

# Why Nutrition Is **IMPORTANT** in Your School

*Food choices children make directly influence learning and health.*

This section is intended to provide information, practical tools and resources recommended by Alberta Registered Nutritionists/Dietitians to help make the school environment one that fosters skills required for a lifetime of healthy nutritious habits. Please share this information with the individual responsible for the food choices within your school, e.g. an administrator, the cafeteria manager (page 27) or the fundraising committee (page 33).

*The information on this page has been adapted from Feeding The Future: School Nutrition Handbook, Calgary. Visit [www.calgaryhealthregion.ca/nutrition](http://www.calgaryhealthregion.ca/nutrition).*

## **EDUCATION AND HEALTHY EATING ARE INTIMATELY LINKED**

- ⊙ A study showed children who were at nutritional risk had significantly poorer attendance, punctuality and grades at school, and more behavioural problems. Adequate nutrition has been shown to improve learning skills, especially memory work.
- ⊙ When at school most children and youth will eat one meal or snack. While parents have the most impact on shaping students' eating habits, schools can reinforce healthy choices.
- ⊙ Most children learn about nutrition in the classroom but are given few opportunities to practice these lessons when food choices in vending machines, canteens, and at school events are often limited to the less nutritious choices. See "Serve Less Often" foods (page 28).

## **HEALTH RISKS**

- ⊙ The number of Canadian children who are overweight has tripled in the last 20 years to 30% and obesity levels have risen to 15%.
- ⊙ The increasingly high consumption of sugar-sweetened drinks by children is of serious concern. It is estimated that each additional can or glass of sugar-sweetened drink they consume every day increases the risk of becoming obese by 60%. (1)

- ⊙ Immediate health risks of poor nutrition include undernourishment, iron-deficiency anemia, overweight and obesity, eating disorders, unsafe weight loss methods and dental cavities. (2)
- ⊙ Up to 80% of coronary heart disease, 90% of Type 2 Diabetes and one third of cancers could be avoided by healthy eating, maintaining normal weight and exercising throughout life. (3,4)

(1) Mattes RD. Dietary compensation by humans for supplemental energy provided as ethanol or carbohydrate in fluids. *Physiology and Behaviour*, 1996, 59: 179-187.

(2) Stampfer MJ et al. Primary prevention of coronary heart disease in women through diet and lifestyle. *New England Journal of Medicine*, 2000, 343:16--22.

(3) Hu FB et al. Diet, lifestyle, and the risk of type II diabetes mellitus in women. *New England Journal of Medicine*, 2001, 345:790--797.

(4) Key TJ. The effect of diet on risk of cancer. *Lancet*, 2002, 360:861-868.

## **POOR EATING HABITS**

Recent research suggests that despite the importance of a healthy lifestyle, many school-aged children suffer from poor eating habits and physical inactivity.

- ⊙ Roughly three quarters of young Canadians do not consume the recommended five servings of fruits and vegetables daily.
- ⊙ Only 17% of Canadian children eat a lunch that includes choices from all four of Canada's Food Guide to Healthy Eating food groups. The predominant source of energy (>25%) in teenagers was from the "Serve Less Often" foods.



*When the home, school and community work together, an environment that supports healthy food choices will be created.*

*Contact your local Registered Nutritionist/Dietitian or Public Health Nurse for information and ideas.*



# School Food and Nutrition Policy

## A FOOD AND NUTRITION POLICY IS...

- ⊙ Established to make the healthy choice the easy choice.
- ⊙ A way to ensure that good nutrition is promoted both in theory and in practice.
- ⊙ A statement of philosophy and belief.
- ⊙ A direction for action.

## WHO BENEFITS FROM A POLICY?

- ⊙ **SCHOOLS-** Healthy choices enhance academic performance and concentration, eliminate inconsistencies and confusing messages about food and health, and reinforces messages learned in the classroom. In addition, vending revenues have the potential to increase when healthy choices are available.
- ⊙ **STUDENTS-** Making healthy choices are easier in an environment where nutritious foods are made available; students are exposed to a greater variety of choices that encourage healthy eating; consistent messaging reinforces classroom learning; students feel increased pride in their school.
- ⊙ **PARENTS-** Healthy choices positively influence student learning and behaviour; school councils don't have to debate the issue year after year; healthy choices at school may impact choices made at home.

## MAKING YOUR POLICY WORK...

- ⊙ Involve as many representatives from the school community as possible in policy development, e.g. students, teachers, parents, and administrators.
- ⊙ The policy should include all foods and beverages served or sold within the school and at school sponsored activities.
- ⊙ The policy should be widely publicized and apply to students, student organizations, staff and meal/snack providers.

