

# Healthy Eating in School Environments

Developed by Health Promotion Coordinators  
and Registered Dietitians  
Alberta Health Services



# Outline

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- Introduction to Comprehensive School Health and healthy eating policy
- Activity
- Resources
- Questions

# What makes your school healthy?



# What is a Healthy School Community?

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A **healthy school community** is one that supports the wellness of all of its members (students, teachers, staff, parents) and constantly strengthens its capacity as a healthy setting for living, learning and working.

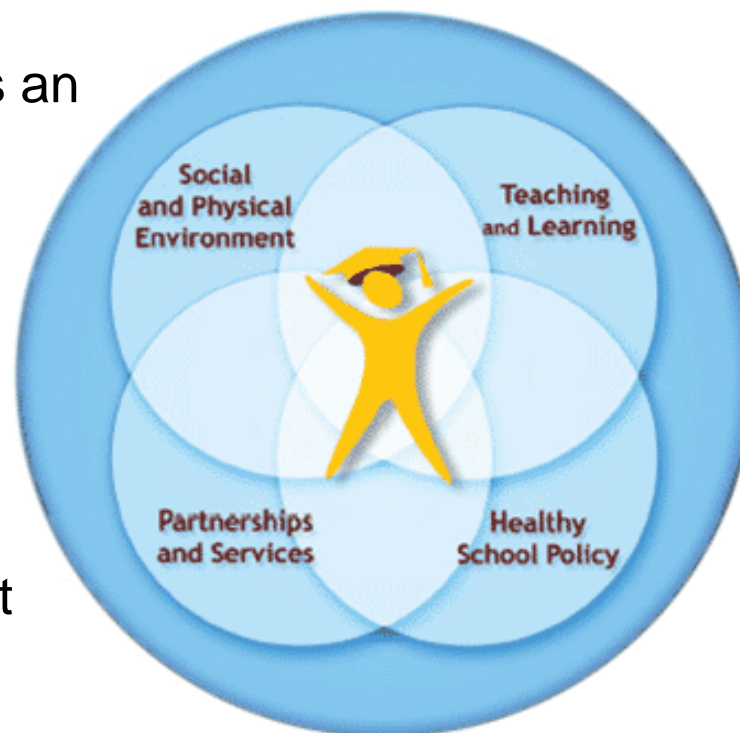
~ Alberta Coalition for Healthy School Communities (ACHSC)

# Building a Healthy School Community...

Comprehensive School Health (CSH) is an approach to building a healthy school community.

Four pillars for action:

- **Healthy School Policy**
- Teaching and Learning
- Partnerships and Services
- Social and Physical Environment



***Healthy students are better learners and  
better educated students are healthier!***

# What does a healthy school look like?

## Social and Physical Environment:

- Provide healthy food where food is offered
- Place wellness events on school calendar
- Build a culture of “wellness”

## Teaching and Learning:

- Kindergarten – Grade 12 Wellness Education
- PD opportunities for staff
- Healthy newsletter inserts

## Partnerships and Services:

- Healthcare providers
- Food providers and vendors
- Staff
- Parents and community
- Health Champion Model

## Healthy School Policy:

- Nutrition policy
- Daily Physical Activity policy
- Wellness policy

# Healthy School Policy Defined

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## Healthy School Policy is...

*“The management of practices, decision-making processes, rules, procedures and policies at all levels that promote health and wellbeing, and shape a respectful, welcoming and caring school environment”*

~ Joint Consortium for School Health

# Benefits of Healthy School Policy

- **Why is healthy school policy important?**
  - Provides evidence of leadership, commitment, and support for school health
  - Establishes accountability and target outcomes
  - Drives positive change and defines a culture of health and well-being in schools
  - Promotes sustainability of school health activities
- **Healthy school policy influences the other three pillars of CSH**
- **A healthy school policy is only as good as the process by which it is developed**



# Healthy School Policy and Practice...

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## **Policy informed Practice**

