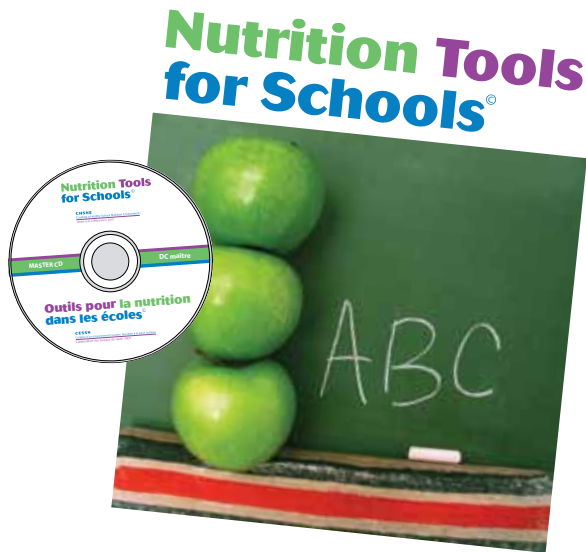


## Nutrition Tools for Schools<sup>®</sup> — Customize it!

As you work through the 4-step process at your own pace, you can choose and adapt the materials and resources that meet your school's specific needs.



## What does your school need to do to take part in the Nutrition Tools for Schools<sup>®</sup> program?

- ✓ Use the 'whole school' approach — involve the school community to work towards achieving a healthy school nutrition environment
- ✓ Ensure the principal and vice-principal support the program
- ✓ Have a keen leader — someone who inspires others to make changes in the school. This can be a parent, a teacher or other interested person
- ✓ Form a 'School Nutrition Action Committee' made up of parents, students and at least one teacher
- ✓ Work through the *Nutrition Tools for Schools*<sup>®</sup> 4-step process, with support from public health

## Nutrition Tools for Schools<sup>®</sup> complements other Healthy School initiatives

York Region's Healthy Schools Program  
[www.york.ca/healthyschools](http://www.york.ca/healthyschools)

York Region District School Board's Health and Workplace Healthy School Policy  
[www.yrdsb.edu.on.ca/pdfs/p&p/a/policy/218.pdf](http://www.yrdsb.edu.on.ca/pdfs/p&p/a/policy/218.pdf)

Ministry of Education's Healthy School Recognition Program (Foundations for a Healthy School Framework)  
[www.edu.gov.on.ca/eng/healthyschools](http://www.edu.gov.on.ca/eng/healthyschools)

Ontario Ministry of Education  
School Food and Beverage Policy (P/PM150)  
[www.edu.gov.on.ca/eng/healthyschools/healthier.html](http://www.edu.gov.on.ca/eng/healthyschools/healthier.html)

## Ready... Set... GO!

For more information, call York Region Community and Health Services *Health Connection* at 1-800-361-5653 TTY: 1-866-252-9933 or visit [www.york.ca/nutrition](http://www.york.ca/nutrition)



<sup>1</sup>Ontario Society of Nutrition Professionals in Public Health. 2004. Call to Action. Creating a Healthy School Nutrition Environment.

## Nutrition Tools for Schools<sup>®</sup>

Does your school make the healthy choice the easy choice?

Positive role modelling around healthy eating

Healthy pizza days and classroom celebrations

Healthy tuck shops and vending machines

Nutrition education for students, staff & parents

Healthy fundraising



# Nutrition Tools for Schools<sup>®</sup>

*Nutrition Tools for Schools<sup>®</sup>* is a program consisting of a Toolkit and public health support to help your school achieve the requirements outlined in the School Food and Beverage Policy (P/PM 150) and create a healthy nutrition environment.

Using a ‘whole school’ approach, this program engages the entire school community in promoting consistent messages about healthy eating during the school day.

The program outlines healthy eating strategies for all places food and beverages are offered or sold:

- In the classroom
- In the school
- In homes and in the community



## What is a healthy school nutrition environment?

**A healthy school nutrition environment exists when a school promotes healthy eating through words and actions. Students are taught healthy eating lessons, and are given plenty of opportunities to practice what they learn.**

The nine essential elements<sup>1</sup> of a healthy school nutrition environment include:

- Food and nutrition policies that support healthy eating
- Nutrition education for students in Kindergarten to Grade 8
- Nutrition education for teaching staff provided by registered dietitians
- Healthy, reasonably priced and culturally appropriate food choices (e.g., in tuck shops, vending machines and for catered lunches)
- Role modelling of healthy eating
- Student, parent and community education about healthy eating
- A universal Student Nutrition Program (e.g., breakfast or snack program)
- Safe food handling practices and an allergy-safe environment
- Nutrition breaks scheduled at appropriate times



## Why Nutrition Tools for Schools<sup>®</sup>?

- Healthy eating supports classroom learning
- Schools play an important role in teaching children about nutrition and role modelling healthy eating
- Healthy eating habits can help reduce the risk for cancer, heart disease and diabetes
- With concern about children’s eating habits, nutrition should be addressed in all areas of society — including schools
- Healthy schools = Healthy kids!

## Who is Nutrition Tools for Schools<sup>®</sup> for?

*Nutrition Tools for Schools<sup>®</sup>* is for anyone in the school community with an interest in nutrition, including parents, teachers, students, school administrators and volunteers.

## Nutrition Tools for Schools<sup>®</sup> Toolkit components

1. Leader’s Handbook
2. School Nutrition Action Committee (SNAC) Handbook
3. Action Guides
4. Food Standards Reference Guide
5. CD

To help you use the Toolkit components, a public health staff member will be assigned to your school.

