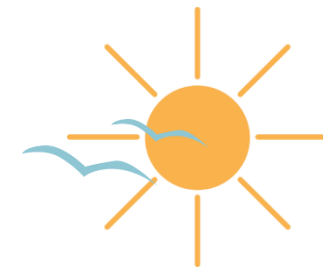
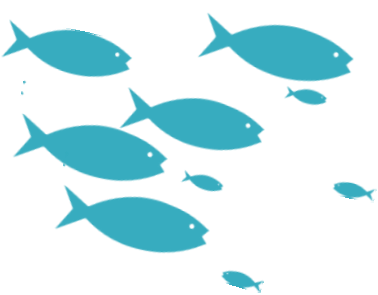
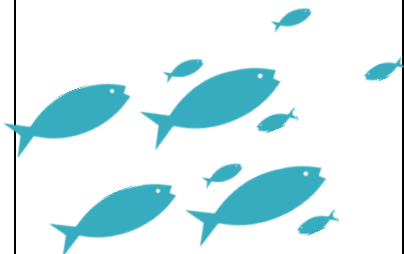
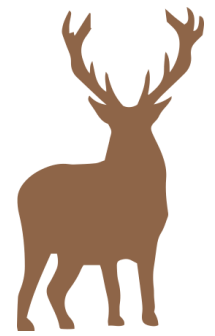


# Nipissing and Area Food Charter Toolkit



## For Schools – What can we do?

Health & Wellness	Sustainable Economic Development	Social Equity	The Environment	Food Literacy	Culture
<p>Provide healthy, affordable food choices to students daily, at special events, and for fundraising.</p> <p>Create opportunities for students, faculty and staff to provide input into what food is served and sold at school.</p> <p>Support school wellness programs to define and implement healthy eating efforts. Involve teachers, students, administrators, parents, food service staff and health unit staff.</p> <p>Contact the health unit for more information on how they can support school nutrition initiatives.</p>	<p>Fundraise using locally grown and produced items. Learn about Community Supported Agriculture initiatives.</p> <p>Purchase and prepare foods grown locally.</p> <p>Connect with local growers to supply student nutrition programs.</p> 	<p>Participate in “Grow A Row” where an extra row of produce is grown in your garden to donate to a community food program.</p> <p>Ensure student nutrition programs are not stigmatizing.</p> <p>Create barrier-free opportunities for food activities like gardening and cooking.</p> <p>Look for opportunities within programming to raise awareness about food security issues.</p> <p>Encourage school community to donate only high quality, healthy food for food drives to increase access to healthy foods.</p>	<p>Raise awareness about the importance of reducing food miles by buying local food.</p> <p>Reduce waste by composting and recycling.</p> <p>Promote ‘litterless lunch’ events or contests to reduce both waste and consumption of processed foods.</p> 	<p>Create a vegetable garden at your school.</p> <p>Arrange a field trip to a local farm to learn about where food comes from.</p> <p>Look for opportunities within curriculum to teach about food and practice food skills (e.g., budget for groceries in math class, work in the garden during phys. ed).</p> <p>Have students help prepare food for student nutrition programs.</p> <p>Engage and empower students to improve the food culture of schools. Ask for their suggestions and ideas.</p> <p>Contact a Public Health Dietitian for support and resources.</p>	<p>Offer a diversity of food products and flavours.</p> <p>Participate in local food festivals and events to celebrate the diversity of food.</p> <p>Promote healthy celebrations within the school community (e.g., offering fruit kebabs for birthdays)</p> <p>Use food to celebrate other cultures and link with the curriculum.</p> 

We would like to acknowledge the Guelph Wellington Food Roundtable’s wonderful work creating the Food Charter Toolkit that this document is based on.