

Nutrition

Nutrition Tools for Schools

York Region Community & Health Services' Nutrition Services offers a resource called *Nutrition Tools for Schools* to assist schools with creating a healthy nutrition environment. This toolkit contains a *Classroom Action Guide* to support teachers with resources to implement the healthy eating curriculum and to promote a healthy nutrition environment. The Action Guide includes the following four Resource Charts which have been designed specifically for teachers:

- Curriculum-matched resources
- Teacher background information and curriculum support
- Web-based resources
- Videos

Nutrition Tools for Schools promotes a comprehensive approach to improving the school nutrition environment. This 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*. The toolkit provides additional Action Guides ranging from promoting and implementing healthy classroom celebrations, healthy tuckshops, positive role modeling to using non-food rewards and safe food practices in food programs.

Nutrition Tools for Schools is available from York Region Community and Health Services when your school signs on to participate in the York Region *Healthy Schools Program*.

Nutrition Staff are also available to provide consultation, support and workshops on topics such as *Eating Well with Canada's Food Guide* and curriculum-matched resources related to nutrition and healthy eating. Contact: Lucy Valteau at 905-895-4512 ext. 4332.

For more information, call York Region *Health Connection*
at 1-800-361-5653 or visit www.york.ca.