

2017 Resources to support healthy food options in schools

The following table lists resources and websites available to support healthy changes to school food options.

Please note, website links may change and are only accurate as of April, 2017

Food Resources:	
Healthy Eating for Children and Youth in Schools (Alberta Health) https://open.alberta.ca/publications/healthy-eating-for-children-and-youth-in-schools	This easy to read resource will explain how to use the Alberta Nutrition Guidelines for Children and Youth (ANGCY) and provides an in-depth example on how to read a Nutrition Facts Table.
Healthy U Food Checker (Alberta Health Services) www.ahs.ca/healthyfoodchecker	Tool that allows users to compare nutrition information on the Nutrition Facts Table of food products to the ANGCY. Available as a desktop online tool or Smartphone app.
Special Lunch Days (Alberta Health Services) http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf	This handout provides tips and information on how to make common school lunch foods healthier.
Label Reading the Healthy Way (Alberta Health Services) http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-label-reading.pdf	This handout provides tips on how to read and use food labels to compare similar foods and make healthy food choices.

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Food Providers:	
Costco School Product List (available through ECSD)	This list can be used as either an order form or a guideline to shopping for healthy foods. All foods on this list are either CMO or CS.
M & M Meat Shop Product List (available through ECSD)	This list shows a variety of frozen individual servings that are CS according to ANGCY
Recipe Resources:	
 Tips & Recipes for Quantity Cooking: Nourishing Minds & Bodies. http://www.healthyschoolsbc.ca/program/392/tips-and-recipes-for-quantity-cooking-nourishing-minds-and-bodies	Resource to assist people who prepare food for sale to students – such as food services staff, chef instructors, caterers, school teams, students. It includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier
 Large Quantity Recipes Supporting Strive for Five in School! A Guide to Promoting Fruit and Vegetables Strive For Five in School! http://novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp	Includes a month-by-month promotional calendar, recipes, information and tips for promoting fruits and vegetables in school. Includes large quantity recipes and fun facts about vegetables and fruits.
 Bake Better Bites: Recipes and Tips for Healthier Baked Goods http://healthyschoolsbc.ca/program/404/bake-better-bites-recipes-and-tips-for-healthier-baked-goods	This resource includes recipes and tips for healthier baked goods.
 Bake It Up! http://www.eatrightontario.ca/en/Articles/School-Health/Ontario-s-School-Food-and-Beverage-Policy/Bake-It-Up!#.UxiiVz9dWzk	Includes over 20 recipes for healthier baked goods. <i>Bake It Up!</i> can also be promoted to staff, students and parents who wish to make healthier baked goods for school events or classroom celebrations, or to enjoy at home.

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 My Menu Planner http://www.eatrightontario.ca/en/menuplanner.aspx	Resource full of great recipe ideas, menu planning tips and shopping lists.
Alberta Pulse Growers http://www.pulse.ab.ca Pulse Canada http://www.pulsecanada.com/food-health/recipes	Websites include recipes and tips for including pulses in a healthy diet.
AHS – Recipes http://www.albertahealthservices.ca/nutrition/Page10996.aspx	Recipes are organized by types and main meals and they provide a Nutrition Facts table that lets you know what nutrients are in a single serving of the recipe. Please note that healthy modifications have been made to the recipes for this website
 Dietitians of Canada Recipe Analyzer http://www.eattracker.ca/recipe_analyzer.aspx	Use this tool to analyze a recipe and get a quick nutrient analysis
Marketing Resources:	
Steps to a Healthy School Environment: School Nutrition Handbook (Alberta Health Services) http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-nutrition-handbook.pdf	This handbook provides information to assist schools in ensuring students have easy access to healthy foods and beverages. It is a user-friendly resource for school administrators, teachers, parents and health professionals and includes a section on “Healthy Choices for Cafeterias and School Stores”.
Snack Shack Manual (Alberta Health Services) http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snack-shack-manual.pdf	This manual provides information for schools to create a healthy snack canteen/store that meets the Alberta Nutrition Guidelines for Children and Youth. It includes recipes and information on marketing, promotions, and costing.
Marketing Healthy Choices (Alberta Health Services) http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-marketing-healthy-choices.pdf	This handout provides information to assist schools with marketing healthy food choices by explaining product availability, promotion, pricing and placement.

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General Recommendations:	
AHS Handouts: The following handouts can be used for planning healthy meal options or for general information for parents, students and staff.	
Wake Up to Breakfast Everyday http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf	Provides tips on making healthy breakfast choices.
Choose Healthy Food Portions http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-what-is-a-healthy-portion-size.pdf	Provides information on healthy portion sizes using common objects.
What's For Lunch? http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf	Provides tips on healthy lunch ideas.
Making Foods with Less Fat and Sugar http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-making-foods.pdf	This handout provides tips on how to cook and bake items with less fat and sugar.
Quick and Easy Meals http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf	Provides tips to families (and staff) to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner.
Eat More Vegetables and Fruit http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-boost-your-vegetable.pdf	Provides tips on ways to increase vegetables and fruit intake in children and adults.
Fibre Facts http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf	This handout provides facts to families on why fibre is needed for good health, and how to choose high fibre foods every day.
Hold the Salt http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hold-the-salt.pdf	This handout provides tips to families on how to cut back on salt (sodium) in the diet.
Eating Well on a Budget http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-well-on-a-budget.pdf	Handout provides tips to save money grocery shopping, menu planning and cooking.
The Best of Leftovers http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-the-best-of-leftovers.pdf	Ideas for larger meals and ways to use common leftovers.
Best Buys in the Four Food Groups http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-best-buys-in-the-four-food-groups.pdf	Tips on ways to save money when shopping for foods from the four Food Groups
Healthy Meals Starting Simple http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-starting-simple.pdf	Tip sheet on quick ideas to create healthy meals.