

School Food Policy Resources

Manuals/Reports

A Model School Food Policy – A Practical Guide (March, 2002) - *Sustain: The Alliance for Better Food and Farming*

- <http://www.sustainweb.org/g5fp/index.htm>
- This resource from the U.K. provides practical advice about developing a school food policy.

ASPEN – Action in Schools for Physical Education and Nutrition –Policy Recommendation Summary (March 2004) - The Canadian Cancer Society –Alberta NWT Division and Calgary Health Region 

- <http://www.cancer.ca> (search for ASPEN)
- Provides background information, recommendations and information about Canadian programs.

Call to Action: Creating a Healthy School Nutrition Environment (March, 2004) - *Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee* 

- <http://www.osnpph.on.ca/position.html>
- Provides background information, recommendations for action and food standards.

Changing the Scene -Improving the School Nutrition Environment (August, 2002) – *Team nutrition, USDA*

- <http://www.fns.usda.gov/tn/Resources/changing.html>
- Tool kit of resources to improve the school nutrition environment.

Eat Smart: North Carolina’s Recommended Standards for All Foods Available in School (2004)

- <http://www.eatsmartmovemorenc.com/tools.htm>
- Practical ideas are provided in fact sheets.

Feeding the Future –School Nutrition Handbook - *School Nutrition Advisory Coalition, Calgary Healthy Region* 

- <http://www.calgaryhealthregion.ca/schoolnutritionhandbook>
- Includes success stories and very practical ideas for introducing healthier choices in schools.

Food in Schools – *Department of Education and Skills and the British Nutrition Foundation*

- <http://www.foodinschools.org> (click on Foods in School Toolkit)
- Materials and resources that help promote and implement a whole school approach to healthier eating and drinking. Includes details on how to establish a whole school food policy.

Fundraising for Schools (May, 2003) - *Community Nutritionists Council of B.C.*, 

- http://www.dashbc.org/resources/fundraising_schools.pdf
- Real life examples are provided.

Guidelines for School Health Programs to Promote Lifelong Healthy Eating (June 1996) - *Centers for Disease Control, MMWR*,


- <http://www.cdc.gov/mmwr/PDF/RR/RR4509.pdf>

Healthy Food Choices in School - *Capital Health (Halifax, Nova Scotia)* 

- <http://www.cdha.nshealth.ca/publichealth/healthyFoodInSchool.html>
- Provides guidelines for policy development

Healthy Schools Ontario: Healthy Schools Success Stories (February 21, 2003) - Ontario Healthy Schools Coalition, 

- <http://www.opha.on.ca/resources/csh-success.pdf>
- A collection of short stories outlining successful efforts at the grass- roots level to improving health at school.

Healthy Schools Resource Guide (Revised October, 2003) – British Columbia Ministry of Children and Family Development, 


- http://www.mcf.gov.bc.ca/publications/ecd/healthy_schools_website.pdf
- Outlines a 5step plan.

Making It Happen! School Nutrition Success Stories – USDA and Centers for Disease Control and Prevention

- <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Describes how 32 schools and school districts in the U.S. have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold in schools. These success stories illustrate the wide variety of approaches used to improve student nutrition.

Nutrition Guidelines for Schools (2004)- Saskatchewan School Boards Association 

- <http://www.saskschoolboards.ca> (go to education services, then research and development, and then students-diverse needs)
- A guide for developing school food policies. Includes food lists.

Nutrition in Saskatchewan Schools Policy, Practice and Saskatchewan (June 2004 - Heart and Stroke Foundation 


- <http://ww2.heartandstroke.ca/Page.asp?PageID=1613&ContentID=16683&ContentTypeID=1>
- Report of a survey of existing nutrition practices throughout the province. Also suggests ways for schools to become more involved in promoting healthy eating.

Playing the Policy Game

- http://www.californiaprojectlean.org/views/Create_Healthier_Places.asp
- A tool kit that teens can use to make changes to nutrition and physical activity policies in the school and community. Includes a collection of activities and success stories of California teens making nutrition and physical activity policy changes in their communities.

Policies in Action (2002) - Heart Health Resource Centre - Ontario Public Health Association 

- <http://www.hhrc.net/resources.htm>
- Provides a sampling of international, national and local health policies including healthy eating policies

Recommendations for School Food and Nutrition for Ontario Ministry of Education (October 20, 2004) – Dietitians of Canada 

- <http://www.edu.gov.on.ca/extra/eng/ppm/135.html> (PDF file at bottom of page)
- Provides food guidelines

School Food and Nutrition Recommendations for Ontario Ministry of Education Regarding Snacks and Beverages Dispensed by Vending Machines (October 20, 2004) - Dietitians of Canada, 

- <http://www.edu.gov.on.ca/extra/eng/ppm/135.html> (PDF file at bottom of page)
- Background document

School Health Index Self-Assessment and Planning Guide – *Centers for Disease Control and Prevention*

- www.cdc.gov/nccdphp/dash/SHI/index.htm
- Allows schools to identify strengths and weaknesses and make action plans.