- Healthy school policy guides school health initiatives

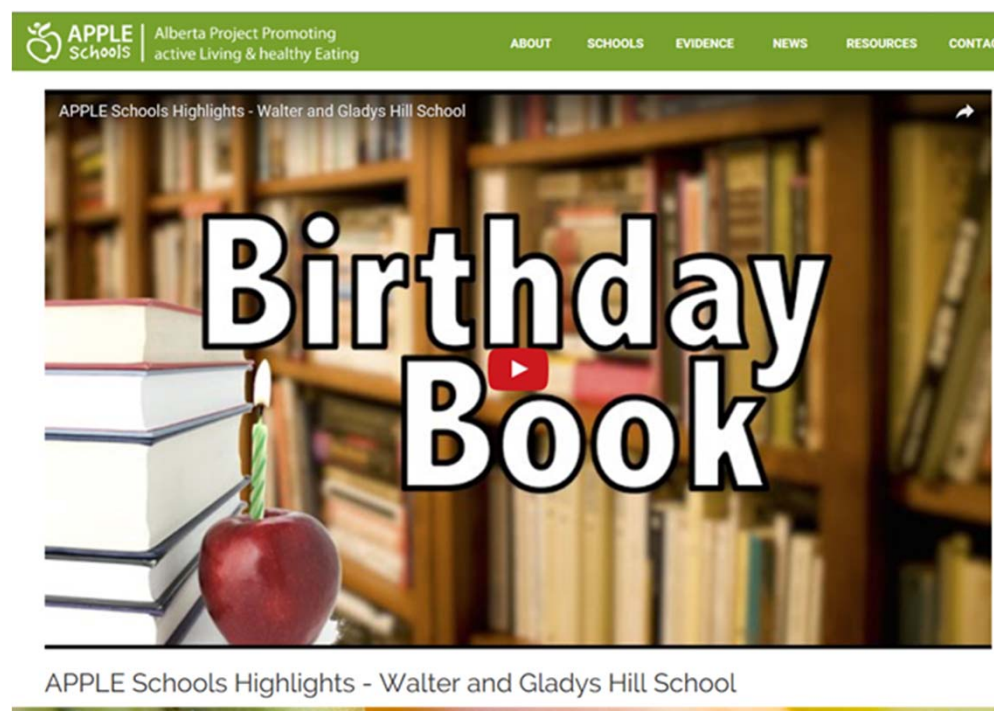
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## **Practice Informed Policy**

- School health initiatives guide healthy school policy

# Classroom Celebrations: Success Story!

- <http://www.appleschools.ca/birthday-book-187>



# The Policy Process

## Prepare

- Form a committee
- Identify leaders and ways to support these individuals

## Create a Shared Vision

- Discuss purpose of the policy
- Involve all partners in determining the vision or purpose

## Determine Priority Issues

- Complete an assessment of the school environment

# The Policy Process

## Develop Action Plan

- Write the policy
- Gather feedback on the policy
- Develop a transition and implementation plan with timelines

## Implement and Monitor

- Monitor and support policy implementation
- Ensure that necessary resources are in place and that school staff receive training needed to make changes

## Reflect, Evaluate, Celebrate

- Evaluate the policy
- Use lessons learned to inform implementation decisions
- Celebrate successes

# Healthy Eating Rubric

- A tool to assess the healthy of your school community
- Pillar 2: Social & Physical Environments. Pick 1 row & circle where your school is on the rubric.
- Fill out assessment 1 of the rubric for that row
- 7 min

# Peace River School Division Administrative Procedure - Wellness

## 5. Healthy Eating

Individuals have the knowledge, skills, attitudes and opportunities to develop lifelong healthy eating practices.

