



## What can schools do?

### Create Economic Opportunities

- Fundraise using locally grown and produced items.
- Learn about Community Supported Agriculture initiatives.
- Purchase and prepare foods grown locally.
- Connect with local growers to supply student nutrition programs.

### Promote Education and Skill Building

- Create a vegetable garden at your school.
- Arrange a field trip to a local farm to learn about where food comes from.
- 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.).
- Have students help prepare food for student nutrition programs.
- Engage and empower students to improve the food culture of schools.
- Ask for their suggestions and ideas.
- Contact a Public Health Dietitian for support and resources.

### Maintain a Healthy Ecosystem

- Raise awareness about the importance of reducing food miles by buying local food.
- Reduce waste by composting and recycling.

### Foster Residents' Health & Well-Being

- Provide healthy, affordable food choices to students daily, at special events, and for fundraising.



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- Create opportunities for students, faculty and staff to provide input into what food is served and sold at school.
  - Support school wellness programs to define and implement healthy eating efforts.
  - Involve teachers, students, administrators, parents, food service staff and health unit staff.

## Support Equal Access Opportunities

- Participate in Grow A Row where an extra row of produce is grown in your garden to donate to a community food program.
- Ensure student nutrition programs are not stigmatizing.
- Create barrier-free opportunities for food activities like gardening and cooking.
- Look for opportunities within programming to raise awareness about food security issues.
- Encourage school community to donate only high quality, healthy food for food drives to increase access to healthy foods.

## Celebrate Culture & Collaboration

- Offer a diversity of food products and flavours.
- Participate in local food festivals and events to celebrate the diversity of food.
- Promote healthy celebrations within the school community (e.g. offering fruit kebabs for birthdays)
- Use food to celebrate other cultures and link with the curriculum.

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

