

School Nutrition TOOLKIT: Q & A

How to Create a Supportive Food Environment at School

What is the goal of the School Nutrition Toolkit?

- 🍏 To help elementary and secondary schools create supportive food environments where students can develop a positive body image and a healthy relationship with food.
- 🍏 To support a new approach to nutrition education where children are empowered with food literacy skills and an understanding that multiple factors influence food choices.

Access the toolkit
and resources here!



Available in English
and French

What is included in the School Nutrition Toolkit?

Practical tips, tools, and evidence-based nutrition and food literacy resources that complement existing curriculum. Including:

- 🍏 Activity ideas, teaching and learning resources
- 🍏 Supports for families
- 🍏 Social media posts, newsletter inserts, and school announcements to support messaging
- 🍏 Nutrition policies and guidelines
- 🍏 Referrals to funding and grant opportunities
- 🍏 Surveys to assess your school's current food environment

What are the key messages?

- Schools play an important role in shaping students' relationship with food and their developing bodies.
- Past strategies focused on choosing "healthy" foods have stigmatized some foods, body types, and people. Using current, evidence-based nutrition education practices, schools can equip students with the food literacy skills they need to navigate a changing food environment.
- Using the toolkit, schools can assess and strengthen their current food environment by implementing suggested activities, policies and guidelines. These initiatives can help to destigmatize food choices and body sizes by encouraging the use of "food neutral" language which removes judgments about foods. They can also improve access to nourishing foods which support mental health and academic performance.

For more information

- Access the [School Nutrition Toolkit](#) and associated resources in English and French
- See the WECHU School Health [Food and Nutrition webpages](#)

