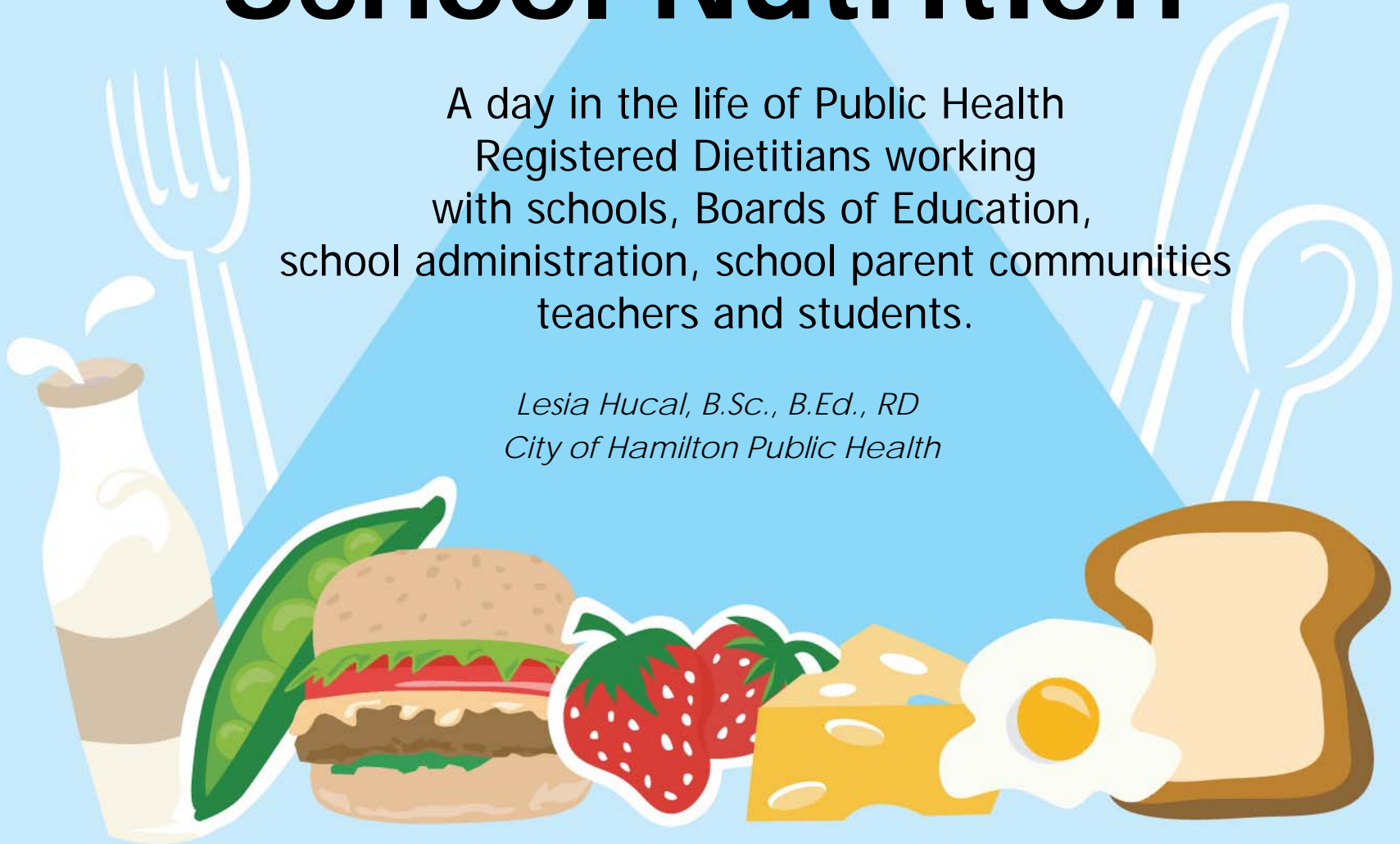


School Nutrition

A day in the life of Public Health
Registered Dietitians working
with schools, Boards of Education,
school administration, school parent communities
teachers and students.

*Lesia Hucal, B.Sc., B.Ed., RD
City of Hamilton Public Health*



The School Community

- Many components
 - Students
 - Parent community
 - Teachers
 - Administrators
 - School buildings
 - School location
- Many standards and guidelines re. nutrition & curriculum
 - Ministry of Education
 - Ministry of Children and Youth Services
 - Ministry of Health Promotion



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The School Community

Students

- Nutrition plays a role in learning
- Food plays a role in behaviour
- Elementary and secondary panels have different nutrition needs and school nutrition environments
- Culture, socioeconomic status, location in the city, and how the school is organized play a role in student nutrition success
- Program Involvement:
 - Student Nutrition Programs
 - Balanced School Day
 - Elementary School Milk Programs
 - Health days, fairs, Nutrition Month, after school



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Hamilton's Beginner Cooking Club

Offered After School to Grades 6-8



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Healthy Eating Advisory Teams

HEAT - Youth Engagement in Secondary Schools



Glendale High School "2 For \$2" Event
May 2008



Hamilton-Wentworth Catholic Schools
150 years of 'Believing, Achieving, Serving'



