

Administrative Procedure 164 – Appendix B
 Frequently Asked Questions, Resources for Healthy Eating

Food Resources	
<p>Healthy Eating for Children and Youth in Schools (Alberta Health)</p> <p>http://www.health.alberta.ca/health-info/nutrition.html</p>	<p>This easy-to-read resource explains how to use the Alberta Nutrition Guidelines for Children and Youth (ANGCY) and provides an in-depth example about how to read a Nutrition Facts Table.</p>
<p>Healthy U Food Checker (Alberta Health)</p> <p>www.ahs.ca/healthyfoodchecker</p>	<p>This tool allows users to compare nutrition information on the Nutrition Facts Table of food products to the ANGCY. Available as a desktop online tool or smartphone app.</p>
<p>Single Serving Packaged Food List (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-single-serving-pkg-food.pdf</p>	<p>This 2012 list of single-serving packaged foods highlights foods available in the marketplace that meet the “Choose Most Often” (CMO) and “Choose Sometimes” (CS) criteria, as listed in the ANGCY</p>
<p>School Lunch Restaurant List (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-lunch-restaurant-list.pdf</p>	<p>This resource provides a list of menu items from common restaurant chains that meet the CMO or CS criteria from the ANGCY. It can be used for school canteens that sell hot lunch items from local vendors</p>
<p>Special Lunch Days (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-special-lunch-days.pdf</p>	<p>This handout provides tips and information on how to make common school lunch foods healthier.</p>
<p>Healthy Vending Toolkit (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/nutrition/Page13884.aspx</p>	
<p>Healthy School Fundraisers (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf</p>	

Food Resources (cont'd)

<p>Label Reading the Healthy Way (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-label-reading.pdf</p>	<p>This handout provides tips on how to read and use food labels to compare similar foods and make healthy food choices.</p>
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Food Providers

<p>Costco School Product List (available through Edmonton Catholic School District)</p>	<p>This list can be used as either an order form or a guideline to shopping for healthy foods. All foods on this list are either CMO or CS.</p>
<p>M & M Meat Shop Product List (available through Edmonton Catholic School District)</p>	<p>This list shows a variety of frozen individual servings that are CS according to ANGCY</p>

Recipe Resources

<p>Tips & Recipes for Quantity Cooking: Nourishing Minds & Bodies.</p> <p>http://www.healthyschoolsbc.ca/program/392/tips-and-recipes-for-quantity-cooking-nourishing-minds-and-bodies</p>	<p>Resource to assist people who prepare food for sale to students—such as food services staff, chef instructors, caterers, school teams, students. It includes tips on how to choose healthy recipes and substitutions to make favourite recipes healthier</p>
<p>Strive For Five in School!</p> <p>http://novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp</p>	<p>Includes a month-by-month promotional calendar, recipes, information, and tips for promoting fruits and vegetables in school.</p> <p>Includes large quantity recipes and fun facts about vegetables and fruits.</p>
<p>Bake Better Bites: Recipes and Tips for Healthier Baked Goods</p> <p>http://healthyschoolsbc.ca/program/404/bake-better-bites-recipes-and-tips-for-healthier-baked-goods</p>	<p>This resource includes recipes and tips for healthier baked goods.</p>
<p>Bake It Up!</p> <p>http://www.eatrightontario.ca/en/Articles/School-Health/Ontario-s-School-Food-and-Beverage-Policy/Bake-It-Up!#.UxiiVz9dWzk</p>	<p>Includes more than 20 recipes for healthier baked goods.</p>

Recipe Resources (cont'd)

<p>My Menu Planner http://www.eatrightontario.ca/en/menuplanner.aspx</p>	<p>Resource full of great recipe ideas, menu planning tips, and shopping lists.</p>
<p>Cooking Club Manual: http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-club.pdf</p>	<p>This manual includes ready-to-go, curriculum-linked lesson plans, background information, and worksheets to teach food preparation, cooking skills, and food safety for children, ages 8-12.</p>
<p>School Breakfast Program Toolkit: http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf</p>	<p>This toolkit is a practical guide to start or improve a school breakfast program. It includes information on how to identify the need and plan for a program; types of breakfast programs; sources of funding; food safety and food donation considerations; and menu planning.</p>
<p>Alberta Pulse Growers http://www.pulse.ab.ca</p> <p>Pulse Canada http://www.pulsecanada.com/food-health/recipes</p>	<p>Websites include recipes and tips for including pulses in a healthy diet.</p>
<p>Recipes formerly housed on Healthy U website, such as those from the Amazing Little Cookbook, have been moved to AHS's <i>Inspiring Healthy Eating</i> recipe library http://www.albertahealthservices.ca/nutrition/Page10996.aspx</p>	<p>Recipes are organized by types and main meals and they provide a Nutrition Facts Table that identifies the nutrients that are in a single serving of the recipe. Please note healthy modifications have been made to the recipes.</p>
<p>Dietitians of Canada Recipe Analyzer http://www.eatracker.ca/recipe_analyzer.aspx</p>	<p>Use this tool to analyze a recipe and get a quick nutrient analysis.</p>

Marketing Resources

<p>Snack Shack Manual (Alberta Health Services) http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snack-shack-manual.pdf</p>	<p>This manual provides information for schools to create a healthy snack canteen/store that meets the ANGCY. It includes recipes and information on marketing, promotions, and costing.</p>
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Marketing Resources (cont'd)

<p>Marketing Healthy Choices (Alberta Health Services)</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-marketing-healthy-choices.pdf</p>	<p>This handout provides information to assist schools with marketing healthy food choices by explaining product availability, promotion, pricing, and placement.</p>
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General Recommendations

<p>AHS Handouts: The following handouts can be used for planning healthy meal options or for general information for parents, students, and staff.</p>	
<p>Wake Up to Breakfast Everyday</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf</p>	<p>Provides tips on making healthy breakfast choices.</p>
<p>Choose Healthy Food Portions</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-what-is-a-healthy-portion-size.pdf</p>	<p>Provides information on healthy portion sizes using common objects.</p>
<p>What's For Lunch?</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf</p>	<p>Provides tips on healthy lunch ideas.</p>
<p>Making Foods with Less Fat and Sugar</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-making-foods.pdf</p>	<p>This handout provides tips on how to cook and bake items with less fat and sugar.</p>
<p>Quick and Easy Meals</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf</p>	<p>Provides tips to families (and staff) to plan, purchase, prepare, and pack healthy meals. Includes a weekly menu planner.</p>
<p>Eat More Vegetables and Fruit</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-boost-your-vegetable.pdf</p>	<p>Provides tips on ways to increase vegetable and fruit intake in children and adults.</p>

General Recommendations (cont'd)

<p>Fibre Facts</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf</p>	<p>This handout provides facts to families on why fibre is needed for good health, and how to choose high-fibre foods every day.</p>
<p>Hold the Salt</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hold-the-salt.pdf</p>	<p>This handout provides tips to families on how to cut back on salt (sodium) in the diet.</p>
<p>Tips to Spend Less Money on Food</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-tips-to-spend-less-money-on-food.pdf</p>	<p>Provides tips to save money grocery shopping, menu planning and cooking.</p>
<p>Reduce Food Waste</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-reduce-food-waste.pdf</p>	<p>Tips to help you waste less and get the most from your food.</p>
<p>Healthy Meals Starting Simple</p> <p>http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-starting-simple.pdf</p>	<p>Tip sheet on quick ideas to create healthy meals.</p>