

HEALTHY EATING IN ALBERTA'S SCHOOLS & DISTRICTS



Research shows that students who are well nourished perform better in school.¹

Fruit and vegetable consumption, and dietary fat intake is important to academic performance. Further, overall diet quality and academic performance are associated with each other.

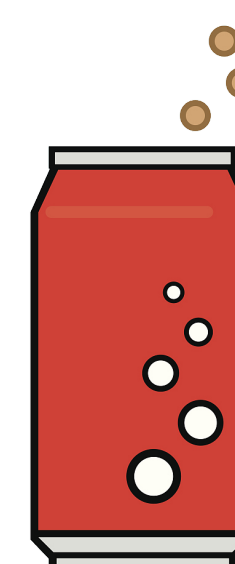
In Practice

Consider the whole nutrition landscape when addressing healthy eating by:

- Making nutritious food more accessible and available
- Provide non-food rewards
- Sourcing healthy vendors and revamping cafeteria options
- Organizing healthy fundraisers and hot lunches
- Link to outcomes in the curriculum and model what is taught

Sugar Shocker Education Kit²

Alberta Health Services has developed a Sugar Shocker Education Kit which teaches children and youth how to make healthy drink choices. It includes ready to use lesson plans and activities.



One can of sugar-sweetened soda has 10 teaspoons of sugar!

Sources:

1 Florence, M., Asbridge, M. & Veugelers, P. 2008. Diet Quality and Academic Performance. Journal of School Health. 78 (4). 209-215.

2 Alberta Health Services. Sugar Shocker Education Kit. 2016. <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf>



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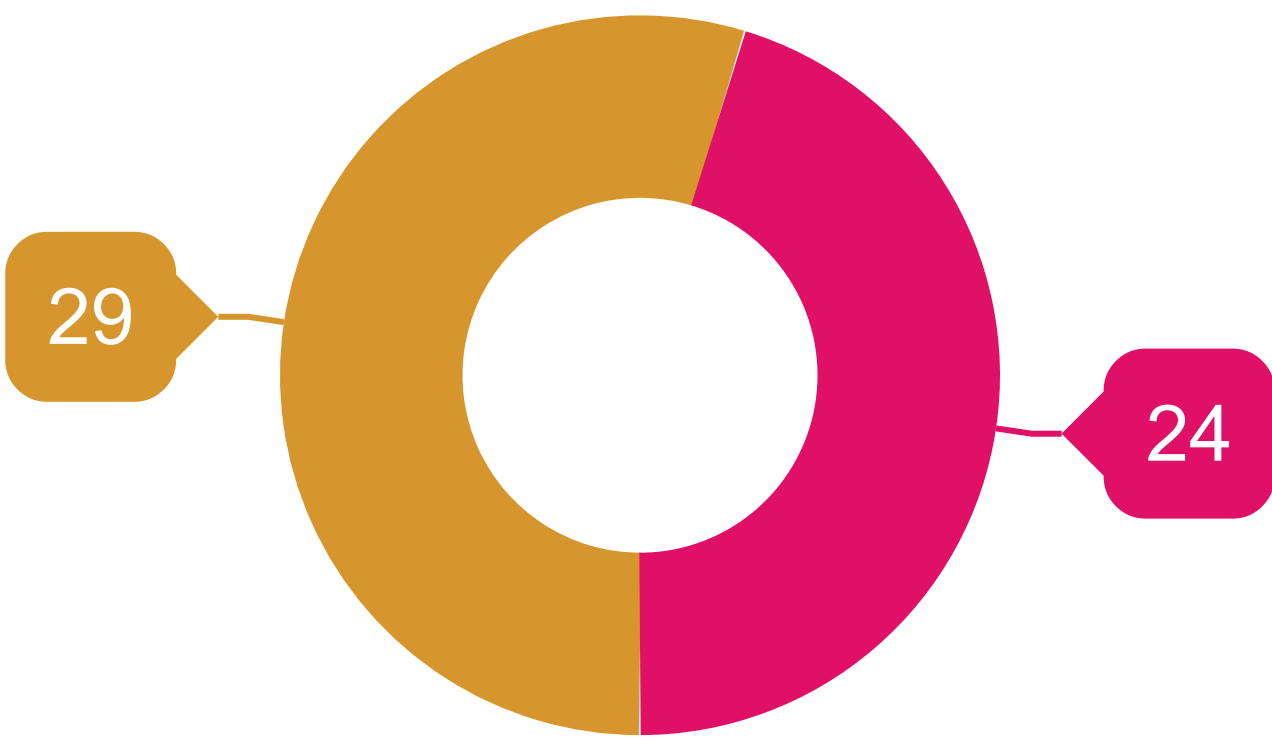
WHAT DOES THE DATA SAY?



Projects are reporting a shift in their school cultures when it comes to healthy eating. While this shift is positive, we still have work to do. The data represents project reporting for 2017.