- 5.1 The primary reference for the provision, promotion, sale and distribution of food in schools shall be the Alberta Nutrition Guidelines for Children and Youth from which principals, in conjunction with their staffs, shall provide foods from the “Choose Most Often” and “Choose Sometimes” categories, and limit foods from the “Choose Least Often” category. This Administrative Procedure does not impact lunches and/or snacks that students or staff members are bringing from home.
- 5.2 Principals must ensure that strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating for everyone. In fulfilling this expectation, principals, in conjunction with their staffs, shall:
  - 5.2.1 Promote nutrition education and create an environment of positive food and beverage messages;
  - 5.2.2 Establish strong connections between nutrition education and foods available at the school;
  - 5.2.3 Schedule nutrition break(s) that provides time for eating and recreation; and
  - 5.2.4 Be encouraged to limit the use of food as a reward.
- 5.3 All school communities will examine their nutrition practices and provide opportunities, support and encouragement for staff and students to consume healthy foods/beverages. In fulfilling this expectation, principals, in conjunction with their staffs, shall:
  - 5.3.1 Explore healthy fundraising options based upon foods from the “Choose Most Often” category and limit foods from the “Choose Least Often” category;
  - 5.3.2 Create an environment where healthy foods/beverages are available, affordable and promoted as the best choice;
  - 5.3.3 Review options with food suppliers to maximize the nutritional value of the items;
  - 5.3.4 Limit the number of items from the “Choose Least Often” category offered during special days;

# Comprehensive School Health

ABOUT AHS ▾

FIND HEALTH CARE ▾

INFORMATION FOR ▾

CAREERS ▾

NEWS ▾

AHS IN MY ZONE ▾

Home > Information For > Schools & Teachers > The Comprehensive School Health Approach

## Comprehensive School Health Approach

### The Comprehensive School Health Approach

Alberta Health Services  
Comprehensive School Health  
Working Group

Alberta Health Services  
Framework for the  
Comprehensive School Health  
Approach

Healthy School Policy

Introduction to the Comprehensive  
School Health Approach

Partnerships and Services

Steps for Building Healthy School  
Communities

Teaching and Learning

## The Comprehensive School Health Approach

A healthy school community is one that supports the wellness of all its members (students, teachers, staff, and parents) and strives to be a healthy setting for living, learning, and working.

### How Can You Build Healthy School Communities?

Comprehensive School Health is an internationally-recognized and effective approach for building healthy school communities. It can be used to address a variety of health issues and can improve health, education, and social outcomes for children and youth. The resources on this website are meant to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities.

Explore the topics below and discover resources to support healthy school communities:

- [Introduction to Comprehensive School Health](#)  
Learn about the basics of comprehensive school health and how it supports student health and educational success.
- [Steps for Building Healthy School Communities](#)  
Discover tools and templates that support the process of building a healthy school community.

### Resources

#### [Provincial Teacher Resource List](#)

This list includes both resources that can be used by teachers in the classroom and resources for teachers about specific health topics.

