



HEALTH PROMOTION

SCHOOL NUTRITION SUPPORT

Contact us at:

healthpromotionrqhr@rqhealth.ca

306-766-7370

Website: www.rqhealth.ca/departments/health-promotion

Pinterest: www.pinterest.ca/saskhealthauthority/

2019

School Nutrition
Regina Area

SCHOOL NUTRITION SUPPORT

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)

■ **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).

■ **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.rqhealth.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@rqhealth.ca)

■ **Healthy Schools e-Newsletters – subscribe!** Comes out monthly with a new theme on a variety of health topics. With community connections, class resources, professional development opportunities and more.

Find links to each edition here: www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating

- **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.rqhealth.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.rqhealth.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.rqhealth.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:

Chelsea.brown@saskhealthauthority.ca

306-766-7157

OR

healthpromotionrqhr@rqhealth.ca

306-766-7370

HEALTH PROMOTION

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