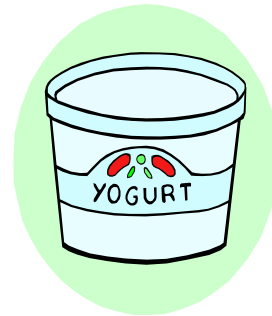


YOUR GUIDE TO HEALTHIER FOOD CHOICES AT SCHOOL



Interested in creating some **CHOICES IN** your canteen, cafeteria or vending machines?

Here is a handy guide filled with **IDEAS!**

Prepared by the Public Health Nutritionists of Saskatchewan Working Group, September, 2005
For more information, contact a Public Health Nutritionist at 766-7777.

Does Your School Give You Choices?

We learn about healthy eating in the classroom BUT do we have the opportunity to make **HEALTHY CHOICES** at school?

So what can you do about it?

You can create choices in your school.

Who better to make some **CHANGES** for the health of your school than **STUDENTS LIKE YOURSELVES?**

Students may be making food choices at these locations or events:

Canteen

School fundraisers

Social events (i.e. school dances and plays)

Sports events

Classroom

Field trips





1st Step.....talk to the people involved.

Discuss your plan with those in charge of purchasing and serving foods. Explain the reasons to offer healthier choices to students. Use the "*Nutrition in Children and Youth*" sheet to help you. Provide example of healthier choices (see examples provided in this package). Getting their involvement will be helpful to you and your cause. You may want to start up a nutrition committee.



2nd Step...Find out if nutritious choices are available.

Conduct a survey to find out if healthy choices are available at some or all of the locations and events listed on page 2. Get a group of interested people (or a class) to help you. Use the survey sheet attached (page 5) and sample (page 6).

- List the foods and drinks available at the chosen locations or events. Review the hand-out "*Nutrition Guidelines for Schools*"
- Determine which category the food or drink belongs to.
- Based on your results discuss the following with other students:
 - Are healthy choices available?
 - Are most of the choices less nutritious foods and drinks?
 - Is their enough variety of nutritious foods and drinks for students to make healthy choices?

3rd Step... Make changes

Report your findings to your school. Share with students, teachers, parents and principals and those in charge of providing foods in the school. Report your results by making a submission to the school newsletter, developing posters/displays, doing a presentation or writing a report.

Talk to students who purchase food. Find out if they would purchase some of the healthier foods you would like to offer them. You may want to do some taste tests to find out which choices students would purchase if make available.



4th step...Final Step.....Promote new food choices

- Advertise new products in the school newsletter.
- Make posters advertising "What is new and healthy?"
- Make announcements about the new choices.
- Display information about healthy eating in the school where students make food or drink choices.

Healthy School Foods Survey

Location or event: _____ **Date:** _____

ITEM FOR SALE	FOOD CATEGORY		
	*according to how often the food should be served		
	Most Often	Sometimes	Least Often
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
TOTAL			

*See Handout: "Serve Most Often, Sometimes, and Least Often" to determine the 'Food Category' for each food item sold at school.

RESULTS: _____ (# of serve most often items) / _____ (total number of items)
 = _____ (% of serve most often items available)

*WRITTEN BY THE PUBLIC HEALTH NUTRITIONISTS OF SASKATCHEWAN WORKING GROUP
 DECEMBER, 2004*

EXAMPLE—Healthy School Foods Survey

Location or event: vending machine in front hallway

Date: Nov 12

ITEM FOR SALE	FOOD CATEGORY <small>*according to how often the food should be served</small>		
	Most Often	Sometimes	Least Often
1. Kit Kat			√
2. Nacho chips			√
3. Pepsi 355 mL			√
4. Rice Krispie Squares			√
5. Revels			√
6. Campbell's canned soup		√	
7. Mr. Noodles			√
8. Trident Gum			√
9. Sweetened Orange Juice		√	
10. Fruitopia			√
11. Minute Maid Pure Orange Juice	√		
12. Clearly Canadian			√
13. 1% Milk	√		
14.			
15.			
TOTAL	2	2	9

*See Handout: "Serve Most Often, Sometimes, and Least Often" to determine the 'Food Category' for each food item sold at school.

RESULTS: only 7% (2/13) of items available in the vending machine are serve most often foods!