#### [Healthy Children and Healthy Teens Newsletters](#)

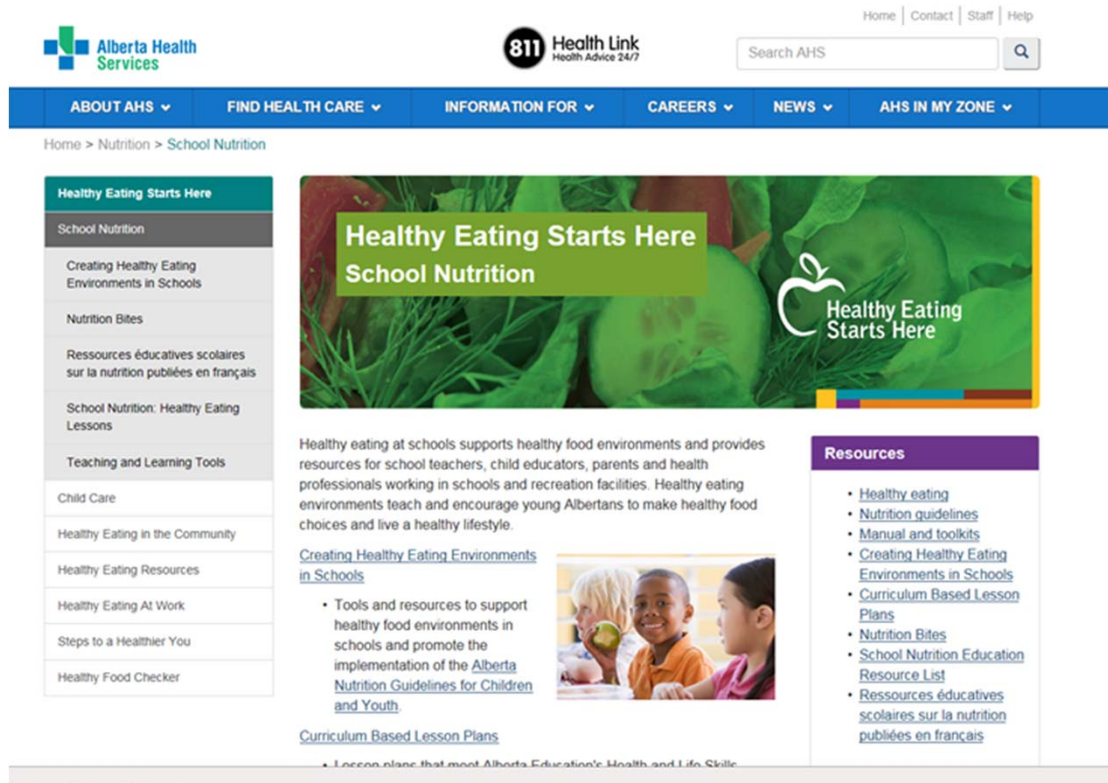
These newsletters are targeted at parents of both elementary students and junior/senior high students (available in English and French).

#### [Healthy Schools Calendar](#)

These calendars highlight a wide range of health promotion events and funding opportunities for schools.

#### [Webinar for Teachers](#)

# Healthy Eating Starts Here



The screenshot shows the website for 'Healthy Eating Starts Here' under the 'School Nutrition' section. The header includes the Alberta Health Services logo, a 'Health Link' 811 icon, and a search bar. A navigation menu lists: ABOUT AHS, FIND HEALTH CARE, INFORMATION FOR, CAREERS, NEWS, and AHS IN MY ZONE. The breadcrumb trail reads: Home > Nutrition > School Nutrition.

**Healthy Eating Starts Here**

**School Nutrition**

- Creating Healthy Eating Environments in Schools
- Nutrition Bites
- Ressources éducatives scolaires sur la nutrition publiées en français
- School Nutrition: Healthy Eating Lessons
- Teaching and Learning Tools
- Child Care
- Healthy Eating in the Community
- Healthy Eating Resources
- Healthy Eating At Work
- Steps to a Healthier You
- Healthy Food Checker

**Healthy Eating Starts Here School Nutrition**

Healthy eating at schools supports healthy food environments and provides resources for school teachers, child educators, parents and health professionals working in schools and recreation facilities. Healthy eating environments teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle.

[Creating Healthy Eating Environments in Schools](#)

- Tools and resources to support healthy food environments in schools and promote the implementation of the [Alberta Nutrition Guidelines for Children and Youth](#).

[Curriculum Based Lesson Plans](#)