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The School Community

Parent Community

- Are concerned about their own child's nutrition experience at school
- Allergies and allergy education
- Requests for interpretation of nutrition guidelines and policies
- Elementary and secondary students' parents have different involvement
- Often work with parents regarding Student Nutrition Programs on site, in coalitions, or as volunteers to educate the students



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The School Community

Teachers

- Key role in educating our youth about healthy eating
- Curriculum is only one way to promote healthy eating
- Teachers are role models
- Nutrition is a topic that lends itself to personal bias
- Programs and continuing education for teachers are continuous and paramount
- Work with and utilize resources from:
 - Dairy Farmers of Canada
 - Ontario Agri-Food Education Association
 - OPHEA
- Must often work through PHN to support the teacher



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The School Community

Administrators - Principals

- Key role in ensuring curriculum and the school's nutrition environment promote healthy eating
- Not always a priority
- Need support interpreting guidelines, policy and regulations from their own Ministry of Education
 - Non-food fundraising options
 - Student Nutrition Programs – not a poverty issue
 - Call to Action document- OSNPPH
 - Elementary Vending Guidelines
 - Board Food Policies
 - Trans Fat Bill 8
- Coalitions, partnerships, workshops



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The School Community

Administrators - Superintendents

- Exciting opportunities for Food Policy Development
- Some opportunity regarding Purchasing Contracts
- Powerful positions with large and over-reaching impact
- Takes years to build these relationships
- Must engage any interest when presented
 - Approval for any programs or documents sent to schools
 - Must showcase nutrition as a priority for more than hunger – academics, behaviours, socialization
- Need our expertise lately



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The School Community

School Buildings

- Opportunities for community gardens and community kitchens
- School nutrition environment is paramount to successfully modeling healthy eating in all areas:
 - Classroom
 - Play and fun and food days
 - Fundraising
 - Student Nutrition Programs
 - Parent involvement



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The School Community

School Location

- Cultural opportunities
- SES work
- Collaboration with with school PHN's
- Grant proposals: Ground to Gourmet



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Guidelines and Standards

Regarding food prepared, served and purchased

- Many regulations exist that the Public Health Registered Dietitian must support schools with
- Done in a variety of ways in every community:
 - Newsletters
 - Workshops
 - Creation of displays
 - Coalitions
 - Newspaper and television



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Guidelines and Standards

Regarding food prepared, served and purchased

- Programs that we may promote or participate in:
 - Power to Play workshops - DFO
 - Eat Smart! – NRC
 - Eat Local initiatives to promote local foods in family studies classrooms



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Great Fun!

- Creating Newsletters
- Working with parents in cooking clubs
- Television interviews
- Cafeteria menu renovations and contract negotiations
- New food development meetings with food companies to meet MCYS nutrition guidelines



Menu of Choices

Ontario Physical and Health Education Association's (OPHEA) new online resource www.menuofchoices.ca supports school communities in addressing healthy eating. It provides the latest quality information and supports to understand, plan, and address healthy eating key messages.

This resource can be used by educators and community partners to assist students in developing a personal commitment to healthy eating, and the skills required to initiate and sustain healthy eating throughout their lives.

Visit www.menuofchoices.ca today to find recipes for staff meetings or to use at home. This website also offers supports and ideas for teachers on how to become a healthy eating role model.

Go to menuofchoices.ca for:

- lesson plans
- newsletters, poster, and certificate tools to create and personalize messages
- healthy fundraising events
- classroom celebration, and snack ideas
- school nutrition checklist
- vending machine food options
- quick links to existing resources and supports in the community
- school nutrition policy sample
- directory of resources and supports



Fruit and vegetable quiz

- Are Commercial Vegetable Washes necessary?**
They are no more effective than the use of regular cold running water with the use of a vegetable brush to remove dirt, pesticides, and bacteria.
- Do pre-cut fruits and vegetables require refrigeration?**
Yes. They must be kept from refrigerated display cases and held at a temperature 4C (40F) or less at all times.
- Should I wash ready-to-eat lettuce and spinach?**
No. It is already triple washed, twice with a chlorine solution. There is no need to wash again.
- Can I eat raw sprouts?**
It is not recommended. Raw sprouts such as bean, alfalfa, clover, or radish should not be consumed by young children, the elderly, or people with weakened immune systems.
- Is whole produce safer than pre-cut produce?**
Probably. There is more potential for cross contamination in pre-cut lettuce than whole lettuce. Always remove the outer leaves of heads of leafy vegetables like cabbage and lettuce.



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Yesterday...

- Worked on Ontario Ministry of Education Social Sciences and Humanities Curriculum review in collaboration with RD's from DC and OCGHEPA
- Had a Steering Committee meeting with the Partners in Nutrition regarding Student Nutrition Programs – new \$ available, hiring new coordinators, creating workshops
- Finalized a Healthy Lunch Display backboard, will be in grocery stores next week taking photos of food for new food cards
- Wrote a newspaper article
- Had a meeting with a local dairy that is producing a new Cheese Wiggle to satisfy nutrition and enviro needs of the cheese string!



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For further information regarding a day in the life of Public Health Registered Dietitians working in School Nutrition refer to follow-up package details or contact:

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