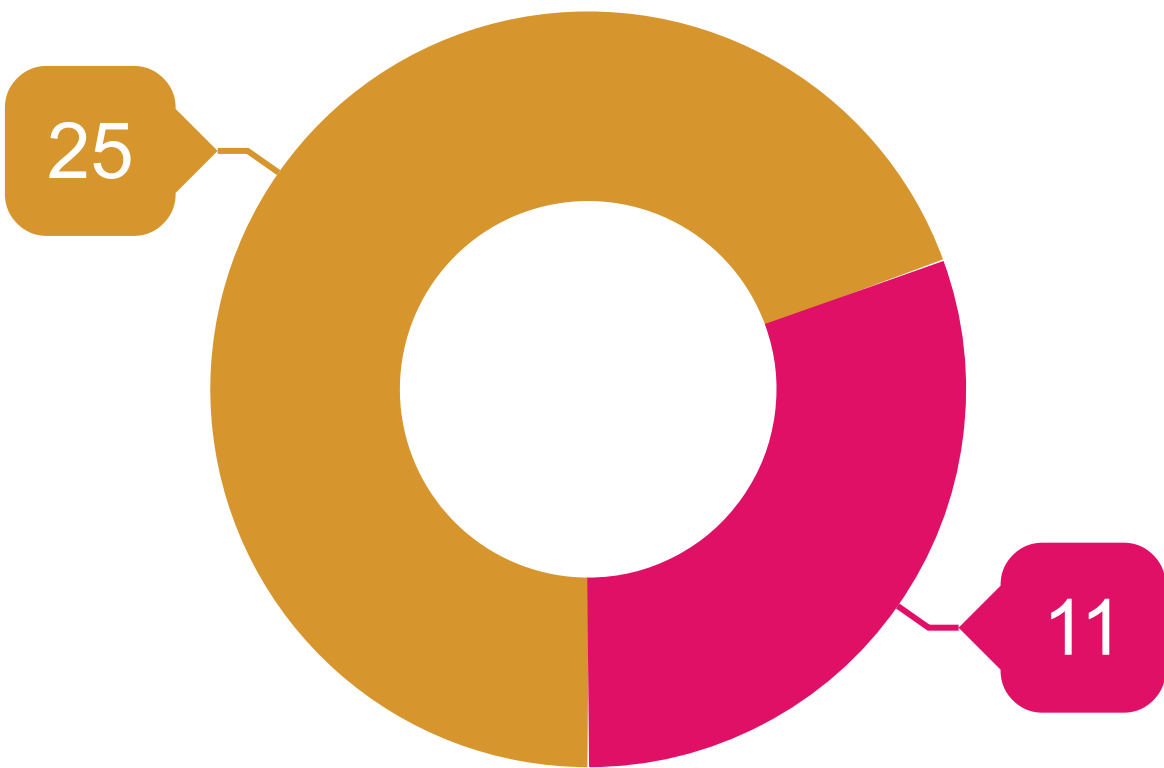
Schools can provide a consistent healthy eating message for students by ensuring access to nutritious foods, and by teaching and modeling healthy eating behaviours. Classroom nutrition education should be reinforced by making healthy food options available in school cafeterias, vending machines, stores or canteens, and at special events.³

Does your district have a healthy eating policy?



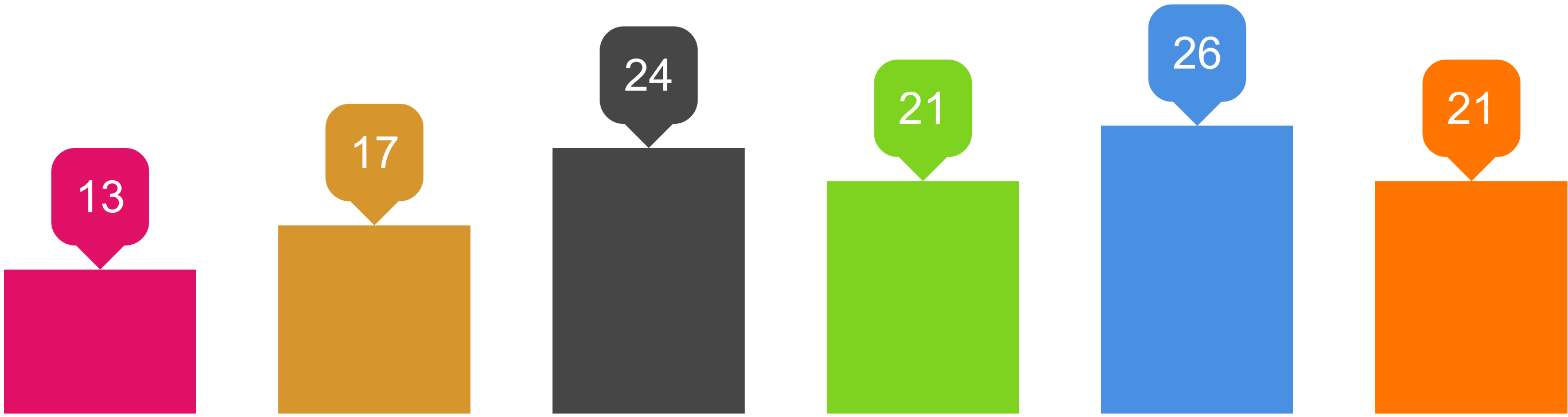
Healthy Eating Policy (54.72%)
No Healthy Eating Policy (45.28%)

Is 75% of the food offered in your school healthy?



Yes (69.44%) No (30.56%)

What activities did your district engage in as part of a healthy eating initiative?



Healthy food fundraisers Revising vending machines Revising canteen/cafeteria
Revising hot lunches Healthy food days Professional learning

Sources:

3 Government of Alberta. Alberta Nutrition Guidelines for Children and Youth. September 2012.



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