- Lesson plans that meet Alberta Education's Health and Life Skills

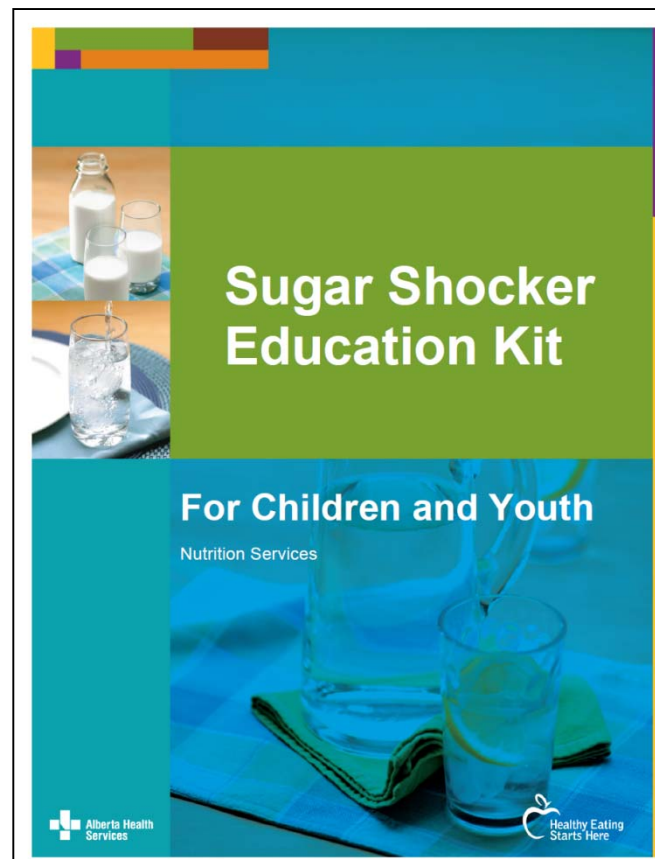
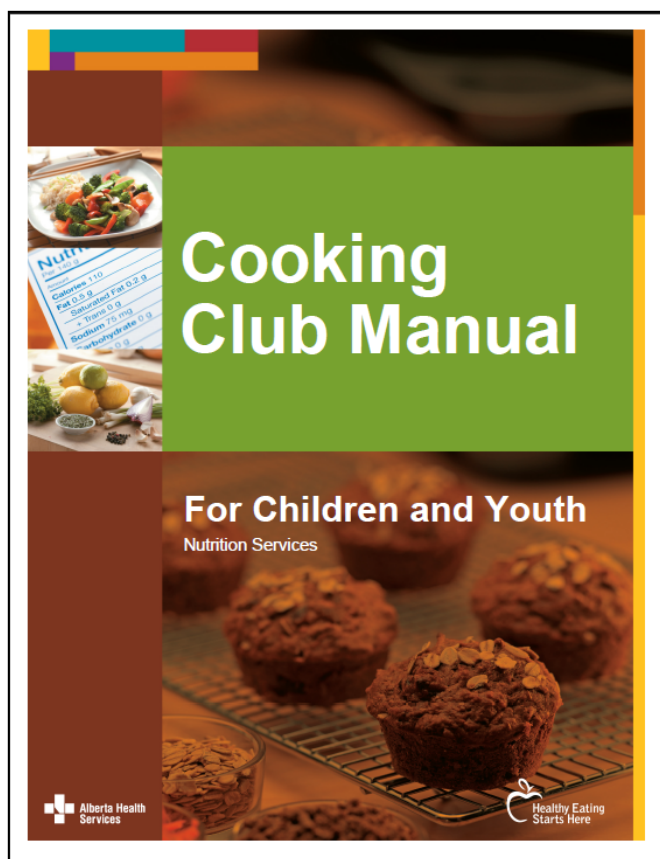
**Resources**

- [Healthy eating](#)
- [Nutrition guidelines](#)
- [Manual and toolkits](#)
- [Creating Healthy Eating Environments in Schools](#)
- [Curriculum Based Lesson Plans](#)
- [Nutrition Bites](#)
- [School Nutrition Education Resource List](#)
- [Ressources éducatives scolaires sur la nutrition publiées en français](#)

