Make the Healthy Choice the Easy Choice

Healthy eating helps children do better in school. Parents and schools can work together to make sure the foods available in schools support health and learning.
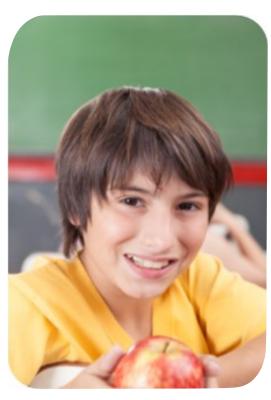
Here are some ideas for making the school food environment healthier:

Help children learn about healthy eating. Students learn about food and eating in the classroom and by the types of foods promoted and served at school. When unhealthy foods are available in school or the classroom, there is confusion about what is considered healthy.

Make the healthy choice the easy choice. Work with your school to provide healthier foods in canteens and vending machines and at special events. Provide healthy food for classroom celebrations. Make sure drinking water is available and promoted. Processed foods have a lot of salt, sugar and fat and should not be served or sold in schools.

Raise money the healthy way. Non-food or healthy food fundraisers, such as fresh fruit or grocery gift cards, can make profits.

Make it last. School policies take the guesswork out of deciding what foods to offer at school and during school activities. Talk to your school administration and community council about creating a school food policy to promote healthy foods in your school.

Saskatchewan Health Authority

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.