Make the Healthy Choice Easy

A healthy school food environment supports health and learning.

The food environment is made up of *what* food is available, *where* it is placed, how much it *costs,* and how it is *promoted*. Our food environment influences the way we eat and the food choices we make. Children and youth spend a large portion of their day at school and the food choices available can impact their overall health, development, and learning.

Adults play an important role in making the healthy choice easy for everyone

How to help at home

- Involve your kids in planning and packing their school lunches.
- Stock healthy snacks that you can add to the main meal such as yogurt, lower fat cheese, and fresh vegetables and fruit.
- Send a reusable water bottle instead of juice boxes.

Photo by Bonnie Kittle on Unsplash

How to help at school

Work with your school to:

- Promote water as the drink of choice.
- Remove sugary drinks.
- Stock canteens, cafeterias, and vending machines with healthy options.
- Price healthy foods the same or lower than less healthy alternatives.
- Offer foods from different cultures in nutrition programs.
- Plan healthy or non-food based school fundraisers such as book fairs and trade shows.
- Celebrate birthdays and special events with healthy food options such as: fruit kebabs, vegetables and dip, make-your-own yogurt parfait, whole grain crackers and hummus.
- Join or form a school wellness committee.
- Limit marketing/sponsorship from companies that sell foods high in sugar, fat, and/or salt.
- Refer to Healthy Foods for My School and Nourishing Minds when making food and drink choices at school.

saskhealthauthority.ca

Saskatchewan Health Authority

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.