

# Programs & Resources to Support Healthy School Communities:

## Healthy Eating and Food Environments

Welcome! Below is a list of programs, organizations and activities you may use to support Healthy Eating and Food Environments in your school community.

*Please note:* Each school is **responsible for connecting with program contact person/organization to make arrangements** for staff professional development, access to resources etc.

If you need support/help please contact your School Health Promoter, Emma:

[Emma.VanRooyen@nshealth.ca](mailto:Emma.VanRooyen@nshealth.ca) or 902-599-0350

Healthy Eating	Program Description	Program Contact	The Cost
<b>Breakfast Programs</b>	<ul style="list-style-type: none"> <li>- Provide breakfast which includes 3 food groups</li> <li>- Follows the Provincial Breakfast Program</li> <li>- Provide breakfast which varies the selection available over the week</li> <li>- Serve only maximum nutrition items</li> <li>- Provide free breakfast program</li> <li>- Locate the breakfast program in a visible welcoming space where everyone can freely attend</li> <li>- Strive to feed a minimum of 20% of the school population</li> <li>- Provide opportunities for staff and families who wish to volunteer and/or donate supplies or money.</li> <li>- Include students in the running of the breakfast program</li> <li>- Partner with community groups for financial</li> </ul>	<p><b>All schools, contact</b> Mike Ouellette: <a href="mailto:Mike.Ouellette@avrce.ca">Mike.Ouellette@avrce.ca</a></p> <p>Breakfast program ideas &amp; supports: <a href="https://nourishns.ca/">https://nourishns.ca/</a></p>	Determined by student enrollment & frequency of meals.

---

and/or volunteer support.

### **Farm to School vegetable/fruit snack program**

The Farm to School initiative is a monthly free, local fruit or vegetable snack program for all students. Schools can access Farm to School using HSC or other sources of funding. Local produce is procured independently or through O.H. Armstrong from Valley farms. Students are exposed to a wide variety of fruits and vegetables and have the opportunity to learn about local farms, as well as facts about the produce item (conditions for growth, harvest, nutrition). The school can choose which months they would like to participate in the program as they see fit.

**Contact:**  
Dawn Hare, Farm to School  
Coordinator  
[dawnhare@gmail.com](mailto:dawnhare@gmail.com)

Approximately  
\$0.30 - \$0.70/  
student

### **School Garden**

Many schools within the AVRCE have a school garden. School gardens are not only recognized for their value as educational tools for a variety of subjects, but also for their long-lasting effects on student health and well-being. Gardens actively engage students, while accommodating a wide variety of learning styles in a hands-on, healthy, outdoor setting.

**Contact:**  
Emma Van Rooyen, School  
Health Promoter  
902-599-0350  
[Emma.VanRooyen@nshealth.ca](mailto:Emma.VanRooyen@nshealth.ca)

Depends on the  
size and/or  
scope of the  
garden project.

[Grow Eat Learn \(Nourish NS\)](#)

[An Introduction to Gardening Curriculum \(Ecology Action Centre\)](#)

### **Canada's Food Guide**

Current dietary guidelines, healthy eating recommendations, recipes, plus an area to order copies of food guide. Includes a guidelines for incorporating a spectrum of food traditions and cultures.

[Canada's Food Guide](#)

[Cultures, food traditions and healthy eating - Canada's Food Guide](#)

No Cost

<b>Agriculture NS</b>	Help students learn where food comes from, the importance of agriculture, and careers available in the industry. Teachers can apply for free programs and resources that support curriculum outcomes.	<a href="#">Agriculture NS</a>	No Cost
<b>Cooking With Kids (Nourish NS)</b>	A tool from Nourish NS that lists food literacy skills (e.g. mashing, kneading) appropriate for different age groups, along with some sample recipes.	<a href="#">Cooking with Kids</a>	No Cost
<b>Dietitians 4 Teachers</b>	Provides information, messages and resources to end the use of diet-culture and food negative messaging in classrooms. Help kids to explore foods and develop positive relationships with food.	<a href="#">Dietitians 4 Teachers</a>	Free resources, as well as paid curricular activities and resources available.
<b>Plants to Plates</b>	This guide from the Ecology Action Centre describes hands-on activities to get kids excited about eating and growing healthy foods.	<a href="#">Plants to Plates Activity Guide</a>	No Cost
<b>Nourish Food and Film Challenge</b>	Students can make a short film about food based on yearly themes. Submissions due each October.	<a href="#">Food and Film Challenge</a>	No cost to participate