



Ontario Student Nutrition Program

STUDENT TOOLKIT

2023/2024

“Healthy food & a healthy school environment support learning and growth to help students reach their full potential”
-Ministry of Education





IMPORTANT DATES

SEPTEMBER

- Welcome Back to School!

OCTOBER

- Great Big Crunch: Annually on the third Thursday in October

DECEMBER

- Have a great Holiday break!

JANUARY

- Exams: Does Your School Have Snacks Available for Students Writing Exams?

MARCH

- Nutrition Month: See the Health Promotion/Nutrition Month resources included in this kit for ideas and ways to celebrate!

APRIL

- Volunteer Week: Annually the third week in April. Make a point to acknowledge and thank all of the staff and volunteers (including you!) that contribute to the success of the Nutrition Program!
 - Idea: Consult with the Staff Coordinator at your School to develop a plan for recognition.

JUNE

- Local Food Week: Annually the first week of June. Celebrate Ontario's bounty of local food and show your love for local Ontario Farmers!
- Local Food Week is a celebration of the fresh, healthy food grown, produced and processed right here in Ontario. Farmers work every day to grow and produce fresh and nutritious food for all Ontarians to enjoy!
 - Idea: It's a great opportunity to recognize Ontario's agriculture and food industry and share your love for local food by highlighting the products grown and produced by Ontario farmers.
- Exams: Does your School Have Snacks Available for Students Writing Exams?
- Last Day of School!

ONGOING

- Consider incorporating your student nutrition program into school and cultural celebrations



FUNDRAISING RESOURCES & IDEAS

To continue offering reliable and fresh food, Student Nutrition Programs require extra funding and support.

Raising money for your school's program can help to purchase more food and/or equipment and materials for safe food storage and preparation spaces!

Talk to your School Principal, Staff Coordinator, and Student Council to plan an appropriate activity or event. Remember, all school activities must be approved by the Principal.

We've included a few ideas to get the conversation rolling:

- Create and sell healthy recipe books with recipes submitted by students
- Participate in the 'Fresh from the Farm' fundraiser; schools receive 40% of all sales of Ontario grown root vegetables and apples. (freshfromfarm.ca)
- Run a Privilege Day (eg Hat Day, Dress Down Day)
- Nothing fuels physical activity like nutrition; incorporate some physical activity into your fundraiser, consider a Teachers vs Students floor hockey game
- Plan a fundraiser around the 'Great Big Crunch' and sell Apple-grams. Have students purchase apples for two dollars with an accompanying message that can be delivered to their friends

Most importantly, get your school community involved in fun and easy ways to raise school funds for your program!



HEALTH PROMOTION RESOURCES & IDEAS

Health promotion is encouraging a healthy lifestyle and helping people learn and practice health behaviours. You can help by getting students at your school involved in food related activities. Use a variety of communication methods such as banners, signs, door hangers, newsletters, monthly calendars of events and online platforms to communicate about the Student Nutrition Program.

Some ideas for spreading the word and engaging your friends and peers:

- Use posters to promote the Student Nutrition Program and be a school food champion. You can use the posters included at the end of this toolkit as well as have students develop their own. Consider a poster designing contest!
- Announcements: create morning announcements (ex. letting your fellow students know what the day's menu is, interesting facts about the food being served).
- Participate in the Great Big Crunch! Get your school excited about Nutrition. Ensure every student has an apple on the Third Thursday in October for a countdown and one big simultaneous CRUNCH! Additional Great Big Crunch resources will follow
- Host a Nutrition Kahoot trivia game in one or more classes
- Find reliable nutrition info here by exploring the Nutrients and Food Groups drop down menu
- Create a reel about the Student Nutrition Program and share it to your school's social media page (with the appropriate permissions)
- Nutrition Month: Get some fun facts about veggies and fruit on the morning announcements, create a 'Nutrition Question of the Day', highlight cultural foods and traditions, arrange a composting lunch & learn, create a nutrition program hashtag and promote it with a school campaign, host a 'Rethink Your Drink' demonstration to help students learn about healthy beverage choices, hang posters and decorations to promote Nutrition Month.

Reminder: all school activities must be approved by the Principal



GATHERINGS FEEDBACK

Get some suggestions from your friends and peers about how to improve the program.

Reminder: always talk to your principal first.

