

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 nutritious tasty 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 Snack 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

[Canadian Nutrition Education Resources](#)

Here is a list of reliable Canadian Nutrition Education Resources for teachers to use in the classroom, compiled by the Interior Health Public Health Dietitians and updated on a regular basis.

DISPLAYS, POSTERS AND HANDOUTS

Classroom displays - Media Awareness and Re-think Your Drink

Two educational displays are available to borrow. Displays come with activities and curriculum to support learning outcomes (Grades 5-7).

1. **Sugar Sense** is a display **that** educates students and parents about the sugar content of popular beverages.

2. Media Awareness is a display that educates students about how the media and advertising influences our decisions and what we buy.

The displays are available from the following health units. To book a display email the contact person closest to you:

Cranbrook	kady.hunter@interiorhealth.ca
Nelson	tara.stark@interiorhealth.ca
Vernon	linda.boyd@interiorhealth.ca
Penticton	kristi.estergaard@interiorhealth.ca
Kamloops	debbie.alore@interiorhealth.ca

The Sugar Sense display can also be printed [online](#) or borrowed through the [IH Library](#)

[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

Tools to support 2013 revision

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

[IH School Nutrition Website](#)

This is the direct link to the Interior Health School Nutrition website for information on other school resources and popular school food initiatives such as Breakfast for Learning and School Milk BC.

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.