



School Nutrition

<http://www.albertahealthservices.ca/2925.asp>

Alberta Health Services supports schools with nutrition education resources to help teachers, parents and volunteers, teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle.

Resources are grouped into the topics listed below:

Creating Healthy Eating Environments in Schools

<http://www.albertahealthservices.ca/2915.asp>

This link includes tools and resources to support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth.

Resources and handouts include the following:

- Healthy School Fundraising
- Marketing Healthy Choices
- Special Lunch Days
- Alberta Nutrition Guidelines for Children and Youth
- Single Serving Packaged Food List

Healthy Eating

<http://www.albertahealthservices.ca/2916.asp>

This link includes tools and resources to teach students and children about nutrition and healthy food choices.

Resources and handouts including the following:

- Eating Well with Canada's Food Guide
- Healthy Portions
- The Energy Drink Buzz

Menu Planning and Food Preparation

<http://www.albertahealthservices.ca/2917.asp>

This link includes tools and resources to teach students and children about meal planning and preparation.

Topics and handouts include the following:

- Healthy Snacking
- Quick and Easy Meals
- Wake Up to Breakfast Everyday
- What's for Lunch?

Curriculum Based Lesson Plans

<http://www.albertahealthservices.ca/2918.asp>

This link includes lesson plans that meet Alberta Education's Health and Life Skills Curriculum outcomes for Kindergarten to Grade 9.

Topics include the following:

- Healthy Eating
- Active Living
- Other Health Topics

For a printable list of all the school nutrition education resources please see the **School Nutrition Education Resource List** found on the attached link.

<http://www.albertahealthservices.ca/2914.asp>

Health TALK is a publication of Public Health Edmonton Zone, Alberta Health Services. The information found in this newsletter can be freely reproduced for educational non-profit purposes by any school in the Edmonton area.

The information provided in this resource is not to be used for consultation during an emergency, to make or confirm diagnosis or to treat people. This resource does not act as a substitute for obtaining medical advice or for seeking treatment from a qualified doctor.

For more information contact your local school nurse at the local Health Centre.