

Implementation of School Healthy Eating Policies

September is a busy and exciting time for schools. This September is extra special as it marks the implementation of school healthy eating policies for elementary and consolidated schools in the Eastern School District (ESD) and Western School Board (WSB).

The ESD adopted their policy in January 2005 and the WSB adopted their policy in June 2005.

Congratulations! We're looking forward to the adoption and implementation of a school healthy eating policy in the Commission scolaire de langue française later this fall.



We've seen that there are plenty of interesting initiatives happening in

Island schools to encourage healthy eating. We, at the PEI Healthy Eating Alliance (HEA), want to take this opportunity to say.... **Good job!**

We plan to produce the *Healthy EatS Newsbites* regularly throughout this school year. Please continue to share your ideas about healthy eating at school.

The June 2005 Newsbite featured a "how to guide" for preparing to implement the healthy eating policy. If you'd like another copy of this edition, let us know.

We'd like to send out a big thank you to the 17 lead schools that worked with the HEA in developing the draft healthy eating policies. We'd also like to thank the numerous other schools that have shown so much support.

In this issue....

- *Implementation of School Healthy Eating Policies*
- *School Healthy Eating Toolkit*
- *Incorporating Healthy Eating into School Events*
- *School Terry Fox Run Contest*

Questions? Ideas? Requests?

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School Healthy Eating Toolkit

Have you had a chance to look through the *School Healthy Eating Toolkit* yet? It contains a wealth of information: background information on healthy eating policies, fundraising ideas, operating as a "voluntary peanut aware school", suggestions on what to serve at school, resources for teaching nutrition, ideas on how to incorporate active living into the classroom.



Developed by the Healthy Eating Alliance of PEI, a member of the PEI Healthy Eating Alliance. The project was made possible through financial contribution from the Public Health Agency of Canada.

The Toolkit will soon be available for download from the Healthy Eating Alliance website. Check it out at www.healthyeatingpei.ca.

Have you filled out the evaluation of the Toolkit in section 10? If you haven't already, please do so soon. If we receive your Toolkit evaluation by **November 4, 2005** your school will be entered into a draw for a great prize!

Incorporating Healthy Eating into School Events

There are so many opportunities to reinforce healthy eating messages within the school environment. It's important to send a consistent message. Healthy choices should be the easy choices, while respecting the fact that all foods can fit as part of healthy eating. Below you will find suggestions on incorporating healthy eating messages into school events.



- **Concerts, talent shows, plays** - try selling fruit cups, smoothies, or healthy muffins.
- **School fairs** (e.g., science fair, health fair) - invite government and community health organizations (such as the Healthy Eating Alliance) to set up displays along with students' displays and then invite parents and other community members to attend.
- **Celebration days** - make sure there are healthy options (such as veggies and dip, fruit trays, crackers and cheese) available during Celebration days. Of course, foods like chocolate chip cookies and potato chips can still be part of celebration days 1-2 times a month.
- **Field trips** - try to stop at a restaurant that offers healthier choices when out on a field trip. A great idea for a field trip is to visit a local farm to learn how our food is produced.
- **School environment** - display healthy eating messages prominently throughout the school. Have students design their own posters for display.
- **Sporting events** - sell healthy foods during sporting events. Ask for the rink canteen to be closed for school skates. Use sporting events to demonstrate that healthy eating and physical activity go hand in hand. Read below about the Healthy Eating Alliance's **School Terry Fox Run contest**.

School Terry Fox Run Contest

Is your school planning on taking part in the Terry Fox Run this September? The Healthy Eating Alliance wants to show our support by providing a snack to four participating schools during the Run.

If you're interested in becoming one of the four winning schools, please send your school's name, contact person, contact information, number of students, and the date and time of your run by **4:00 pm on September 12 to Pat Charlton** (*contact information below*). A random draw will determine the winning schools (one each from Kings, Queens, East Prince, and West Prince).

A representative from the Healthy Eating Alliance will come to your school to deliver the snack during the Terry Fox Run. Healthy eating and physical activity are a perfect fit!