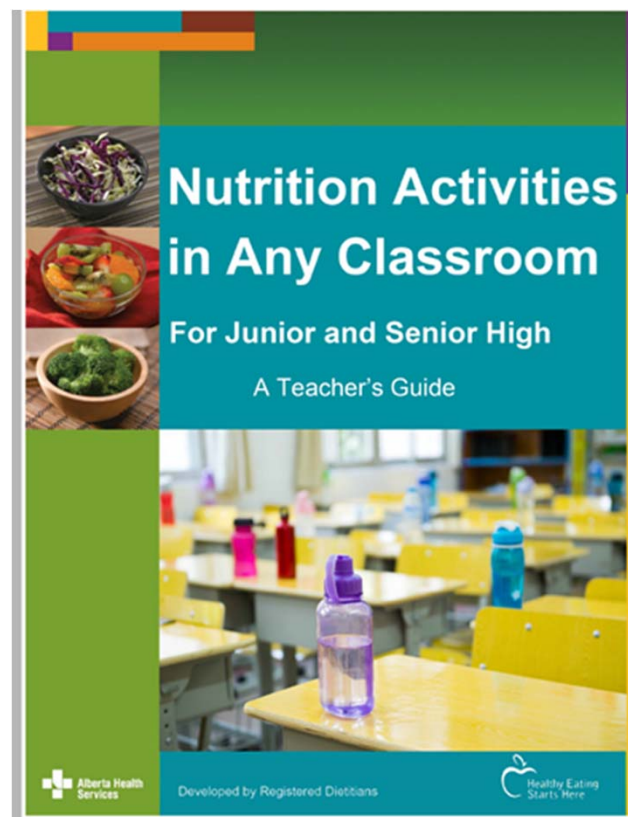
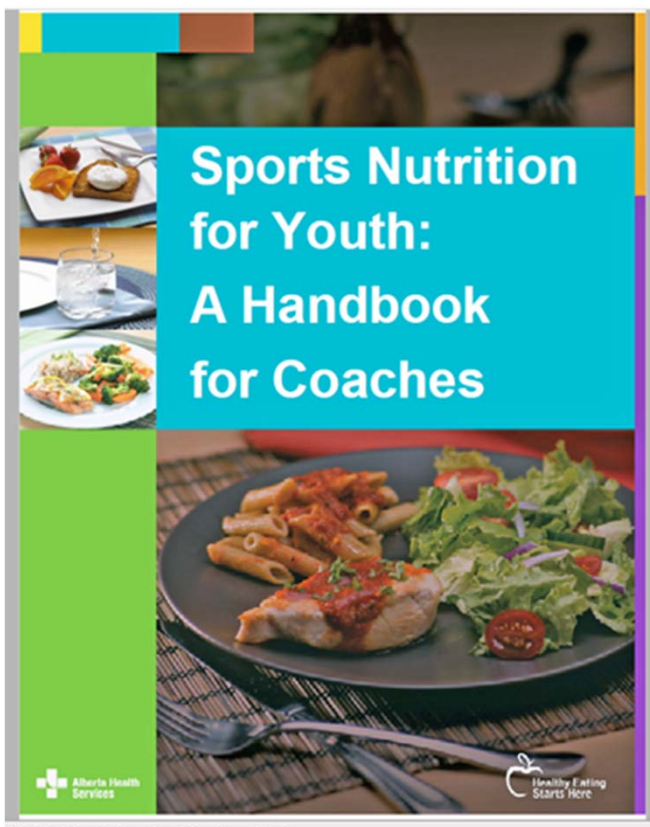
[healthyeatingstartshere](http://healthyeatingstartshere)




# Toolkits



# Toolkits



# Social & Physical Environment Resources



## Nutrition Bites

### Healthy Parties and Events for Kids

Hosting events for groups of kids (such as birthday parties, school events and sleepovers) in a healthy way can be a challenge. Food can take center stage, so offer healthy options in a way that is both fun and tasty!



### Build healthy food in as part of the event activities

#### Pizza Party

Let kids make their own mini pizza creation! Give each child a single-sized whole grain pizza crust, whole wheat English muffin or pita bread topped with tomato sauce. Offer a mix of toppings, such as chopped veggies, pineapple, cooked chicken or ground beef and top it off with low fat grated cheese. Bake until the cheese is melted and enjoy!

