Take Action: DISTRICT ADMINISTRATORS

Schools are in a unique position to influence and improve nutrition among children. You are a key player in your school district and can create a culture that values healthy eating and active living.

What can YOU do to create a healthy school nutrition environment?

Work with your school board and school district staff.

- Encourage discussion about school nutrition by the board and administrative team; arrange for your community nutritionist to present key facts on nutrition.
- Direct key stakeholders to the Healthy Eating at School Web site for resources on school nutrition: http://www.healthyeatingatschool.ca.

Develop a shared vision around school nutrition.

- Form a committee that represents staff, students, parents, trustees and relevant community members to develop a district nutrition policy that promotes healthy eating.
- Build on your success in promoting healthy choices in school-based food and beverage sales by developing policies in other areas related to healthy eating, such as fundraising events outside the school and/or in complementary areas, such as physical activity.
- Ensure students are able to participate in developing and implementing policies.

Support school nutrition policy implementation.

- Create a new health promotion/education position to provide comprehensive, customized support to schools to fully implement the Guidelines.
- Work with vendors to help ensure provision of a greater number and range of healthy snacks. When you send a request for proposal, ask for snacks that meet the Guidelines.
- Make the necessary funds available to implement and evaluate the school district nutrition policy.
- Support the development and sustainability of school meal, milk and/or snack programs where needed.
- Organize a support workshop and educate staff, parents and students about the Guidelines.

HealthyEatingAtSchool.ca
Why focus on healthy eating?

• Students who are well nourished have increased test scores, improved attendance, reduced tardiness, and better academic, behavioural and emotional functioning.¹

• Extra staff time and attention need to be devoted to students with low academic performance; better nutrition improves student performance and lessens the need for additional staff time.

• Having a school committee in place to promote healthy eating has a positive impact on food and beverage choices.²

• Students say the major barriers to healthy eating are that foods are not available, affordable or appealing at school.³, ⁴, ⁵


³ "Barriers and Enablers to Healthy Eating and Active Living in Children: Key Findings in 6 Nova Scotia Communities". Canadian Diabetes Association, December 2002.
