

STUDENT AND PARENT/GUARDIAN INVOLVEMENT

Get students and parents/guardians involved in putting the guidelines into action.

Student involvement helps build self-esteem. It also increases student skill sets.

- Hold information sessions to share the Healthy Eating Guidelines and goals of the program with parents.
- Invite parents to participate. Have them brainstorm ways in which they can help promote healthy eating.
- Develop a nutrition committee involving parents, students and teachers. Talk about any issues around the guidelines such as menu planning or creating a healthy eating policy. Talk about how to make the school a healthier place.
- Ask children and parents for healthy recipes to use at fundraising events.
- Plan a healthy recipe contest or a healthy eating poster contest to create excitement in the school.
- Include a healthy feast on Special Food Days.



ENCOURAGEMENT



Reward children who choose healthy foods so they will want to eat healthy more often.

- Offer praise when children have either tried or chosen healthier food options.
- Recognize positive changes. For example, comment on healthier foods being packed and eaten during lunch.
- Set up a reward system. For example, offer a sticker or stamp for each time a student has a healthy snack. When they have collected a certain number of stickers/stamps, award the student with a healthy eating certificate.



WAYS TO MAKE THE GUIDELINES SUCCESSFUL

NUTRITION EDUCATION

Teaching children about healthy eating and nutrition will help them understand the importance of the guidelines.

- Make learning about healthy eating fun and interactive! Include nutrition related activities, games, and puzzles.
- Have a weekly nutrition message. Discuss its meaning at a school assembly and incorporate it into themed class activities.
- Get the students to share what they have learned with their peers.
- Use healthy eating/nutrition as the topic for a science or health project.
- Invite a dietitian or school nurse to talk about healthy eating at a breakfast or after school club.
- Encourage parents, teachers and other school educators to be role models and set a healthy example.



CAFETERIA

School cafeterias can be used to make the healthy food choice the easy food choice.

- Display healthy foods at eye level making them easy for students to see.
- Offer discounts on healthy foods.
- Introduce a labeling system to assist students in choosing healthy foods. For example,

Food items that are recommended to choose

“most often”: mark **green**
“sometimes”: mark **orange**
“least often”: mark **red**.



Ontario

Cancer Care Ontario

Action Cancer Ontario