#### Smoothies

Let the children make up their own smoothies with fresh, frozen or canned fruit, different yogurt flavors and milk. Blend and serve!

#### Sparkling Punch

Swap pop for your own healthy drink—mix club soda with 100% fruit juice. Add slices or chunks of fresh, frozen or canned fruit.

#### Sweet Salad

Have each child bring a piece of fruit and make a big fruit salad.

#### Other tips

Ask parents if their child has any food allergies and how to manage them.

Don't forget about food safety, especially if your event is outdoors! Make sure to keep cold foods in the fridge or a cooler with freezer packs.

For more information on Healthy Eating, visit:  
<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

## Special Lunch Days

Having special lunch days is an important part of school activities. Teachers, parents and students all enjoy a break from regular brown bag lunches. Schools are encouraged to role model healthy eating and support the healthy development of students by offering healthy food choices.

Ordering foods from restaurants is convenient but can sometimes make it hard to find healthy food choices. This handout will help you make the best choices so that the special lunch days are fun and healthy!

### Making a healthy choice

Choose items that meet the 'Choose Most Often' and 'Choose Sometimes' criteria as listed in the *Alberta Nutrition Guidelines for Children and Youth*, found at [www.health.alberta.ca](http://www.health.alberta.ca).

Use the following tips:

- Use the nutrition information from your local food provider or restaurant and compare it to the *Alberta Nutrition Guidelines for Children and Youth*.
- For packaged food products and beverages, check the Single Serving/Packaged Food List. The foods in this list are examples of packaged products that meet the 'Choose Most Often' and 'Choose Sometimes' criteria. You can view the list at [www.alberta.ca/school\\_materials.htm](http://www.alberta.ca/school_materials.htm).
- Add additional foods, such as those listed in the 'Balancing the meal' section in this handout, to provide a healthy, balanced meal to the students. Meals should provide at least 3 of the 4 food groups from Canada's Food Guide, which is found at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).

### Pizza

For a healthier pizza choose:

- thin, whole grain crust
- lower fat cheese or have less cheese added (if only regular cheese is available)
- leaner meats, such as chicken, or lean ground beef, instead of pepperoni or sausage
- at least 2 vegetable toppings such as pineapple, tomato, onion, bell peppers and spinach or other vegetarian pizza
- tomato sauce instead of cream sauce or BBQ sauce
- a moderate portion size such as 1/6 or 1/8 of a 14 inch pizza

### Subs, pitas and sandwiches

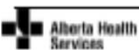
Subs, pitas or sandwiches can be excellent choices. For healthier subs, pitas and sandwiches choose:

- lean meats (turkey, chicken, or roast beef)
- lower fat cheese or have less cheese added (if only regular cheese is available)
- lower fat mayonnaise or ask for less mayonnaise (if only regular mayo is available)
- lots of vegetables
- whole grain breads, pita, wraps or rolls
- 4-6 inch portions

### Hamburgers

For healthier hamburgers choose:

