



Hooray for Health

Celebrate Food... from Field to Table!

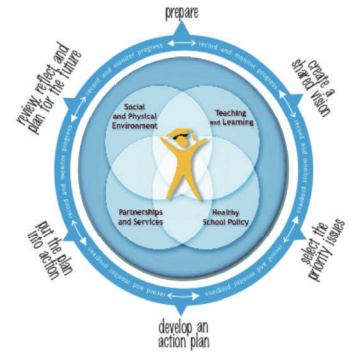
March is **National Nutrition Month**, and this year's theme is the title of this article. "From coast to coast to coast, Canada provides its people with a vast array of nutritious ingredients to help families create many healthy and delicious recipes. Whether it be berries from Newfoundland, wheat from Saskatchewan, cheese from Quebec, beef from Alberta, spinach from British Columbia or Arctic char from Nunavut, Canada supplies Canadians with a wide variety of foods from which to prepare delicious meals. To add flavour and interest to

meals, we're also fortunate to have spices and other ingredients from diverse cultures around the world readily available in most parts of Canada."

This is a great time to promote understanding of Canada's diverse food industry: how foods are grown, processed, distributed, marketed, sold, prepared, and enjoyed.

It is also a time to promote healthy food preparation and healthy eating, particularly as a family. "Cooking meals at home has many benefits. You get to choose the

foods and flavours you like and the nutrients you want to eat more and less of. (It also provides) a great opportunity for family conversation and the chance to pass on cooking skills and valuable family traditions and food culture. Eating together at home has many nutritional benefits. Children and adolescents who frequently eat together with at least one other family member present have better food and nutrient intake, including eating more vegetables and fruit. Adolescents who more frequently eat together with their par-



ents are at lower risk for substance abuse, are socially better adjusted and perform better in school compared to adolescents who eat together with their parents less often."

Dietitians of Canada website.



Check out the Dietitians of Canada website at:

<http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2011.aspx> for lots of great ideas to make the most of National Nutrition Month and beyond!

Edible School Grounds
Workshop

March 29 4–6 p.m.

Central School, Nelson

For staff, parents, youth interested in resources to aid in planning, design, fundraising, construction and use of their own school gardens.



More Nutrition Resources

Looking for ideas and good recipes for serving at school functions? Check out Interior Health's School Nutrition web-site at: http://www.interiorhealth.ca/school_nutrition.aspx This site has a wealth of information on a variety of topics including "**Bake Better Bites: Recipes and Tips for Healthier Baked Goods**"—a great way to make bake sales healthier—and "**Tips and Recipes for Quantity Cooking**". However, Cheryl Unger, Environmental Health Officer in Grand Forks, points out that cooking in quantity can be a challenge: foods must be kept at the appropriate temperature at all times (hot foods hot and cold foods cold!) and school kitchens are often not able to handle the volumes required. A free on-line resource for attaining a food safety certificate is at: <http://www.health.gov.bc.ca/protect/food-safety-module/files/home.htm>

Other valuable information on the IH School Health website is a section on "**Healthier Fundraising for Schools**" and opportunities to apply for **Grants**. For example, there is a link to the School Ground Greening Grant available to schools for creating outdoor classrooms and food gardens; deadline is June 3rd.

Congratulations, Bonnie!



Bonnie MacMillan of Perley School accepts her prize in the Give Your Heart a Valentine Fitness Challenge from HPS Co-ordinator, Heather Shilton. Bonnie says she has already gone through one pedometer so was pleased to receive this one donated by the Grand Forks Recreation Centre. Bonnie loves walking to melt away stress, just one benefit of regular exercise!

School Health Teams Move Forward

Three schools have done School Health Assessments to help them set priorities for improving the health of their schools.

Hutton completed the BC Healthy Schools Assessment Tool, as part of its participation in the Healthy Schools Network assignment.

Walker Development is moving onto the next stage of the Health Promoting School Approach with a meeting to begin planning strategies to improve the health of its school.

GFSS chose to use the JCSH Healthy School Planner for its assessment, completing only

the general and tobacco sections which is efficient. This on-line tool has generated a report which the committee will use to determine what strategies it will use to reduce smoking among its students.

These are excellent examples

of how each school can tailor its HPS Approach to meet its unique needs.

For help and/or advice in choosing the next step in your journey to a healthier school, contact Heather Shilton, HPS Co-ordinator via First Class.



Terry-Ann Webster & Liuba Lyon (staff reps), Marla Konkin (student rep), Marci Butler (admin rep), Linda Manzon (community partner), and Terry Nuyten (staff & parent rep) of GFSS School Health Team work on the JCSH assessment tool.