



SNAC Newsbites

STUDENT NUTRITION ACTION COMMITTEE (SNAC)

May 2009

INTERMEDIATE AND SENIOR HIGH SCHOOLS

SNAC working to encourage healthier foods in school!

SNAC stand for Student Nutrition Action Committee.

Each intermediate and senior high schools in the Western School Board (WSB) and the Eastern School District (ESD) are invited to participate in SNAC team meetings a couple times per year. SNAC includes one teacher leader and four students.

During the meetings, SNAC, representatives from the respective school board/district,

food service and the PEI Healthy Eating Alliance (HEA) work together to share healthy eating initiatives, brainstorm new ideas and set goals to improve and create healthy eating opportunities within each school.

Diana, HEA Healthy Eating Coordinator has presented information on nutrition month resources and the WHOA! Food Display. The teams are given time to brain-

storm ideas and set goals, following which they present their ideas and goals to the group.

See the back of this page for just a few of their great ideas!

For more information go to www.healthyeatingpei.ca



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SNAC Team Success Stories

- **Hernewood** SNAC Team collected 1062 food items to donate to the local Caring Cupboard and help raise awareness of their SNAC team. They also borrowed the Fast Food WHOA! During March for Nutrition Month and had students present to other students.
- **Souris Regional High School** is down to selling only 1 box of fries per week (as oppose to 2) and selling packages fresh vegetables and fruit with dip!
- **Athena** created a poster to promote Eating well Canada's Food Guide.
- **Bluefield** continues to provide meals *without* deep friers!
- **Montague Intermediate** continues to provide fresh vegetable and fruit snack bar once per week.

Keep up the GREAT work!



Support Survey Sent in March

In March 2009 a survey was sent to all intermediate and senior high school principals to identify the supports they would find useful to implement the school nutrition policy .

The survey will help us to identify supports, equipment and facility needs to help schools through this process.

The results are currently being analyzed and will help guide future nutrition support to schools and specific needs of schools to successfully implement the new school nutrition policy.

Thank you to all schools who completed the survey!

SNAC SAYS:

What their schools can do to help promote healthier eating at school

- Creating awareness of good food choices
- No "fry" days
- More variety of healthy food choices (wholewheat breads, wraps and pizza, salads, wholegrain muffins)
- Advertise healthy specials
- Fat, sugar and sodium presentations
- Education
- Get rid of garlic fingers
- Reduce healthier food choice prices and increase unhealthy food choices
- Announce healthy specials everyday
- Healthier breakfast foods—fruit, yogurt, wholewheat toast and breads
- Chocolate milk at the same cost of white milk
- Students informing and educating students
- Educate parents on the school nutrition policy
- Better advertising of healthy choices and meal cards
- Try healthier foods for more than a week.
- Serve ice cream less often
- Have signs in the cafeteria
- Take poutine off the menu
- Offer healthier foods in the vending machines and cafeteria
- Survey to see what the students to see what they would like offered



HEA Supports Schools by:

- Organize and facilitate SNAC networking meetings
- Work with foodservice providers in your school to review menu items and provide suggestions
- School visits
- Provide healthy eating and nutrition resources (print, website)
- Conduct presentations on healthy eating, label reading and other nutrition topics
- Present WHOA! Displays to students, staff and parents
- HEA website, www.healthyeatingpei.ca
- 101 Healthy Eating Tips

New School Nutrition Policy

The HEA responded to a request in the Spring of 2008 to provide input on policy and regulations suitable for all levels of school so that a new nutrition policy could begin to be implemented for Grades 1–12. A single policy would simplify messages to schools and increase consistency for students moving from elementary to higher grades. The draft policy was developed based on consultations at intermediate and high school nutrition team meetings, at elementary and consolidated networking meetings, and with Community Dietitians. The original PEI nutrition policy for elementary schools was modified based on these consultations. Additional regulations have been added and the revised Guide to Food Choices now contains a more comprehensive food list, including combination foods, and specific nutrition standards for fat, sugar, sodium and fiber.

The Western School Board have adopted the new nutrition policy for grades 1-12 in Sept 2008 and are planning for full implementation in September 2009.

The Eastern School District and La Commission Scolaire de Langue Francaise (CSLF) currently have the original policy for elementary and consolidated schools and it is anticipated that they will also adopt the new nutrition policy in 2009-2010.



Special thanks to the PEI Department of Health and Education and Early Childhood Development for their continued financial support of the School Healthy Eating Policy Project.

Questions? Nutrition Resources? Presentations?

The HEA Can Help!

Go to www.healthyeatingpei.ca or contact

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"Students learn a lot from other students so if WE help promote the idea of healthier foods it will mean more."
Queen Charlotte Student