Adapted from *School Food and Nutrition Policy*, HEAL BC. Visit [www.healbc.ca/schools.html](http://www.healbc.ca/schools.html).



## Sample Policy Guidelines:

- ⊙ **Snacks:** Only snacks belonging to one of the four food groups of Canada's Food Guide to Healthy Eating will be available at school food outlets.
- ⊙ **Pricing/promotion:** Nutritious foods are competitively priced and appropriately promoted and advertised.
- ⊙ **Fundraising:** In-school fundraising does not rely on the sale of non-nutritious foods.
- ⊙ **Beverages:** Our school will not enter into an exclusive "pouring rights" contract.

## OTHER AREAS A POLICY GUIDELINE CAN ADDRESS:

- ⊙ Foods available at special events, commercial vending/catering contracts, food packaging, waste and disposal, nutrition education for students/staff, support of local food producers, using food as reward, and many more, depending on the issues identified by your school community!

If you are writing your own policy, visit *Healthy Eating and Active Living in Schools (HEAL BC)* for further information, [www.healbc.ca/schools.htm](http://www.healbc.ca/schools.htm).

Seek out your jurisdiction's *Food and Nutrition Policy* and consider how it can apply to your school. If your jurisdiction does not have a policy, advocate for one! Visit [www.cspinet.org/schoolfood](http://www.cspinet.org/schoolfood) for advocacy ideas.

Visit <http://departments.oxy.edu/uepi/schoolfood-schecklist.htm> for a *Healthy School Food Policies checklist*.

## Success story!

*Ecole Elbow Valley Elementary (EEVE) Calgary*

*MUNCH (More Understanding of Nutrition for Children's Health) is a program that the EEVE School Council formed to engage the entire school community (e.g., parents, teachers, staff and students) in an ongoing effort to improve nutrition in the school. They have developed nutrition policies, made healthy changes to their menu, linked the upcoming projects to their school website and have a monthly newsletter. They also implemented a feedback process to allow people to voice their concerns. They have also partnered with JUGO JUICE to offer healthy food at a reasonable cost.*



*Personal Health  
W-9.5*

*Students will develop strategies that promote healthy nutritional choices for self and others; e.g., adopt goals that reflect healthy eating, encourage placement of nutritional foods in vending machines.*

# Give Your School a Food Makeover

## Canteens, cafeterias and vending machines

### Success story!

River Heights Elementary  
Medicine Hat

At the start of the 2003-2004 school year the teachers and parents of River Heights began a search for healthier food choices because they saw the need. The school sought alternatives to their Hot Lunch program as well as items served within the school cafeteria.

They began to offer such items as apple-sauce, fruit cups, yogurt tubes, fruit-to-go, pure fruit juices, milk, soup cups, pretzels and Rice Krispie squares. Although they still sold bagel bites and mini pizzas as a main food item, the children in the school still bought the healthy food choices and the school has not lost money in the process.

Many schools are reluctant to change the foods they sell for fear of losing much-needed funds. However, many parents are more willing to give their children money for food when they know that healthy choices are available. As a result, many schools have been able to maintain a profit while improving nutrition among students and staff.

While all foods can be part of a healthy diet, there are some foods that are higher in nutrition and should be "Served Most Often" (page 28) while those of lower nutrition (e.g., empty calories, high fat, high sugar) should be "Served Least Often". REMEMBER, students are more likely to make healthy choices if they are readily available.

### Canteens and Cafeterias

Students need healthy foods to help them grow and learn. When selecting snack and meal ideas, choose foods that are lower in salt, fat and/or sugar. Use the four food groups of Canada's Food Guide to Healthy Eating and the information found on the Nutrition Facts label to guide you in making nutritious choices. Helpful information about reading nutrition labels can be found at [www.healthyeatinginstore.ca](http://www.healthyeatinginstore.ca).



