

PEI Schools are on the Healthy Track!

All across the Island there are great things happening in schools to encourage healthy living. Here's just a few highlights:

At **Southern Kings Consolidated** students share a healthy eating tip over the morning announcements. The tip is then placed on the school website.

Tignish Elementary offers pizza on a whole wheat crust and are trying out chicken subs.

West Royalty Elementary held a Family Food and Fitness Fun

Challenge with great results.



A teacher at **Cardigan Consolidated** offers his students the option of trading in a less healthy snack for a healthy one.

At **École-sur-Mer** their weekly healthy hot lunch always starts off with a veggie tray.

Students at **Parkside Elementary** have outside play before eating lunch.

Prince Street Elementary hold a skate-a-thon as a major fundraiser.

One of the teachers at **École française de Prince-Ouest** celebrates Valentine's Day with a Fruit Fondue.

Fortune Consolidated hosts an evening family walking club to promote healthy living.

Keep up the great work everyone!

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The Healthy EatS Project is an initiative of the PEI Healthy Eating Alliance with funding from the Canadian Diabetes Strategy. The purpose of the Project is to create support (such as this newsletter and the Toolkit) as schools make changes towards healthier eating.

Food Smart For Life!

A Peer Education Program on Healthy Eating

The PEI Healthy Eating Alliance is working with the Department of Education to develop and implement a healthy eating peer education pilot project called "Food Smart for Life!". Charmaine Campbell, Project Coordinator with the Healthy Eating Alliance, and four UPEI Community Nutrition students will be developing the healthy eating program and training high school students to deliver the program.

Topics to be discussed throughout the program include: Nutrition and Your Body, Canada's Food Guide to Healthy Eating, Serving Sizes, Reading Food Labels, Food Safety, Fitting in Fast Food, and Nutrition in the Media. Mrs. MacAulay's grade 3/4 class from West Kent Elementary School participated in the project the week of March 14 with great success.



School Healthy Eating Toolkit

It's heading your way!



The final tweaks are being made to the School Healthy Eating Toolkit. We are very excited about the Toolkit and the fact that all elementary and consolidated schools in the Eastern School District and Western School Board, as well as all schools of the Commission scolaire de langue française, will receive a copy. Here's a sneak peak of what you'll find inside.

- **Frequently Asked Questions and Common Concerns** related to the school healthy eating policy
- Healthy foods and non-food options for **School Fundraising Activities** and a listing of some fundraising companies
- **Microwave Safety**
- Information about **Voluntary Peanut Aware Schools**
- Healthy ideas for a **School Food Programs**
- Exploring **Funding for School Food Programs**
- A listing of **Activities for Promoting Healthy Eating at School**
- Sample **Learning Activity Sheets** for the classroom
- **Useful Websites for Teachers**
- **Recipes**
- **Monthly Healthy Eating Tips** for school newsletters that are prepared by the PEI Healthy Eating Alliance
- A variety of **brochures and handouts on healthy eating**
- Pairing **Active Living** with healthy eating

Healthy Eating Online

We at the Healthy Eating Alliance are very pleased to announce the launch of our website. Check us out at www.healthyeatingpei.ca!

There is plenty of information on the internet about healthy eating. We recommend checking out www.canadianliving.com. The recipes on this popular magazine's website are great for busy families.

A fan favourite with young and old alike is www.kidnetic.com. Parents can ask the experts about their child's health and kids can do a fitness challenge in "The Kore"! The recipes here are pretty cool too.

For the classroom, check out the educators section of www.5aday.org. There are plenty of resources for teaching nutrition and there's lots of great information about getting more vegetables and fruit in our diet.



Riddle Time!
What kind of apple runs a school?

A Prince - apple



We want to hear from you!

Do you have ideas about how schools can connect to share ideas about promoting healthy eating? Let us know by contacting Mary Acorn, Healthy EatS Project Coordinator.

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