

Healthy Eating

SCHOOL FOOD PROGRAMS

[Cook It. Try it. Like it!](#)

“Cook it. Try it. Like it!” is a food skills program that promotes healthy eating by providing students with hands-on experience cooking and eating tasty, nutritious foods. It was developed as an after-school program but it is often adapted to be offered during class time. [This video training series](#) provides tips from experienced program leaders to help classes smoothly.

[Farm to School](#)

Farm to School programs bring healthy, local and sustainable food into schools and provide students with hands-on learning opportunities that foster food literacy, all while strengthening the local food system and enhancing school and community connectedness.

[BC Fruit and Vegetable Nutritional Program](#)

This program delivers healthy fruit and vegetable snacks to students in BC public schools. Go online to apply for your school to take part.

[School Meal and School Nutrition Program Handbook](#)

A resource created to support schools and others in providing healthy food and beverages at school to vulnerable students. This handbook includes promising practices for feeding vulnerable students as well as general operational information and resources relating to School Meal and School Nutrition Programs, etc.

RESOURCES TO SUPPORT CURRICULUM

[Canada’s Food Guide Toolkit for Educators](#)

This toolkit contains a variety of resources to support learning related to the 2019 Canada’s Food Guide.

[Canadian Nutrition Education Resources](#)

A list of reliable Canadian Nutrition Education Resources for teachers to use in the classroom, compiled by the Interior Health Public Health Dietitians.

DISPLAYS, POSTERS AND HANDOUTS

[Sugar Sense](#) is a display that educates students and parents about the sugar content of popular beverages. The display can be printed online along with a [Facilitators Guide](#) that has key messages for school age children.

[Free posters](#)

HealthLinkBC has healthy eating resources such as Sugary Drink and Sodium Information posters that can be ordered free of charge.

[Lunches To Go: Cool and Hot Lunch Ideas](#)

A popular handout for parents of school age children

[Factsheet Generator – Create Your Own Handouts!](#)

The factsheet generator is a specialized web-based tool that allows you to customize your own Nutrition factsheets with standardized, evidence-based key messages and supporting messages. Step by step, instructions are provided as well as a User's Guide for more detailed help. Topics include healthy weights, sodium, and sugary drinks.

SCHOOL GARDENS

[Patterns through the Seasons](#)

This is a resource for educators full of school garden activities that meet the BC curriculum for Kindergarten to Grade 7.

[Healthy Eating at School Website](#)

Visit this website and check out the resources in the 'Start a school food garden' section.

GUIDELINES FOR FOOD AND BEVERAGE SALES IN BC SCHOOLS

Visit the [HealthLinkBC website](#) for downloadable copies of the Guidelines, factsheets, checklists, ready to use presentations, and FAQs. Also find resources to support the Guidelines such as Healthy Fundraising for Schools, and a link to the Brand Name Food List.

OTHER RESOURCES

[Interior Health School Nutrition Website](#)

Find links to a variety of school nutrition resources and popular school food initiatives.

[Canada's Food Guide](#): Check out this online platform containing recipes, resources and healthy eating tips!

Healthy Living Resources:

The updated [Healthy Living for Families booklet](#) is designed to help families make healthy choices, with ideas on everything from healthy eating on the run, to supporting kids to have a positive outlook, to being active together. The booklet is available in 6 languages: English, French, Chinese, Filipino, Persian, and Punjabi.

The new [Healthy Living for Teens booklet](#) was created for youth, with youth. Tips in the booklet will help teens to feel their best and make the most of their potential! The booklet is available in English and French.