<b>Grain Products</b> <b>5-12</b> SERVINGS PER DAY	<b>1 Serving</b> 1 Slice Cold cereal 30 g Hot cereal 175 mL 1/4 cup	<b>2 Servings</b> 1 Bagel, Pita or Bun Pasta or Rice 200 mL 1 cup
<b>Vegetables and Fruit</b> <b>5-10</b> SERVINGS PER DAY	<b>1 Serving</b> 1 Medium Size Vegetable or Fruit Fresh, Frozen or Canned vegetables or fruit 125 mL 1/2 cup Juice 200 mL 1 cup 125 mL 1/2 cup	
<b>Milk Products</b> <b>SERVINGS PER DAY</b> Children 4-8 years: 2-3 Youth 9-18 years: 3-4 Adults: 3-4 Pregnant and Breast-feeding Women: 3-4	<b>1 Serving</b> 250 mL 1 cup Cheese 30 g 1/4 cup 175 g 3/4 cup	
<b>Meat and Alternatives</b> <b>2-3</b> SERVINGS PER DAY	<b>1 Serving</b> Meat, Poultry or Fish 90-100 g 1/2-2/3 cup 1-2 Eggs Tofu 120-200 mL 1/2-1 cup 100 g 1/2 cup Nuts 30 mL, 2 tbsp	

For a free copy of Canada's Food Guide to Healthy Eating visit [www.hcsc.gc.ca/hptb-dgpsa/onpp-bppn](http://www.hcsc.gc.ca/hptb-dgpsa/onpp-bppn) or contact your local Health Region Office

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If you are not the individual responsible for the cafeteria food choices please share pages 27-30 with the cafeteria manager or the administrator responsible for this area.



# Live Outside the French Fries Box:

## Guidelines to Help Your School Make Healthy Food Choices

### Serve Most Often

GRAIN PRODUCTS		MILK PRODUCTS	
Whole grain bread/toast/bun Home made muffins Pasta/rice/whole wheat or rice noodles Unsweetened/low sugar cereals English muffins	Homemade whole wheat banana bread Roti Baked Bannock Whole-wheat bagels/pita/bread Whole grain crackers Tortillas/rice cakes	Low fat cheese (e.g. cheddar <20% MF) Cottage cheese Milk based soups Yogurt Low fat milk (1% and skim) Fortified soy beverage	
VEGETABLES & FRUIT		MEATS & ALTERNATIVES	
Fresh/unsweetened frozen fruit Canned fruit in juice Raw/ cooked vegetables	Unsweetened juices Vegetable soups *Dried fruit (no sugar added) Baked potatoes	Cooked beans and lentils Canned fish (packed in water) Eggs Ham	Fish/seafood Lean cuts of beef/pork **Peanut butter/nuts Tofu Lean cuts of chicken/turkey

### Serve Sometimes

GRAIN PRODUCTS		MILK PRODUCTS	
Granola/granola bars Plain popcorn/pretzels Fruit crisps/cobblers White bread/crackers (e.g. soda)	Plain homemade cake **Cookies (made with oatmeal, peanut butter or dried fruit) Croissants Biscuits	Eggnog Milk puddings Ice cream ***Flavoured milk Low fat milk (1% and skim)	Frozen yogurt Regular cheese Custards Processed cheese slices
VEGETABLES & FRUIT		MEATS & ALTERNATIVES	
Fruit in syrup Vegetables with sauces or breading		Wieners/sausages Canned luncheon meats Pepperoni sticks Deli meats	Fish sticks Breaded meat strips Canned fish (in oil)

### Serve Least Often

These foods are high in sugar, fat or salt and should not be every day choices.

Pastry/danishes	Cookies (with icing)	Gravy
Syrup/honey	Frozen ice treats (popsicles)	*Fruit leather with sugar added
Pie	Cheese puffs	Milkshakes
Cream cheese	Presweetened cereals	Whipped cream
Cakes with icing	Soft drinks	French fries
Chocolate/candy	Sherbet	Sport drinks
Chilled coffee drinks	Cheese spreads	Flavored popcorn/chips
Sticky buns	Bacon	Jams/jellies
Sour cream	Fruit drinks (e.g. punch)	Instant packaged noodle soups
Chips	Flavored jelly powder	Poutine

Source: Good Nutrition at School, David Thompson Health Region

\* These foods are sticky and tend to stick to teeth, increasing the risk of tooth decay. When these foods are eaten with meals, the risk of tooth decay is lower. The risk is lower yet if these foods are eaten and followed by brushing, rinsing with water, eating a piece of cheese or chewing a piece of sugarless gum.

\*\* Check for students' food allergies before serving food at school.

Resources for allergies:

Calgary Allergy [www.calgaryallergy.ca](http://www.calgaryallergy.ca).

\*\*\* Although the nutrient content is similar, white milk is a better choice over flavoured milks because it has fewer calories and less sugar.

