



SNAC Newsbites

Volume 1, Issue 1

September 2007

PEI Healthy Eating Alliance (HEA)

Welcome to the First SNAC Newsbites

Inside this issue:

Welcome to SNAC Newsbites

How can the HEA help you?

Healthy Eating Tools Online

Healthy Eating on Track

Welcome to the first edition of SNAC Newsbites! SNAC stands for Student Nutrition Action Committee. Almost all intermediate and senior high schools across the province have established a SNAC team to increase healthy eating opportunities at school. A number of great things are happening at schools and we want people to know about them. We plan to send out three Newsbites a year, like this one, to connect with schools and provide a place to share success stories related to promoting healthy eating at school. See below for a taste of things to come.



Upcoming Events

Healthy Eating Week:

September 30 - October 6

The first week of October is designated as Healthy Eating Week by the PEI Healthy Eating Alliance. Islanders are encouraged to take steps to improve their eating habits. During Healthy Eating Week try one of the following: eat breakfast daily, eat one more serving of vegetables or fruit daily, try a new food once a week, read food labels, reacquaint yourself with Canada's Food Guide, or talk to your peers about healthy eating.

How can the Healthy Eating Alliance help you?

- The HEA has a nutrition education display, called the **Fat and Sugar Display**, which schools can borrow. This display visually represents the amount of fat or sugar of some popular foods. The display is a big eye-opener and really makes people think about the choices they make.
- We can assist schools with **school wellness initiatives, finding credible nutrition resources and providing nutrition handouts.**
- **101 Healthy Eating Tips** have been developed to help you promote healthy eating to your students. These tips were recently circulated to all intermediate and senior high school principals and SNAC team leaders. The tips can be displayed on bulletin boards or read over the announcements (eg. Tip of the Week). Feel free to use as you wish!
- The staff of the HEA are available for **meetings and presentations**. We can meet with school nutrition committees, school staff and parent councils. Occasionally we can do classroom presentations but due to limited staff we can not always meet the demand.

Visit the HEA display booth at the PEITF convention to find out more.
Plus have an apple on us!

PEI Healthy Eating Alliance

PO Box 8600
Charlottetown, PE
C1A 8V7

Phone: (902) 368-6844
Fax: (902) 368-4065
E-mail: cecampbell@edu.pe.ca
Website: www.healthyeatingpei.ca

Working to improve the eating habits of Island children and youth.



The HEA wishes to acknowledge the PEI Department of Health for their continued financial support of the *School Healthy Eating Policy Project* since 2003

Healthy Eating Tools Online

Eating Well with Canada's Food Guide by Health Canada

Eating Well with Canada's Food Guide helps you know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

www.healthcanada.ca/foodguide

EATracker by Dietitians of Canada

EATracker lets you track your day's food and activity choices and compares them to the guidelines laid out by Health Canada.

www.eatracker.ca

Menu of Choices by Ophea (Ontario Physical and Health Education Association)

Menu of Choices provides quality information and tools that support your school community in addressing healthy eating.

www.menuofchoices.ca

Keep in touch!

Do you have a healthy eating success story that you would like to share? Let us know. Contact School Healthy Eating Coordinator, Charmaine Campbell at 368-6844 or cecampbell@edu.pe.ca.

Healthy Eating on Track!

Here are some great examples of what intermediate and senior high schools are doing to support healthy eating.

The cafeteria at **Athena** offers taste testing when trying new products.

Birchwood is no longer serving deep-fried foods.

Bluefield is no longer serving any fries at their cafeteria and they had the pop machines removed this summer.

Students were surveyed about their eating habits at **Charlottetown Rural**.

Colonel Gray offers a successful breakfast program 3 mornings a week.

East Wiltshire only serves oven-baked fries and only serves them 3 days/week.

Hernewood started a Healthy Living Club after-school.

Students at **Kensington** prepared nutrition facts and posters and put them on display around the school.

SNAC students at **Kinkora** talked to all classes about the new food guide and provided everyone with a copy.



ME Callaghan is having great success with their sub bar.

Montague began offering 'Wellness Wednesday' specials and have met with cafeteria staff to offer more healthier options.

Students at **Morell** provide feedback to the cafeteria staff by using a suggestion box.

Queen Charlotte decreased their lunch hour to offer a morning nutrition break for students.

The foods class at **Souris** prepared multi-cultural food displays and placed them in the cafeteria. Students voted on their favorite meal and the cafeteria featured it as the special.

Stonepark was the first school on PEI to implement a sub bar. They have also implemented a number of new healthy specials.

Summerside started up the 'Radical Radishes' cooking club.

Three Oaks announces their cafeteria specials daily and promotes healthy eating messages.

Westisle changed the layout of their cafeteria to better suit the students and decrease congestion.