Let's hear from your peers:

- Do students know about the program?
- Do they know where and how to access food?
- What do they like about the program? What don't they like?
- Do they feel that their culture is represented?
- Is there enough time to eat?
- Is it a welcoming environment?
- Are there any reasons they may not feel comfortable or want to participate?

Ways to gather feedback:

- Suggestion box
- Informal conversations
- Consult with Student Council or SNAC Committee
- Post questions or polls to online platforms
- Talk to your Principal about developing a survey

Be sure to share the information and ideas you hear with your SNAC Committee (if you have one) and your Staff Coordinator who will share it with OSNP!



RESOURCES

Resources to learn more about Student Nutrition Programs & their Benefits

- Check out our website – www.osnp.ca
- Student Nutrition Ontario – www.studentnutritionontario.ca
- Coalition for Healthy School Food | Canada – www.healthyschoolfood.ca
- Your local Public Health Unit
- Bright Bites – www.brightbites.ca
- Fresh from the Farm – www.freshfromfarm.ca
- Government of Ontario – www.ontario.ca/page/student-nutrition-program



GOAL SETTING

Nutrition Events (ie. Nutrition Month, Great Big Crunch, etc.)	Current Activities	Goals & Plan to Achieve	Indicators of Success

Fundraising	Current Activities	Goals & Plan to Achieve	Indicators of Success

Health Promotion	Current Activities	Goals & Plan to Achieve	Indicators of Success

New Ideas	Current Activities	Goals & Plan to Achieve	Indicators of Success

Knowledge Expansion	Current Activities	Goals & Plan to Achieve	Indicators of Success



Join us for OSNP Southwest's

Great Big CRUNCH

Thursday, October 19, 2023

What is it?

The Great Big Crunch is a special day, class, assembly, lunch hour, or 5 minutes dedicated to student nutrition, ending with a synchronized “crunch” to celebrate! This fun activity gets students, educators, parents, and politicians to think about the impact nourishing food has on students—while making a whole lot of noise!

When, Where, and Who?

You pick the time that is most convenient for you on Thursday October 19! Anyone can participate, from students, teachers, and individuals—in classrooms, gymnasiums, recreational facilities, to homes, workplaces, and communities across Ontario and beyond! Don't forget to share details about your event on social media and tag @OSNPSouthwest.

Why participate?

When you crunch, you'll be teaching your students about the nutritious and delicious benefits of apples and local food, while taking part with other students from across Southwestern Ontario. Whether your class or school participates in a day's worth of activities, an afternoon, or just one big CRUNCH, we hope your students get excited about healthy eating!





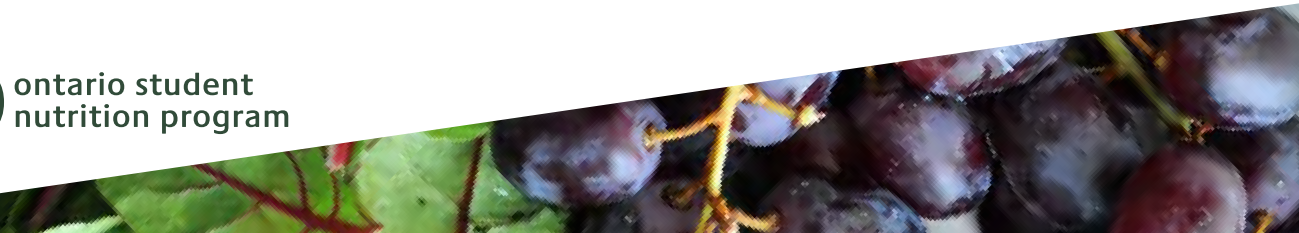
March is...

NUTRITION MONTH!

Celebrate Nutrition with OSNP this March! Nutrition Month brings awareness to the importance of making informed food choices, and developing good habits.

How to Celebrate:

- Try a new vegetable or fruit
- Learn how to read nutrition labels
- Make a new recipe
- Make water your drink of choice
- Learn about what foods grow locally in your area
- Remember the “half your plate” rule - fill half your plate with veg/fruits





Snack with OSNP!

Recipe for an energizing & filling & snack:

- 1 Vegetable or Fruit
- +
- 1 Protein or Whole Grain

Our Student Nutrition Program is always stocked with fulfilling snacks ready to enjoy. Check it out and grab a snack to energize your body & power your brain!

