

New Healthy Eating Alliance Staff Member

Welcome to Sherry O'Keefe, R.D., new Assistant Coordinator for the School Healthy Eating Policy Project. She has replaced Mary Acorn at the Healthy Eating Alliance (HEA). Sherry started with the HEA in July 2007.

The office location has also moved to the House of Sport Building, 40 Enman Crescent, Charlottetown.

Best Wishes go to Mary Acorn with her future endeavors. Thank you Mary for all your hard work with schools & the HEA!

In this issue....

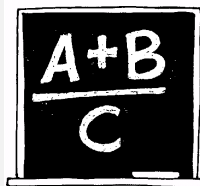
- *New HEA staff member*
- *Do you know what the HEA can do for you?*
- *Check it out...*
- *Fun Fruit Facts!*
- *SNAP Study*

Come visit the HEA display booth at the Annual Teachers Convention to find out more about resources, presentations and displays! Plus have an apple on us!



Do You Know What the Healthy Eating Alliance Can Do For You?

- The PEI Healthy Eating Alliance has a **nutrition education display** that schools can borrow. It's the Fat & Sugar Kit, which includes a display of fat and sugar content of popular foods. The display is a big eye opener and really makes people think about the choices they make. This is a popular display for parent/teacher conferences.
- The staff of PEI Healthy Eating Alliance are also available for **meetings and presentations**. We can meet with School Nutrition Committees to talk about lunch program options. We can also do presentations for Staff PD Sessions or Home & School Association meetings.



- Currently each school has one copy of the **School Healthy Eating Toolkit**. A copy of this useful resource was given to all elementary and consolidated school principals in the spring of 2005. The toolkit has been well received, so we are pleased to announce that each school will receive a second copy of the Toolkit this year. Stay tuned! We are also available to come to your school to discuss the Toolkit with staff.
- **Did you know** that the Toolkit had received the Dietitians of Canada and Kraft Canada Speaking of Food and Healthy Living Award for the Atlantic Region at the Annual Dietitians of Canada Conference June 2006?

Check it out!

Dietitians of Canada - Great nutrition information and games for everyone. www.dietitians.ca

Mission Nutrition—Excellent site for educators. Activities and lessons are tailored for K to grade 8 audiences. www.missionnutrition.ca

Health Canada—Check out the “new” food guide—Eating Well with Canada’s Food Guide. www.healthcanada.ca/foodguide



Fun Fruit Facts

Did you know?...

- There are over 7000 different kinds of apples in the world!
- There are many different types of bananas in the world. If you ate a different kind every day... it would take 1 1/2 years to try every kind!
- Did you know that orange is the 2nd most liked flavor in the world....after chocolate.

School Nutrition and Activity Project (SNAP)

Since the nutrition policies have now been adopted by all elementary schools across P.E.I., it is timely and important to determine if the new nutrition policies are effective in improving eating habits and helping children to achieve or maintain a healthy body weight. This kind of information is lacking in Canada, and is important to determine if schools' efforts are making a difference in children's health. So this is what the SNAP team set out to do!



There is a strong team to lead the SNAP project, project leads are Dr Jennifer Taylor from UPEI and Dr Paul Veugelers from the University of Alberta. Data collection began with 44 elementary/consolidated schools from February to June, 2007. Data was collected from a short survey sent home for parents to fill out, as well as students filled out a 15 minute survey on nutrition and physical activity habits. Height and weight data was also collected. We hope to collect the same information from the CSLF (French Board) in 2007-2008, and again in the English districts in 2009 and 2011. This will allow us to examine if the policy makes a difference over time.

Special thanks to the PEI Department of Health for their continued financial support of the School Healthy Eating Policy Project since 2003.

Prince Edward Island



Questions? Ideas? Requests?

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