#### TIPS:

**Milk Products:** aim for 2% MF (milk fat) or less, aim for 15% RDI of calcium and 25% RDI of Vitamin D per serving

**Grain Products:** aim for 2g of Fibre or more per serving

**Meats and Alternatives:** aim for 5% RDI or more of B vitamin and iron per serving

**Vegetables and Fruit:** a good source of Vitamin C (aim for 30% RDI), Vitamin A and Folic acid (aim for 15% RDI)

**For all food groups:** Aim for less than 2 g saturated fat/serving and no hydrogenated vegetable oil/vegetable oil shortening or added "trans fats"

\*RDI=Recommended Dietary Intake

Adapted from: The Role of Schools in Promoting Healthy Eating as well as Dietitians of Canada – School Food and Nutrition Recommendations for Ontario Ministry of Education [www.dietitians.ca/news/media.asp](http://www.dietitians.ca/news/media.asp)

# Tips for Making Your Food Makeover a Success

## Success story!

Lac La Hache  
Elementary

British Columbia

"We purchased a stove with our funding and the parent volunteers in our hot lunch program were gratified that they had the proper equipment that did not burn the food. The kids were enthusiastic about the new menu items, especially the soft tortillas."

Adapted from *Making Your Cafeteria More Nutritious, Feeding The Future: School Nutrition Handbook, Calgary*. Visit their website: [www.calgaryhealthregion.ca/nutrition](http://www.calgaryhealthregion.ca/nutrition).

Being a role model is an important part of a supportive environment. Eat healthy foods and encourage those around you to do the same.

Among teenagers, 78% of vending machine purchases occur at school. Of these, 64% of purchases include a beverage, 32% candy/gum, and 26% salty snacks. *A Day in the Life of a Teen's Appetite*. New York, NY: Channel One Network; 1998

BEFORE THE MAKEOVER...	AFTER THE MAKEOVER...
Cafeteria classics such as hamburgers and pizza.	Make small changes: using lower fat cheese, light mayo and whole grain buns/whole wheat crust; add more vegetable toppings.
French fries on the side.	Side salad or baked/roasted potatoes.
Deep fried and breaded meats.	Grilled meat sandwiches or smaller regular burgers.
Mayonnaise, butter or margarine, sour cream, gravy, high-fat dressings.	Low-fat dressings, mustard, BBQ sauce.
High fat snacks such as regular chips, sour cream dips, ice cream or milkshakes.	Baked corn/potato chips, salsa, frozen yogurt or fruit smoothies.

## Tips for Success

- ⊙ Ask students for their input on what foods they would like to eat. You may be pleasantly surprised.
- ⊙ Consult your community nutritionist for ideas of what healthy foods to serve in your school.
- ⊙ All foods can fit! If foods that are considered "Serve Least Often" are served (e.g. French fries), offer a combo special with something from the "Serve Most Often" food list (page 28). Also ensure that small sizes are available for the less healthy choices.
- ⊙ Buying in bulk is generally cheaper. Consider buying a large package and portioning into smaller servings. e.g. buy a large container of yogurt instead of individual serving sizes. For more great ideas visit [www.calgaryhealthregion.ca/nutrition](http://www.calgaryhealthregion.ca/nutrition).
- ⊙ To reduce costs, buy local produce and fresh produce when it is in season; canned or frozen is just as good and you may wish to use it between seasons (e.g. buy fresh berries and peaches in the summer; frozen and canned ones in the winter, or apples in the fall). Visit Alberta Farm Fresh Producers Association [www.albertafarmfresh.ca](http://www.albertafarmfresh.ca).
- ⊙ Partner with programs such as Alberta Milk's School Milk Program and offer nutritious snacks alongside it. Visit [www.albertamilk.com](http://www.albertamilk.com).
- ⊙ Consider adding a milk vending machine in your school. Contact your local milk supplier.
- ⊙ Put high nutrient foods up-front-and-centre where students can see them.
- ⊙ Offer "combos" that reflect all four food groups. e.g. Sandwich, piece of fruit and milk; baked meat, vegetable, pasta and yogurt.
- ⊙ Have a "hot sellers" snack section filled with healthier snacks.
- ⊙ Consider lowering the price of healthy food choices.
- ⊙ Offer frequent purchase cards e.g. buy 4 healthy combos and get the 5th at half price.
- ⊙ Discount days; e.g., Thirsty Thursdays with \$0.50 milk and juice.
- ⊙ For more great ideas see Top 30 Food Choices for Canteen or Cafeterias (page 30).
- ⊙ Introduce new items one or two at a time. Change less healthy choices to healthier ones until they are all eliminated.

Did you know that one can (355 mL) of regular pop contains 10 teaspoons of sugar and zero nutrients? Sport drinks and fruit drinks (e.g. punches, cocktails) are just as sugary and are often in bigger bottles than pop cans, thus more sugar and very little nutrients!

