

Implementing the Provincial School Food Guidelines

Support for School Committees

Purpose

To support schools in the implementation of the Provincial School Food Guidelines (SFG), it is recommended that administrators look to their school development plans. The process of collaborative inquiry (design, implement, measure, reflect, change and assess) that rests within school development can be used to support the implementation of the Provincial SFG.

During the pilot, school administrators reported the most success when a team or committee prioritized this work and was able to develop and facilitate a plan to promote and support implementation of the Provincial SFG in the school. This may be an already existing committee with the time and resources needed to focus on the school food environment. These committees were key in successfully implementing and sustaining any changes in their schools.

Through the school development process, school development teams can reflect on their school food environment when planning actions under the wellness and positive relationships or optimal learning environments determinants. The school development cycle provides schools with the mechanism to monitor their progress and set goals for a healthy school food environment.

Role

This committee can assess the school's current food environment and identify activities and partnerships that can support and maintain the implementation of the Provincial SFG. Some of these activities may include:

- raising awareness of the importance of a healthy food environment at school;
- seeking input from students;
- reviewing the menu (with support from the Regional Nutritionist);
- providing learning opportunities for the school staff and school food providers; and,
- determining the needs of the school regarding implementation of the guidelines (strengths, challenges).



Suggested Team Composition

In order to have the most positive impact on the school food environment, schools and communities work together through a collaborative and comprehensive approach. Partnership is a key component of Comprehensive School Health.

Schools can determine what partners or additional supports may need to be engaged. In addition to students, families, educators and school staff, partners in creating a SFG implementation committee may include any or all of the following:

- School Health Promotion Liaison Consultant
- Regional Nutritionist
- Public Health Nurse
- School food provider
- Kids Eat Smart staff
- Local businesses

