



Nutrition at School

Health in Childhood

Research shows that well-nourished children learn better, behave better, and feel better.

However, in Canada, on average, children and youth weigh more and are less active than in past generations.

One in four children and youth are either overweight or obese, and are likely to remain obese into adulthood with the possibility of developing serious risk factors for illnesses like heart disease and stroke.

BC Schools - Leaders in Healthy Living

Healthy Living:

Active, healthy students are happier and learn better. They also develop good habits that can contribute to longer, healthier lives.

Good health comprises physical, mental, and emotional well-being.

Healthy Eating at School supports learning, physical and mental growth and development and the adoption of healthy skills and choices.

Research shows that eating healthy food and beverages:

- Provides students with fuel for optimal growth and nutrients for strong bones, teeth and muscles
- Helps students' brains develop
- Improves school performance, learning ability, attention span and behaviour
- Supplies energy for daily activity
- Reduces the risk of getting sick now and developing chronic diseases like diabetes, heart disease and cancer later in life
- Sets the foundation for healthy eating behaviours as adults

Students learn best when the lessons they receive in the classroom are consistently reinforced outside of the classroom.



Guideline Resources from <http://www.healthlinkbc.ca/>

Guidelines for Food and Beverage Sales in BC Schools

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The Guidelines for Food and Beverage Sales in BC Schools (the Guidelines) define the nutrition standard that schools are required to use to determine what food and beverages can be sold to students. This document contains information, tools and fact sheets to support implementation of the Guidelines across the school setting.

- [English - Guidelines for Food and Beverage Sales in BC Schools](#) 
- [French - Guidelines for Food and Beverage Sales in BC Schools](#) 



Guidelines Fact Sheets

The Guidelines include a series of fact sheets to help parents, food providers, school administrators, and teachers with implementation. Click on the links below to learn more.

- [Boosting the Sales of Nutritious Food in Schools](#)
- [Food Fundraiser Ideas for Schools](#)
- [Involving Everyone in Implementing the Guidelines](#)
- [Making Bake Sales Delicious and Nutritious](#)
- [Planning Healthy Cafeteria Menus](#)
- [Selling Food and Beverages at School Sporting Events](#)
- [Stock Vending Machines and Stores with Healthy Food and Beverages](#)

Guidelines At-a-Glance

This document provides a brief overview of the Guidelines for Food and Beverage Sales in BC Schools.

- [English - Guidelines At-a-Glance](#) 
- [French - Guidelines At-a-Glance](#) 

**If you have any questions about nutrition at school or using the
Guidelines for Food and Beverage Sales in BC Schools,
please contact
Food & Nutrition Services at 604-595-5300**