What about diet pop? Even though diet pop contains no added sugar it can cause dental enamel to erode.(1) Diet pop can also displace other more nutritious drinks, such as milk and 100% unsweetened juice.(2) Many varieties of diet soft drinks also contain caffeine – see Page 31.

(1) *Dissolution of dental enamel in soft drinks* J. Anthony von Fraunhofer, MSc, PhD, FADM, FRSC, Operative Dentistr (2004)

(2) Adapted from: *Capital Health/Caritas; Sugar Shocker Education Kit*

# Add Nutrition to Vending Machines, Concessions, Canteens, Coffee Room Refrigerators and Snack Boxes

Offering healthy food and drinks is possible, even in a vending machine! Each slot in a school vending machine should be dedicated to high-nutrition choices like milk, fruits, vegetables and whole grains. Instead, they are often filled with pop, candy bars, chocolate, cookies, chips and other low-nutrition foods. Many vendors will supply products that a school requests.

## COMMON BEVERAGES SOLD IN SCHOOLS

	SUGAR (TSP)
Water	0
1% Milk (250 mL)*	3
Chocolate milk (250 mL)	5
1% Milk bottles (500 mL)*	6
Juice, unsweetened*(1 juice box- 250 mL)	7
Chilled coffee drinks (281 mL)	8.25
Fruit drink (1 cup- 250 mL)	8.5
Regular pop (1 can-355mL)	10
Sport drink (1 bottle- 591mL)	12
Flavoured milk (500 mL, 2 servings)	12.5
Slush drink (795 mL)**	13
Regular pop (1 bottle- 600 mL)	17

\* Naturally occurring sugars

\*\* Sugar in slush drinks vary - many slush drinks of the same size have much more sugar than this - up to 25 teaspoons

[TIP: Most of the sugar we eat is hidden]

Source: Capital Health/Caritas Sugar Shocker Education Kit

## TOP 30 FOOD CHOICES FOR CANTEENS AND CAFETERIAS

If your school does not have the resources to prepare homemade products, you can stock up with some of these healthier prepackaged products!

NON-PERISHABLE		PERISHABLE
<ul style="list-style-type: none"> <li>Granola bars (not dipped)</li> <li>Fruit/vegetable bars</li> <li>Oatmeal raisin cookies, ginger snap &amp; peanut butter cookies</li> <li>Rice crisp cereal squares</li> <li>Rice cakes</li> <li>Low fat crackers and cookies</li> <li>Crackers &amp; cheese or peanut butter*</li> <li>Pretzels</li> <li>Bottled water</li> </ul>	<ul style="list-style-type: none"> <li>100% Fruit or vegetable juice</li> <li>Applesauce cups</li> <li>Canned fruit, packed in juice</li> <li>Dried fruit or fruit leathers*</li> <li>Milk puddings</li> <li>Tuna/salmon snack kits</li> <li>Beef/pork jerky</li> <li>Nuts and seeds</li> <li>Trail mix</li> </ul>	<ul style="list-style-type: none"> <li>Bran or oatmeal muffins</li> <li>Vegetables &amp; dip</li> <li>Fresh fruit</li> <li>Frozen juice bars</li> <li>Chocolate or flavoured milk</li> <li>Milk (1% or Skim)</li> <li>Cheese slices</li> <li>Cheese strings</li> <li>Yogurt cups or tubes</li> <li>Rice pudding</li> <li>Variety subs &amp; donair sandwiches</li> </ul>

Source: Adapted from the Public Health Nutritionists of Saskatchewan working group



Wellness Choices	
Personal Health	W(K-9)-5
Safety & Responsibility	



### Activity:

When talking with students about sugar in common beverages, try adding the teaspoons of sugar to water and see if students think this is appetizing. For older students, you could ask them to calculate how many teaspoons of sugar they consume in an entire week from beverages. You could then measure out the amount for them to visualize.

1 tsp = 16 calories

\*explanation on page 28

\*\*explanation on page 28

# Live Outside the Vending Machine...

*Not all drinks are equal in nutrition.*

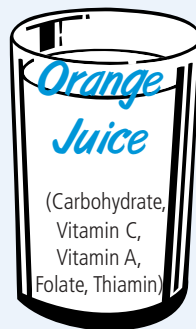
Below are the nutrient contents of 6 common beverages. Post this information on vending machines at school to spread the message!



