

# Communicating the Provincial School Food Guidelines

Promoting the Provincial School Food Guidelines is key to ensuring the success of the implementation in your school. Sharing of resources and tools to support the guidelines is also encouraged to keep the whole school community engaged and to promote eating well at school.

In the toolkit of resources, designed to support implementation, there are materials to support parents and caregivers, school food providers and students. Check them out at [gov.nl.ca/healthyeating/school](http://gov.nl.ca/healthyeating/school).

Social media is another important tool to increase awareness of the guidelines. To keep the school community engaged, post on your school's social media accounts regularly. This will keep your school's commitment to a healthy food environment top of mind and help increase awareness of the Provincial School Food Guidelines. It is helpful to develop a plan for social media to take you through the full school year. Here are some sample ideas for monthly posts. Add the hashtag with your school name to customize the posts.

Month	Sample Posts for Social Media
September	Check out the Provincial School Food Guidelines at <a href="http://gov.nl.ca/healthyeating/school">gov.nl.ca/healthyeating/school</a> . Schools across Newfoundland and Labrador are using these guidelines to support a healthy food environment for students.
October	We are supporting students with access to more nutritious foods and drinks at school. Learn more about the Provincial School Food Guidelines and find other resources at <a href="http://gov.nl.ca/healthyeating/school">gov.nl.ca/healthyeating/school</a>
November	The Provincial School Food Guidelines are helping students, teachers and families learn more about eating well. Check out the <a href="#">Canada's Food Guide Plate</a> for delicious meal and snack ideas.
December	We support eating well at school during the holidays. To help promote healthy attitudes toward all foods and drinks, include a variety of options in your holiday celebrations. Check out <a href="#">Canada's Food Guide</a> .
January	Well-nourished children perform better at school. Include a variety of foods and drinks in school lunches to make sure children are ready to learn. Check out these ideas for packing <a href="#">healthy lunches and snacks</a> .

February	Did you know fresh, frozen and canned vegetables and fruits are all great options? Check out these <a href="#">ideas</a> to enjoy more vegetables and fruits.
March	Input from students and the school community is an important part of the Provincial School Food Guidelines. If you have any suggestions on our menu or other foods or drinks at school please let us know!
April	Did you know <a href="#">Canada's Food Guide</a> recommends water as your drink of choice? Having access to healthy drinks at school is important. For more information on healthy eating at school check out the Provincial School Food Guidelines and resources at <a href="http://gov.nl.ca/healthyeating/school">gov.nl.ca/healthyeating/school</a>
May	Sharing cultural food practices and traditions is encouraged in our schools. If you have menu ideas for our school please contact us. For more information on eating well at school check out the Provincial School Food Guidelines and resources at <a href="http://gov.nl.ca/healthyeating/school">gov.nl.ca/healthyeating/school</a>
June	Did you know we are using Provincial School Food Guidelines to support access to nutritious foods and drinks at our school. We would love to hear your thoughts!

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