Nutrition Services and Resources Available to York Region Elementary Schools

York Region Community and Health Services Nutrition Services uses a *whole school* approach to enhance the school nutrition environment with the goal to improve eating behaviours of all school community members and families. This approach is based on nine essential elements (see below) of a healthy school nutrition environment taken from the *Call to Action: Creating a Healthy School Nutrition Environment*. A copy of this document can be downloaded from: http://www.york.ca/nutrition, click on *Programs and Services Offered*, click on *Elementary Schools*.

Healthy Schools, Healthy Kids!

A whole school approach to healthy eating – Nine essential elements

1. **Nutrition education for students** Nutrition Services promotes a variety of curriculum resources to support classroom nutrition lesson plans

   - *Mission Nutrition* is a resource that contains curriculum connections, lesson plans, student activity sheets, home activities and assessment rubrics. This resource can be downloaded from: www.missionnutrition.ca/

   - *Everybody is a Somebody* provides information and strategies on ways to promote positive body image among teen girls. The manual provides background information for teachers and activities and worksheets to use with grade 7 and 8 students. An order form for this resource can be obtained from http://www.bodyimagecoalition.org/everybody2.html or by calling the Body Image Coalition of Peel at 905-791-7800 ext. 2063.

   - *4 for Lunch A Healthy Lunch Challenge* for grade 2 students - offered once a year in the Fall.
     The goal of this program is to encourage families to pack nutritious lunches. Materials, including curriculum-matched activities are provided. The challenge is for students and their parents to plan and make healthy lunches for one week. All classes participating in the challenge receive certificates and are eligible for prizes. A winning class enjoys a healthy lunch party and chances for other great prizes.

   - *Nutrition Matters* fact sheets and Canada's Food Guide materials are intended for use by teachers as background information, to copy and send home with students, or to provide information for inserts in school newsletters. Please use the attached form to place an order.

2. **Nutrition education for staff** Nutrition Services offers a 1 hour workshop that provides the nutrition fundamentals required to teach the healthy eating specific expectations from the *Ontario Curriculum, Grades 1-8: Health and Physical Education* (2010). Classroom activities using instructional intelligence strategies and evaluation and assessment opportunities are highlighted.

3. **Positive role modeling of healthy eating by school staff** Research has indicated that school teachers have a potentially greater influence on a child's health than any other group outside of the home.

4. **Healthy, reasonably priced and culturally appropriate food choices available in schools** Nutrition Services uses Nutrition Tools for Schools© Nutrition Standards to help schools identify healthy food and beverages to offer or sell at school. These food standards are adapted from the Ministry of Education's School Food and Beverage Policy (P/PM 150) Nutrition Standards and include an additional category to identify food and beverages that meet or exceed P/PM 150 and provide Maximum Nutritional Value.

5. **Safe food practices and allergy-safe environment** A safe and pleasant eating area provides a clean, calm and enjoyable space to eat lunch. Adult or senior supervision is provided while students eat lunch. Safe food handling training is encouraged for volunteers, lunchroom monitors and paid staff who help with school food service (eg, in the student nutrition programs, on 'catered lunch' days, in milk programs).

6. **Appropriate scheduling of nutrition breaks** Students need a minimum of 20 continuous minutes of eating time for nutrition breaks. Additional time should be provided for washing hands, getting dressed for outside etc. Resources are also available to support the Balanced School Day schedule.

7. **Student Nutrition Programs** *York Region Food for Learning* is a community partnership of parents, educators, health professionals, and business members. This group is dedicated to enhancing classroom learning by supporting breakfast or snack programs. Currently, York Region Food for Learning supports over 127 student nutrition programs benefiting over 28200 students. Visit www.foodforlearning.com for more information.

8. **Student, parent and community education about healthy eating** Involving parents in nutrition-related learning experiences such as parent workshops, games, take-home activities and school meals can enhance and change the eating behaviours of both students and parents. York Region Community and Health Services offers You're the Chef – an after school cooking program for grades 6, 7 and 8 students run by parent and teacher volunteers.

9. **Food and nutrition policies to support healthy eating** In September, 2011 the Ministry of Education's School Food and Beverage Policy (P/PM 150) becomes mandatory. York Region Community and Health Services encourages schools to embed this policy into a *whole school* approach to create a healthy nutrition environment. A *whole school* nutrition policy that addresses the 8 essential elements listed above will help to ensure that students can apply the healthy eating behaviours they have learned in the classroom. Nutrition Services staff are available to consult with schools and provide tools to help review and/or develop whole school nutrition policies and to work towards establishing supportive school environments for healthy eating.

***Nutrition Tools for Schools*© – A policy support resource for elementary schools**

Interested in promoting healthy eating habits among elementary school students? Not sure how or where to start? *Nutrition Tools for Schools* is for you! Whether you're a teacher, parent, school administrator or volunteer, *Nutrition Tools for Schools* will lead you through a step-by-step process to creating a healthy nutrition environment in your school. *Nutrition Tools for Schools* contains a variety of tools to implement the nine essential elements listed above. For more information about this toolkit, please contact a public health nutritionist at 905-895-4512 or 1-800-735-6625 ext. 4332.

By getting involved in improving healthy eating choices at your school, you can make a difference in your students' energy, readiness to learn and their overall health!

Contact a Public Health Nutritionist at (905) 895-4512 or 1-800-735-6625 ext. 4332 if you would like further information about any of the above programs and services.

The Regional Municipality of York, 22 Prospect Street, Newmarket, Ontario L3Y 3S9
Tel: 905-895-4512, 1-800-735-6625, Fax: 905-895-7520
Internet: www.york.ca

Community and Health Services Department
Public Health Branch

Nutrition Resources Order Form
For Elementary School Staff

Fact sheets on various nutrition topics, plus Canada's Food Guide publications are available from Nutrition Services, York Region Community and Health Services to help support healthy eating within schools.

Canada's Food Guide Publications	Language and Quantity	
For Students	**English**	**French**
Eating Well with Canada's Food Guide (2007)		
Eating Well with Canada's Food Guide translated for use with French, Arabic Chinese, Portuguese, Punjabi, Spanish, Tamil, Urdu and Vietnamese, Farsi (Persian), Korean, Russian, Tagalog. The food guides may be available in limited quantities through York Region Community and Health Services. Call 1-800-735-6625 ext. 4335 or e-mail **susanne.bennett@york.ca**		
For Teachers		
Eating Well with Canada's Food Guide – A Resource for Educators and Communicators (2007) (for grade 7 and up)		

Nutrition Matters Fact Sheets

For Students	**One copy per teacher, can be photocopied for students**
Are you body wise? (body image) (for grade 5 and up)	
For teens thinking about becoming a vegetarian … (for grade 7 and up)	
For Teachers and Parents	
Blast off with breakfast!	
Eat more vegetables and fruit	
Food access programs and services in York Region	
The ABC's of fruit juice (also available in Chinese and Tamil)	
Helping teens develop a positive body image	
Peanut/nut-safe environments	
Snacks that make the grade (also available in Chinese and Tamil)	
Packing healthy school lunches (also available in Chinese and Tamil)	
Healthy eating for sporting events	

Name: _____

Grade Taught: _____

School: _____

City/Town: _____

Telephone: _____

Fax this order form to:
(905) 895-7520
Or mail/school courier to:
York Region Community and Health Services
Nutrition Services
22 Prospect Street
Newmarket, ON L3Y 3S9

For further information call Nutrition Services, York Region Community and Health Services, at (905) 895-4512 or 1-800-735-6625, ext. 4335. June 2011