= Strong bones



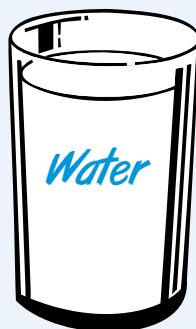
= Excess weight gain, dental cavities and irritability



= Healthy immune system



= Excess weight gain and dental cavities



= Hydration



= Excess weight gain, dental cavities and electrolytes



Children who consume soft drinks average one less serving of milk each day. (Source: Market Facts 1998, 1997 Canadian Eating Habits.)

## PORTION DISTORTION

*It's amazing how portions have changed!*



**SODA 20 YEARS AGO**  
6.5 ounces  
85 calories



**SODA TODAY**  
20 ounces  
250 calories

Source: National Institute of Health  
<http://hin.nhlbi.nih.gov/portion/>

Literature states there is a relationship between the consumption of sugar-sweetened drinks and childhood obesity Source: Capital Health/Caritas, Sugar Shocker Education Kit.

To help you learn more about reading food labels visit the virtual grocery tour at [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca).

Some beverages, such as cola, contain caffeine. Caffeine can cause children to feel irritable, restless and have difficulty sleeping potentially affecting their ability to learn and concentrate

Milk, water and 100% unsweetened juice provide the most nutritional bang for your dollar.



# Live Outside the Donut Box

## Ideas for Classroom Snacks, Parties and Staff Meetings

Healthy classroom snacks are a great idea for many reasons, students who eat a healthy balanced diet are more likely to have better concentration and providing an opportunity for students to try new foods can make nutrition a positive experience.

“Live Outside the Donut Box” when planning classroom celebrations, try foods that are delicious and nutritious. If parents are bringing food to the classroom, ask them to bring healthy snacks that follow Canada’s Food Guide to Healthy Eating.

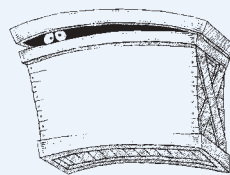
- ⊙ Fresh fruit kabobs – apples, oranges, pineapple, kiwi, blueberries, plums, bananas, grapes.
- ⊙ Trail mix, sunflower seeds.
- ⊙ Mini-pizza on English muffins.
- ⊙ Vegetables- baby carrots, green or red pepper strips, “ants on a log”, and broccoli with low-fat dip.
- ⊙ Low-fat baked tortilla chips with salsa and bean dip.
- ⊙ Pretzels, animal/graham crackers, popcorn mix (popcorn, raisins and peanuts), oatmeal raisin cookies, mini bagels.
- ⊙ Low-fat string cheese, cheese kabobs.
- ⊙ Yogurt, yogurt parfaits (fruit and yogurt topped with granola).
- ⊙ Crackers with low-fat cheese.
- ⊙ Hot, soft pretzels with mustard.
- ⊙ Hummus with whole-wheat pita wedges or vegetables.
- ⊙ Sub sandwiches on whole grain bread, lean meats, and cheeses, topped with lettuce, tomato and peppers, dressed with mustard, oil and vinegar or low-fat mayo.
- ⊙ 100% fruit juice, milk, water.

## Alternatives to Food Rewards

Rewarding children with food can contribute to health problems, interfere with eating in response to hunger and fullness cues, and contradict nutrition messages learned in the classroom.

Food Rewards can develop habits that stay with children throughout their school careers...and their lives! Students can learn to expect something in return instead of helping for the intrinsic value. If you plan to use rewards, here are a few alternatives to consider:

- ⊙ Pick a prize from a treasure box filled with non-food items e.g. stickers, bubbles, jump ropes, puzzles, key chains, yo-yo’s, charms, trading cards, pencil toppers, coupons for extra credit.
- ⊙ Help the teacher e.g. distribute handouts, sharpen pencils, help teach class.
- ⊙ Sit by friends.
- ⊙ Computer time.
- ⊙ Extra reading time.
- ⊙ Reduced homework or give a homework pass.
- ⊙ A few minutes of “free choice” time at end of class.



## EASY GUIDELINES FOR COORDINATING FOOD FOR SCHOOL EVENTS

- ⊙ Choose whole grain products.
- ⊙ Include at least one fruit or vegetable. Two or three is ideal.
- ⊙ Limit “Serve Least Often” (page 28) foods to no more than two at one meal or function.
- ⊙ Drinks: Offer water, low fat milk and/or 100% fruit juice in addition to other items.
- ⊙ Watch portion sizes on items like muffins and cookies. They are often double or triple the recommended serving size.
- ⊙ Offer condiments on the side (mayonnaise, butter, salad dressing).



Personal Health

W-5.5

Students will examine ways in which healthy eating can accommodate a broad range of eating behaviours; e.g., individual preferences, vegetarianism, cultural food patterns, allergies/medical conditions, diabetes.

