

Healthy Eating at School

The PEI Healthy Eating Alliance (HEA) works to improve the eating habits of Island children and youth. Below is information on some of the initiatives we have worked on.

School Nutrition Policy in all schools



The PEI Healthy Eating Alliance has worked with school districts/boards in the province to develop nutrition policies for all schools. The policy helps to ensure healthy foods are more available than less healthy foods. Teachers and school staff are a valuable resource in helping students understand the relationship between nutrition, health and physical activity and developing the knowledge, positive attitudes and skills necessary to make healthy food choices for life.



Healthy eating at home

It is important for parents to be good role models for their children by making healthy food choices available at home, encouraging the consumption of healthy foods and by sending healthy foods for school snacks and lunches. The HEA website provides valuable information on how to eat well and have positive attitudes towards healthy eating. Some of the great resources available in the parent section include:

- Eating Well with Canada's Food Guide
- Weekly Menu Planner
- Healthy Eating Tips
- Delicious Healthy Recipes
- Links to other healthy eating websites

Please visit www.healthyeatingpei.ca for more information on the School Nutrition Policy, the School Healthy Eating Toolkit and Snack/Breakfast Programs!



Healthy Eating Tips for Parents

A day at school is filled with learning, physical activity, and social interactions. Parents and caregivers play an important role in helping children to get the most out of their education. Good nutrition has proven to be a positive indicator of successful performance in school.

Did you know...?

- Students who are well nourished have higher test scores, better school attendance, and fewer behavior problems in the classroom.
- Students who are under-nourished have difficulty focusing on tasks, have lower self-esteem, and are absent more often from school.
- Less than 50% of children drink enough milk and alternatives, and only 1 in 5 children get enough servings of vegetables and fruit a day.



What can you do?

- Provide your child with a healthy breakfast daily. Include at least 3 of the 4 food groups at breakfast (e.g. whole wheat toast, egg, an orange and milk).
- Pack a lunch that includes at least one item from each of the 4 food groups.
- Pack two pieces of vegetables and/or fruit.
- Avoid packing products such as pop, chips, chocolate bars, candy, and sports drinks.
- Be aware of any guidelines the school has implemented, including allergy and nutrition policies.
- Involve your child in the lunch making process. Allow them to help choose healthy foods for lunch and snacks.
- Provide water, milk, or 100% juice to drink (limit juices that are labeled punch, drink mix, or cocktail)



Please visit www.healthyeatingpei.ca for more healthy eating ideas, recipes, and more!