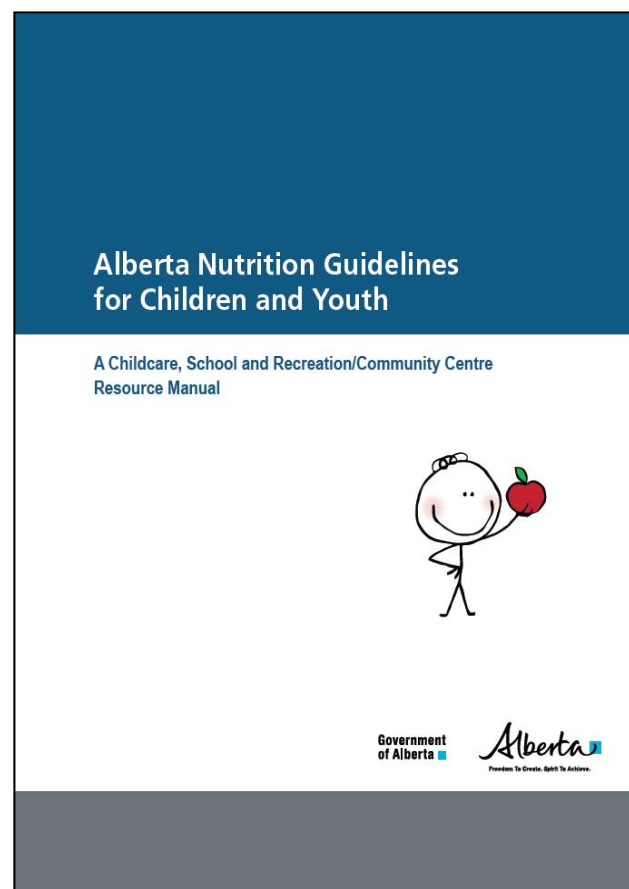
- lean or extra lean meat
- small, plain hamburgers (without excess sauces)
- grilled chicken or vegetarian burger
- whole grain buns
- lower fat cheese or have less cheese added (if only regular cheese is available)



Developed by Registered Dietitians/Nutritionists  
Nutrition Services

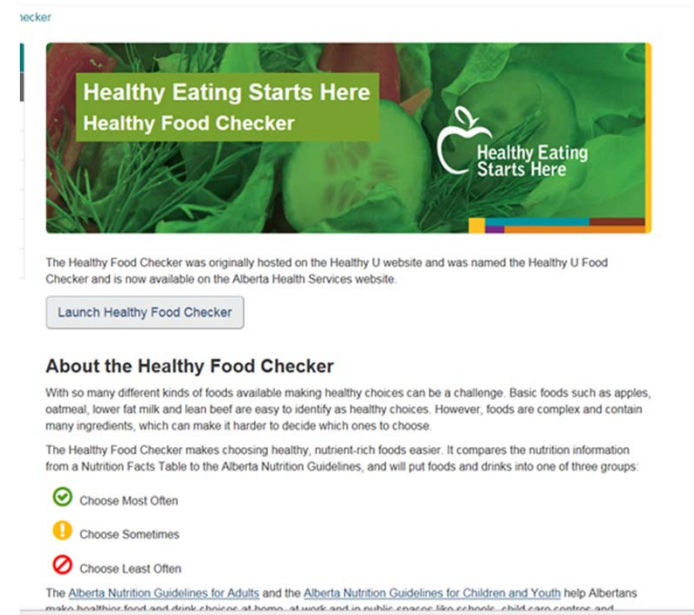
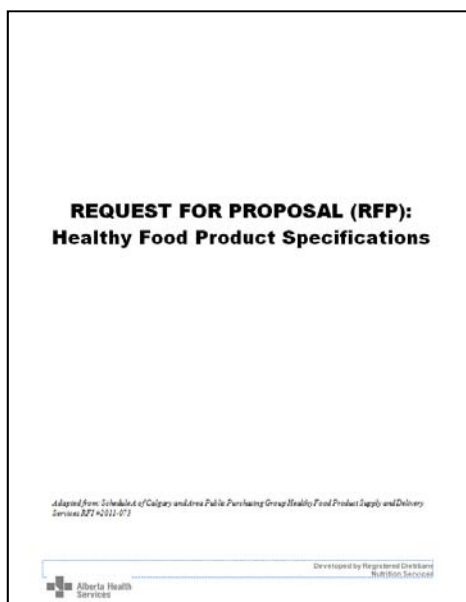
# Cafeteria: Resources

- Alberta Nutrition Guidelines
- [Special Lunch Days](#)



# Vending: Resources

- RFP: Healthy Food Product Specifications
- Healthy Food Checker ([Healthy Food Checker](#))





# THANK YOU!



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