## Success story!

Wilson Middle School

Lethbridge

To kick off the fall/winter Alberta Health and Wellness – Healthy U Community Choosewell Challenge in September 2004, students and staff of Wilson Middle School in Lethbridge created Alberta’s largest tossed salad – the size of a hot tub!

Now that’s a challenge! See what your school can do. Try a “bake sale” of healthy food items and raise money or have a contest to see who can make the healthiest yummiest muffin!

Adapted from *Food for Thought, Healthy Food Guidelines for Schools*, Lexington- Fayette County Health Department

## Success story!

Vermillion School  
Vermillion, AB

Snacks that Make the Grade! Teachers collected snack wrappers from students and then graded them according to an A, B, C & D scale. For example, Grade A snacks were generally low in fat and sugar and provided essential nutrients for growth and development. Grade D were snacks that were high in fat, sugar, low in fiber and had no nutritional value. Classes as a whole would be compared so as to not single out individual students.



# Live Outside the Chocolate Almond Box

## Explore fundraising beyond the chocolate almond boxes!

Fundraising is more important than ever as many schools today face the challenge of doing more with less. While generating funds is the primary purpose, it is also important to consider what will be learned through the process.

### THINGS YOU CAN SELL: *(note these are only a few examples, not intended to be a complete listing)*

- ⊙ Popcorn Examples:
  - Pop and portion into baggies, toss with parmesan cheese or chili powders.
- ⊙ Voucher Examples:
  - Contact your local grocery store and ask if they have a fundraising program.
- ⊙ Pasta Examples:
  - Great Canadian Fundraising Products - Pasta Packs, Sauce Mix Packs, Pasta Poppers (snacks) and seasoning. Foods for school breakfast and lunch programs and vending machines are also available. Toll-free (877) 414-0186 [www.canadianfundraisers.com](http://www.canadianfundraisers.com).
- ⊙ Fresh Fruit Examples:
  - Ever-Krisp Fundraising Ltd. (part of Students Union Ticket Pak Ltd. [www.sutp.com](http://www.sutp.com), BC apples, Citrus fruits and mandarin oranges, vary with season.
  - Sunsweet Fundraising Inc - Citrus fruit. Toll-free (800) 268-1250.
- ⊙ Other Food Examples:
  - Kellogg's has cereal and granola bars and cash donations depending on the project. Requests in writing only. Kellogg's Canada Inc. 5350 Creek Bank Rd. Attn: Corporate Affairs Office Mississauga, ON L4W 5S1
- ⊙ Personalized Item Examples:
  - School name on t-shirts, watches, mugs, pens, and fabric lunch bags). Look in the Yellow Pages under "Promotional Items".
  - Stuck on You [www.stuckonyou.ca](http://www.stuckonyou.ca) Toll-free (866) 904-9790 Fax (604) 904-9791.
- ⊙ Picture it Examples:
  - Take pictures of students with milk mustaches and sell for \$1. Mix ice cream and small amount of milk in a blender and have students drink in small Dixie cups.
- ⊙ Coupon Book Examples:
  - Student Union Ticket Pak Ltd. [www.sutp.com](http://www.sutp.com), Toll-free (800)-667-WINS (9467).
  - Entertainment Treasure Chest [www.entertainment.com](http://www.entertainment.com) (Both companies also have gift-wrap).
- ⊙ Flower Examples:
  - Daffodil Days.

### THINGS THAT INVOLVE SCHOOL/COMMUNITY:

- ⊙ Fruit or veggie-gram. Students can purchase an apple or bag of veggie sticks to send to a friend with a personalized message. Or card-gram, flower-grams.
- ⊙ Agendas or day planner – include school events, holidays, test days and dances.
- ⊙ Cookbooks (collect recipes from families and staff).
- ⊙ Singing telegrams – get the school choir involved!
- ⊙ Craft sale – coordinate with home economics to have projects suitable to sell.
- ⊙ Greeting cards - students design cards to sell, consider having them printed professionally.
- ⊙ School BBQ - invite the community to join in the fun!
- ⊙ Organize a walk, bike, jump rope, sled, bowl, skate, spell or read-a-thon.
- ⊙ Sport tournaments – charge teams an entrance fee.
- ⊙ "Service" or GST auction = Goods, Services and Talents – students and teachers volunteer to provide a service of their choice for the winning bidder.
- ⊙ Talent shows/recitals/lip-sync contests – can charge small admission fee, call local businesses to donate prizes.
- ⊙ Organize a rummage sale and ask for items to be donated.
- ⊙ Penny wars – have classrooms collect loose change. Pennies = 1 point, nickels = 5 points, quarters = 25 points. The team with the most points wins.
- ⊙ Volunteer - provide a rent-a-teen-helper to the community – rake leaves, water plants, walk dog.
- ⊙ Organize a Bottle Drive.

