

| Quality Instruction & Programs | Healthy Physical Environment | Supportive Social Environment | Community Partnerships |
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| <p>Nutrition education for students</p> <ul style="list-style-type: none"> • Curriculum support materials (e.g. Discover Healthy Eating, Every Body is a Somebody) • Ideas for connecting nutrition to other subject areas • Four for Lunch: A Healthy Lunch Challenge program | <p>Healthy, culturally appropriate food choices are offered or sold</p> <ul style="list-style-type: none"> • Healthy fundraising • School milk program • Healthy vending machines • Healthy tuck shops • Healthy special food days • Student rewards • Healthy classroom celebrations • Healthy refreshments at school events <p>Safe food practices and allergy safe environment</p> <ul style="list-style-type: none"> • Safe food handling program • Handwashing • Safe and pleasant eating areas • Peanut/nut safe environment | <p>Nutrition Tools for Schools – Resource to support creating a healthy nutrition environment</p> <p>Student Nutrition Programs (e.g., York Region Food for Learning)</p> <ul style="list-style-type: none"> • Breakfast, snack and lunch programs (e.g., apple program) <p>Positive role modeling by staff, students & parent volunteers</p> <p>Appropriate scheduling of nutrition breaks</p> <ul style="list-style-type: none"> • Recess before lunch • Balanced school day • Snacking during school day • Water program <p>Food and nutrition policies</p> <p>Parent, staff & student education about healthy eating</p> <ul style="list-style-type: none"> • Workshops on packing healthy lunches, creating a healthy school nutrition environment • Lunch & Snack Campaign • <i>Blast off with Breakfast</i> campaign • <i>You're the Chef</i> cooking program • School Newsletter inserts • Nutrition fact sheets | <ul style="list-style-type: none"> • York Region Health Services (YRHS): <ul style="list-style-type: none"> • Nutrition Services • School Services • Environmental Health • York Region Food for Learning www.foodforlearning.com • Parks and Recreation http://www.prontario.org/ • Local Heart Health Program www.heartyparty.com • Community and parent partnerships • Dairy Farmers of Ontario (Canada) www.milk.org |

*For nutrition, there are **nine essential elements** to creating a healthy school nutrition environment