

Healthy snacking starts at George Bonner Middle School

Contact:

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School: George Bonner Middle School

Process:

George Bonner Middle School is a school of 679 students. We met as a committee and decided to focus on healthy snacks within our school. Further, we decided to start with our grade 8 population and include community partners such as the local grocery store, health nurse, and parent representation.

Our plan for presenting all of the necessary information was to organize an afternoon of activities in which students would move through a number of stations, work on activities together, and taste-test a variety of healthy snacks. A schedule was developed for each division to move through the stations which took place throughout the school. All grade 8 students were expected to participate in the activities.

People Involved:

Grade 8 student body, local grocery store, health nurse and parents.

Key changes or results:

We provided a survey before the activities and then administered the same survey one week later. The question posed to the students was “Now that you have completed the Grade 8 healthy eating program, have you made any changes in your eating habits?” Answers consisted of three possibilities: Yes, changes have been made; Same, changes are not necessary as student was already following healthy eating habits; or No, changes in eating habits were not made.

Results:

| | |
|------|-----|
| Yes | 42% |
| Same | 33% |
| No | 25% |

While this data is both limited and preliminary, it does suggest that there was a shift in the type of foods that students chose to eat for snacks. It was also reassuring that many students were already eating healthy snacks. Healthy eating is a goal which we continue to work on.

Challenges:

The number of grade 8 student was high. We wished to include all students so we had to schedule eight divisions to move through all stations within four blocks.

Solutions/keys to success:



ActNowBC

One of the keys to our success with this program was organization, and having the support of all grade 8 teachers and administration, community businesses, parents who volunteered, and also assistance and support from our local health unit and dietician.

Next steps:

We continue to offer this afternoon of activities to the following group of grade 8 students. Also, we check-in with students throughout the year regarding their snack choices.

