

TIPS FOR BEING SUCCESSFUL WITH YOUR SCHOOL NUTRITION GRANT APPLICATION

1. **Gain approval and support from your principal.** See if there is anyone else in the school who may also be able to help out.
2. **Start a school wellness or nutrition committee** made up of students, school staff, your principal or vice principal and parents. This team can help make goals and carry out action plans throughout the year. The more people on board and helping out, the more chance you have for long-term success.
3. **Review your division's nutrition policy/administrative procedure.** Make a plan for how the foods you want to offer will meet the guidelines set out. See if there are any other areas highlighted in the division AP that you can also include in your plan.
 - Not sure if your division has one? Ask your principal or check your division website.
 - [Nourishing Minds—Eat Well—Learn Well—Live Well](#) is a great resource to help in developing or updating one
4. **Connect your nutrition goal with other identified needs** and outcomes such as academic achievement, attendance, mental health, environmental sustainability, etc.
 - Not sure where to find out? Ask your principal. Check to see if your school participated in the OURschool or [SAYCW surveys](#) and review the results. Ask your local [public health dietitian](#) .
5. **Include students in your plan.**
 - Involve them in food planning and prep (when able). After School programs, cooking programs, home economics and commercial cooking classes can be a great resource to prepare some items.
 - Work with a teacher to develop a class assignment related to the food. E.g. creating posters to advertise and promote the healthy foods or to develop a simple survey to evaluate acceptance of a new program/ menu item, help develop a strategy to prevent waste associated with lunches and snacks, etc.
6. **Engage with families, community partners and organizations.** Is there anyone else that can lend their support or resources? E.g. healthy food, equipment or cash donations, volunteer time, etc. This may help with sustainability and longevity of the program or initiative.
7. **Share the plan with the rest of the school staff, students and families** – gain excitement around what you hope to accomplish.
8. **Connect with your local [public health dietitian](#)** for support and ideas along the way.



For more information Contact: Chelsea Brown, RD
Health Promotion Regina Area—ph: 306-766-7157
Email: Chelsea.brown@saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca