



# HEALTH PROMOTION

## SCHOOL NUTRITION SUPPORT

### Contact us at:

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306-766-7370

Website: [www.rqhealth.ca/departments/health-promotion](http://www.rqhealth.ca/departments/health-promotion)

Pinterest: [www.pinterest.ca/saskhealthauthority/](http://www.pinterest.ca/saskhealthauthority/)

# 2018

Population and Public Health Services  
School Nutrition  
Regina Area

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The Saskatchewan Health Authority – Regina Area, Health Promotion Department of Population and Public Health Services – has many resources available to support schools, students, and professionals working in schools, towards health and nutrition initiatives and education. Some examples include:

## ■ Professional Development and training:

- “Teaching Nutrition – connecting it to curriculum”
- For Nutrition Coordinators/Assistants or Volunteers or Teachers running school Canteens:
  - “Planning and Preparing Healthy School meals and snacks”
- “Eating Disorder Prevention in the School Setting”
- “Starting a School Garden”
- Starting a School Wellness Team, Priority Setting and Action Planning
- For School Community Councils
  - Healthier Fundraisers, healthier foods for fun events, healthy school dance and sporting event concessions, looking at student health survey data (e.g. SAYCW, OurSchool – formerly ‘Tell it from Me’) and action planning/addressing needs ...
- “Offering Healthier Foods at School Sporting Events”
- Nutrition in Home Economics Classes
- Other nutrition-related topics upon request...

## ■ Support in developing, updating and implementing **school policies and administrative procedures (for nutrition, food allergies, and preventing eating disorders and weight-based teasing).**

## ■ Guidance and support in putting together a **school wellness team.** (For more info see: [www.albertahealthservices.ca/assets/info/school/csh](http://www.albertahealthservices.ca/assets/info/school/csh))

## ■ **Curriculum links, resources and activities** for teachers (or other health professionals) teaching nutrition and body image in the classroom (“Teaching Nutrition in Saskatchewan” grades 1-8, and Health Science 20 - copies available for download here: [www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating](http://www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating)).

## ■ **Nutrition Update Newsletters – School Age Edition\*** – For professionals to stay up-to-date on the latest resources, research, and other topics related to school age nutrition. Comes out once a year every October.

\*[www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating](http://www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating) (Newsletters can be found at bottom of page. To sign up to receive them electronically, contact [healthpromotionrghr@rghealth.ca](mailto:healthpromotionrghr@rghealth.ca))

- **School Nutrition posters** on a variety of topics that can be used in school newsletters, on the school website, or posted around the school. To Access posters visit: [www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating](http://www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating)
- Support in finding **resources** on a variety of **school health and nutrition topics**.
- **Tools for Offering Healthier Foods at school Sporting events** including: tips and planning sheet, list of food ideas, posters, letter to parents, sample menu and more. Some of the resources available here: [www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating](http://www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating).
- **Nutrition month** - school wide and classroom activity ideas.
- **Displays** on a variety of nutrition topics that can be displayed at parent nights, health fairs, and other community events (topics examples: packing healthy school lunches, family meals).
- **Handouts** available for print on a variety of nutrition topics for parents and families.
- Support in finding **grants, or reviewing grant applications** for nutrition-related programming and initiatives. For budgeting for your nutrition program see “**The Cost of Healthy School Meals and Snacks Report**” at [www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating](http://www.rghealth.ca/department/health-promotion/nutrition-and-healthy-eating).
- **Nutrition Students can help with nutrition projects for school divisions or schools** (e.g. research a nutrition subject/best practice, develop a student project, work with canteen worker in implementing new items, and more...)
- **Support in connecting schools with community partners and resources**
- **Working with individual schools who have specific nutrition goals**
- **Resource Kits for loan:**
  - Nutrition resource kits – for teaching nutrition in the classroom (e.g. label reading)
  - Dental Health kits – for teaching oral hygiene.
  - Hand washing “Glow Germ” Kit.
- **What we can’t do:** individual classroom nutrition presentations

**For more information contact:**

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## **HEALTH PROMOTION**

is about making the healthy choice the *easier* choice in the places where we live, work, ***learn and play***