School Foods Tool Kit (September, 2003)–*Center for Science in the Public Interest*

- <http://www.cspinet.org/schoolfoodkit/>
- Includes strategies, background information, fact sheets, sample letters and case studies among other resources

School Nutrition Handbook – *Palliser Health Region* 🇨🇦

- http://www.palliserhealth.ca/documents/school_nutrition_handbook_2005.pdf
- Includes strategies, background information, fact sheets, success stories including resources for key influencers: Teachers and Parents

2004 Summeractive School Resource Guide – *Dietitians of Canada, Alberta Cancer Board and the Be Fit for Life Network* 🇨🇦

- http://www.dietitians.ca/resources/EA_School_Resource_Book.pdf
- Guide provides quick facts, tips and strategies for making better food choices at school and at home.

Programs

Estevan Comprehensive School 🇨🇦

- <http://www.staonline.ca/healthy.htm>

Fuel To Excell Healthy Vending Machine Program 🇨🇦

- http://ottawa.ca/city_services/yourhealth/healthylife/xcell_en.shtml
- Ottawa Public Health and Ventrex Vending Services
- Program to place healthier food choices in vending machines

HEAL School Food and Nutrition Policy Project –SD #27 (Cariboo Chilton) 🇨🇦

- http://healbc.ca/HEAL_SNP_Report.pdf
- Reports the activities of this project

Videos

Making it Happen 🇨🇦

- <http://www.knowledgenetwork.ca/makingithappen/>
- Video can be watched online or can be ordered.

Web sites

Action For Healthy Kids

- <http://www.actionforhealthykids.org/resources.php>
- Links to many resources to help improve nutrition in schools

California Project LEAN

- http://www.californiaprojectlean.org/views/Create_Healthier_Places.asp
- Provides example of successful strategies as well as resources

Center for Science in the Public Interest

- <http://cspinet.org/schoolfood/index.html>
- Links to many resources

Communities and Schools Promoting Health

- <http://www.safehealthyschools.org/>
- A Gateway to information on comprehensive school health (CSH) and health promoting schools (HPS). Provides links to research, reports, how-to manuals, planning & assessment tools, lesson plans and student webquests
- For school policy section go to:
http://www.safehealthyschools.org/healthyeating/school_food_policies.htm

Directorate of Agencies for School Health (DASH)

- <http://www.dashbc.org>
- British Columbia network of agencies
- Includes information about a School Food and Nutrition Policy Project, tools, web links, and sample policies

Facilitating Capacity-Building within the School Community to Improve Healthy Eating and Physical Activity

- <http://www.unb.ca/spans/en/home.htm>
- Provides links to school food policy resources and sample policies

HEAL-Healthy Eating and Active Living In Northern British Columbia

- <http://healbc.ca/>
- Provides links to school food policy resources

Health Policy Guide

- <http://www.healthpolicycoach.org/default.asp>
- provides evidence-based, peer-reviewed policy guidance and resources to support advocacy and decision-making

Making it Happen: Healthy Eating at School – On Line Resource

- <http://www.knowledgenetwork.ca/makingithappen/>
- B.C. Dairy Foundation and B.C. Ministry of Health Services
- How-to-resource to plan nutrition policy projects

Sample Policies

Annapolis Valley Regional School Board (Berwick, Nova Scotia)

- <http://www.avrsb.ednet.ns.ca/forms/policy/AP402.8.PDF>

British Columbia School Food Policies

- <http://www.dashbc.org/aboutnp/sfnp/policies.html>

Calgary Board of Education, Nutrition, February 15, 2003 🇨🇦

- <http://www.cbe.ab.ca/policies/adminregs.asp>

Healthy Foods and Beverages in Elementary School Vending Machines -Policy program Memorandum No. 135 🇨🇦 -*Ontario Ministry of Education*

- <http://www.edu.gov.on.ca/extra/eng/ppm/135.html>

Kentfield, California, June 10, 2005

- <http://www.kentfieldschools.org/district/policies/nutrition>

Lagunitas Elementary School District Food Policy

- http://www.eecom.net/projects_school_examplepolicy.pdf

National Association of State Boards of Education

- http://www.nasbe.org/healthyschools/healthy_eating.html

New Brunswick, Department of Education - Food and Nutrition Policy for New Brunswick Schools, February, 1991 🇨🇦

- http://www.district14.nbed.nb.ca/district_policies.htm

Ontario Ministry of Education - Healthy Foods and Beverages in Elementary School Vending Machine, October, 2004 🇨🇦

- <http://www.edu.gov.on.ca/extra/eng/ppm/ppm135.pdf>

Paradise Elementary School (Paradise, Nova Scotia) School Food Policy 🇨🇦

- <http://www.paradise.k12.nf.ca/volunteer.html>

West Virginia Department of Education

- <http://wvde.state.wv.us/policies/p4321.1.html>

Journal Articles

Position of the American Dietetic Association, Society for Nutrition Education, and American School Food Service Association – Nutrition Services: an essential component of comprehensive school health programs. Journal of the American Dietetic Association, April 2003, Vol 103 No 4, 505-514

Prepared by the Public Health Nutritionists of Saskatchewan Working Group, September, 2005