



Main Office

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NUTRITION SERVICES - SCHOOLS

Public Health Dietitians work with schools, school boards, school councils, teachers and parents to promote and support healthy eating. Nutrition programs focus on creating healthy school nutrition environments, as well as healthy eating and healthy weights. Registered dietitians provide the following:

1. **Consultation Services**

Public Health Dietitians are available to consult with schools who are interested in working toward creating a healthy school nutrition environment, based on the nine essential elements outlined in the **Call to Action: Creating a Healthy School Nutrition Environment** (OSNPPH, 2004) available at http://www.osnpph.on.ca/pdfs/call_to_action.pdf.

In addition, public health staff are available to support schools in implementing *Nutrition Tools for Schools*®, a toolkit designed to help schools take action on creating a healthy school nutrition environment. *Nutrition Tools for Schools*® includes practical tools and resources to guide schools through different activities needed to support healthy eating in the classroom, the school and the community. To ensure the whole school community becomes engaged (e.g., staff, students and parents) and the changes that schools make are sustainable, *Nutrition Tools for Schools*® requires school communities to work through four simple steps:

1. Form a School Nutrition Action Committee (SNAC) with an established leader (or build on an existing related group)
2. Complete a School Nutrition Checklist to identify nutrition priorities
3. Develop and implement a School Nutrition Action Plan based on one identified priority from the checklist (i.e. healthy fundraising, healthy lunches, etc – there are a variety of different topics to choose from with an accompanying step by step action guide); and
4. Evaluate and Celebrate the changes and accomplishments the SNAC has made within the school community

If your school is interested in learning more about creating a healthy school nutrition environment or implementing *Nutrition Tools for Schools*®, please contact Erin Frank, RD, Public Health Dietitian at (705)474-1400 ext 2532.

2. **Distribution of Resources**

The Health Unit distributes ***Eating Well with Canada's Food Guide***, a set of bilingual resources. The Food Guide comes in different formats:



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Eating Well with Canada's Food Guide- A 6 page tri-fold brochure showing the number of Food Guide Servings needed each day for 9 different age and gender categories, examples of Food Guide Servings in each of the food groups, and suggestions on how make healthier choices.

Eating Well With Canada's Food Guide: A Resource for Educators & Communicators – Tips and tools to complement each recommendation in Canada's Food Guide. This 50 page resource can be used to: write and talk about the importance of eating well; create lesson plans based on the latest and most accurate, reliable healthy eating education; and, develop or advocate for nutrition policies in your organization.

Mission Nutrition contains curriculum connections, lesson plans, student activity sheets, home activities and assessment rubrics. This resource can be downloaded from: www.missionnutrition.ca

Blast Off With Breakfast is a breakfast promotion kit that provides a variety of activities and resources to raise awareness within the school environment and among parents and children about the importance of eating breakfast.

4 for Lunch is a healthy lunch promotion program that provides curriculum based lesson plans for grade three teachers, as well as resources that can be used throughout the whole school to encourage packing lunches that include foods from each of the four food groups.

Paint Your Plate! Vegetable and Fruit Action Guide promotes vegetable and fruit consumption incorporating all aspects of the school environment, including curriculum based lesson plans for each grade, whole school activities and an abundance of information for parents.

"Every BODY is a Somebody" Facilitator's Guide is an active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle for female adolescents. May be borrowed from the health unit or ordered direct from: Body Image Coalition of Peel by phone: 1-905-791-7800, ext. 2063; fax: 905-458-5158; or online: <http://www.bodyimagecoalition.org/everybody2.html>. Purchase price is \$29.00.

Other nutrition resources including fact sheets on various topics, videos and teaching kits are also available upon request.

3. Student Nutrition Programs

We work collaboratively with Student Nutrition Program Coordinators and support Student Nutrition Programs (SNPs) to provide accurate and credible nutrition information and resources (e.g. support and training for volunteers to implement the SNP Nutrition Guidelines provided by the Ministry of Children and Youth Services, provide menu and recipe ideas).

Helpful Websites:

North Bay Parry Sound District

Health Unit



Bureau de santé

du district de North Bay-Parry Sound

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EatRight Ontario: <http://eatrightontario.ca/Doorway.aspx>

Dietitians of Canada: www.dietitians.ca

Health Canada - Canada's Food Guide <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Contact:

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