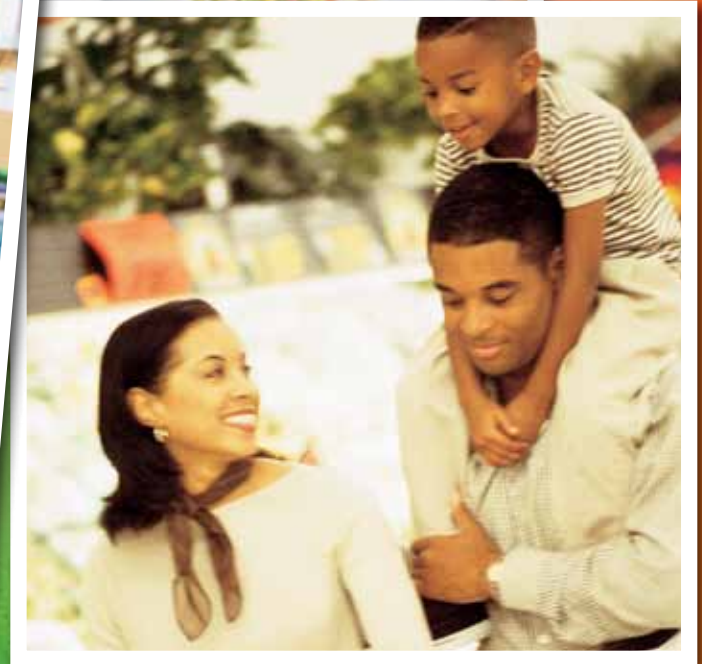
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Healthy eating benefits our students, staff, families and community



Benefits include:

- ✓ Improved student success
- ✓ Energy to learn and be active
- ✓ Healthy families and communities




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