*Adapted from Fundraising Ideas for Calgary Schools, Feeding The Future: School Nutrition Handbook, [www.calgaryhealthregion.ca/nutrition](http://www.calgaryhealthregion.ca/nutrition) Calgary; and Making the Transition: How to get healthier food choices into canteens, vending machines, fundraisers and school functions, Peace Country Health.*

# Live, Love, Laugh and Learn

## Keys to a positive self-esteem and body image!

Body image is what you think you look like and how you feel about that. Having a positive body image makes you feel good about yourself and contributes to general well-being and positive self-esteem. affecting how you approach your day-to-day life. Negative body image can be associated with problems such as low self-esteem, teasing and bullying, smoking, substance abuse, depression, unhealthy dieting, and even eating disorders. Teaching students to take care of their bodies is critical to promoting positive body image; this includes healthy eating, active living, effective stress management, and learning positive communication skills.

- ⊙ Messages all around us make us want to have the unrealistic “ideal” body. Help students to understand that people come in a variety of shapes and sizes. Accept students the way they are, tall or short, large or small. Avoid making critical comments about a student’s body, physical appearance or features.
- ⊙ Be aware of the non-verbal messages sent. Take care not to criticize your own body. Pay attention to comments made about the appearance of others.
- ⊙ Enjoy each student’s unique qualities and let them know that you do. Focus on strengths and abilities, not physical appearance.
- ⊙ Help students become well-rounded, supporting their unique skills and interests in hobbies, friendships and activities.
- ⊙ Discuss the false and unrealistic images portrayed in the media. Discuss the TV promises of talent, competence, and love for the “perfect” shape are misleading and dangerous.
- ⊙ Help students develop skills to deal with teasing and bullying. Teasing about appearance is not okay.
- ⊙ Promote healthy eating to be healthy, not to lose weight.
- ⊙ Being active is one of the best ways to promote positive body image. Find an activity that the class enjoys and make physical activity a part of everyone’s routine. Role model the importance of being active for fun, enjoyment and health.

(Adapted from: *Healthy Eating and Active Living for Toddlers and Pre-Schools and The Alberta Health and Wellness publication, 2005*).

### The Perfect Body



Wellness Choices	
Personal Health	W-7.4
Safety & Responsibility	

- GET READY** ⊙ Collect pictures of celebrities and models who represent the “perfect body” or lifestyle.
- ⊙ Discuss the idea that body image is learned and discuss how media influences what the current “perfect body” or lifestyle is.
- EXPLORE** ⊙ Brainstorm a list of criteria for “the perfect body”. Discuss how most people may not meet these criteria but can still look and feel good anyway.
- ⊙ In small groups, create a story board, powerpoint presentation or slide show for a public service ad promoting self-acceptance and a realistic perspective on body image.
- ⊙ Display the products throughout the school community.

Reference: *Kindergarten to Grade 9 Health and Life Skills Guide to Implementation, Alberta Education, 2002 page 466*  
[www.education.gov.ab.ca/k\\_12/curriculum/bysubject/healthpls](http://www.education.gov.ab.ca/k_12/curriculum/bysubject/healthpls)



Wellness Choices	
Personal Health	W(K-9)-4
Safety & Responsibility	



Benefits of Health	
Functional Fitness	
Body Image	B(K-30)-4
Well-Being	

Parents and teachers are powerful role models and can influence how children of all ages feel about their body. Focus on promoting positive self-esteem and positive attributes to foster healthy body images.

### CLASSROOM ACTIVITY:



Wellness Choices	
Personal Health	W-2.3
Safety & Responsibility	

Have students color a star and put their picture inside it. On the bottom of the star, complete the statement “Some things I like about me are: \_\_\_\_”. Hang the stars from the ceiling or post a few stars every month through-out the school year.

### Great websites to check out!

- ⊙ Visit [www.missionnutrition.ca](http://www.missionnutrition.ca) to find more activities for all ages to promote healthy body image.
- ⊙ Visit [www.cca-canada.com](http://www.cca-canada.com) to learn about helping your students be media wise.
- ⊙ Visit [www.crha-health.ab.ca/eatingdrs/bodyimage/](http://www.crha-health.ab.ca/eatingdrs/bodyimage/) for information on the Body Image Resource Collection