

Chartwell Parents Advisory Council (CPAC)

General Meeting MINUTES

January 17th, 2017,
7:20pm – 8:20pm
Primary Foyer

Attendees:

Chantal Trudeau	(Principal)	Lissette Marrin
Joanne Warburton	(Vice Chair)	Maeden Eshghian
Rola Priatel	(Past Chair)	
Faisal Latif	(DPAC Representative)	
Jennifer Kwong	(Member at Large)	
Tamzyn Jones	(Member at Large)	
Essay Sun	(Secretary, Chinese cultural Liason)	

Regrets:

Nessa van Bergen	(Chair)
Sergio Trevino	(Treasurer)
Natalia Rosales	(Hot Lunch Chair)
Stephanie Gregory	(Member at Large)

Meeting called to order at: 7:20pm

Welcome **Joanne Warburton**

Adoption of the Agenda:

Proposed by: Rola Priatel

Seconded by: Faisal Latif

Adoption of the Minutes:

Proposed by: Jennifer Kwong

Seconded by: Faisal Latif

Chair report – Joanne Warburton

Joanne welcomed everyone to the General Meeting and thanked everyone for coming.

1. Receiving CPAC emails through Class Parents

All parents participated the general meeting received the notice emails through Alysoun.

1. Grade 7 Farewell Fundraising Events.

- A separate meeting will be held between Nessa and two volunteer chairs.

2. Condolence

- Alysoun's mother passed away last week. On behalf of CPAC, Joanne sent flowers etiquette to express our condolence.

3. Wednesday Early Dismissal

- In last CPAC exec meeting, we questioned why Chartwell is still doing Wednesday Early Dismissal since first applied in 70' of last century.
- Mme.Trudeau brought it up to school district Superintendent who agreed that it can be considered after going through required procedures, like parents survey.

Principle Report – Chantal Trudeau

1. Traffic and Parking. Special guest Carol Sartor from Safe Routes to School made a wonderful presentation about Parent Power.

- **Parent Power** – Carol Sartor from Safe Routes to School
 - Carol encouraged parents to think out of box while looking for solutions on traffic issues around schools.
 - In the presentation, Carol showed pictures of many different events on reducing single family car driving to school, instead, to influence parents and kids to walk or bike to school. Car pool can also be a practical solution through using CarPoolWorld. With applying those solutions, not only the traffic issue was improved, also improves communication between parents and children. The community is becoming more safe to walk.
- After the presentation, Chartwell parents agreed to work with School and community to look for right solutions for improving traffic issues.
 - Local residence can take online survey to provide input on the Pedestrian Network Study that is conducted by West Vancouver District. The online feedback is open until January 31. westvancouver.ca/pedestrian-network
 - Look for more drop-off locations with 5-10 mins walking distance.
 - Check how CarPoolWorld works.
 - Get Students involved in video shooting to help understand the traffic issues.

2. After School Care – Next Steps. There were no applicants to the first RFP that went out in December. We will resubmit it. Sean Nosek, Sandralynn Shortall and I would like to meet

with our PAC exec to determine the next steps. We are going to send some possible dates soon after the first few dates were not convenient.

3. **Learning Commons.** Director of Facilities Wade Hickey and I will set up a meeting with Nessa to discuss the LC renovation plans in the next couple of weeks. We have received the booklets from the Art Institute of Vancouver students which will be reviewed.
4. **FSAs.** Grade 4 and 7 students in BC are writing the Foundation Skills Assessment exams from January 9th to February 17th. Teachers sent letters to parents from Superintendent Chris Kennedy. This is the last time we do this version of FSAs as the province is moving to a new format next school year. Students are encouraged to practice at home with the given link to the samples, and to come to school rested.
5. **Troy's Bop Shop.** Starting soon January 23rd for a week of hip hop. There will be a presentation for parents at 2:15 on Friday January 27th. Parents are all welcome to attend.
6. **Volleyball Season.** Ms. Poh is coaching the girls team with Ms. S and Ms. Desai is coaching the boys team. First game in on Tuesday January 31st. The new jerseys have been ordered and should be delivered in the next few weeks.
7. **After school programs: BFIT kids.** Cancelled due to lack of registrations. (one for primary, two for int.)
8. **Pro.D Day.** Friday January 20th. All teachers participating in district-wide Pro.D. School closed.

Treasurer's Report – Joanne Warburton on behalf of Sergio Trevino

Please find the details in the attachments.

DPAC Report – Faisal Latif

Please find the details in the attachments.

Committee Reports

1. Hot Lunch Update – Joanne Warburton

- Parents can place new orders including Tuesday next week.
- Thanks to Chinese community who lead on volunteering job on Tuesday. Thanks to Stephanie's help on training new volunteers.
- Vendor for Tuesday is Foody Kids.
- We received some feedback from parents about hot lunch survey. Most comments are positive. A few kids don't like the pizza this year. Some asked for more salade choices.

- The choices of Max Fruit will be limited to the top three popular ones.
- We still have outstanding payment from last term which is totally not acceptable. Parents who didn't make the payment will not be able to place new orders.

2. Family Photo Night

- Family Photo Night will be held on February 16th from 3:00 to 8:00 pm.
- Poster with good photo ideas will be sent out to attract more families.
- Essay will help to circulate the message with Chinese families.

3. Learning Common Update

- CPAC is planning for more fundraising events to collect donations from Chartwell families.
 - Art gala,
 - Organize hot lunch vendors to provide food tasting event,
 - Create new equipment list (like wedding list) of learning-in-common so that parents can make dedicated donation.

4. Spirit Wear

- The vendor, design and price of each piece have been identified. We are using a new local vendor to support local business.
- Sample will be collected and presented to students and parents in next few weeks.

Joanne thanked everyone for coming to the meeting.

Adjourned at: 8:20pm

Next CPAC Meeting:

Date: Tuesday, February 7th, 2017 | Time: 7:15 to 8:30PM | Venue: Primary Foyer

West Vancouver District Parents Advisory Council
Wednesday 4th January, 2017, General Meeting (9:15 – 11:15am)

President's Report

No Report

Treasurer's Report

No change since the Winter Break.

Committee Reports

No Committee meetings and therefore no reports

WVSD Board of Trustee's Report

Chair, West Vancouver Board of Education – Carolyn Broady

The board met in December for a short meeting for community and committee assignments. Ms. Broady is assigned to Chartwell Elementary. All PACs are requested to invite the respective members assigned to their school to one of the PAC meetings if there is an opportunity.

BCTF and the Ministry of Education are in consultations about class sizes and composition following the Supreme court ruling in November 2016. The Government is possibly considering putting more money into the education system. These decisions will take a few months.

WVSD Superintendent's Report

Superintendent - Chris Kennedy

If any school parents or staff find that snow and ice is not properly removed, kindly inform the respective Principal so that they may get in touch with the district to resolve the situation. Salt for de-icing is provided by the municipality and they are short on supply. The District is alternatively temporarily using sand to help provide traction for vehicles on the road.

Choice Consultative Committee met last month and approved and introduced a new course. It is an outdoor program at Rockridge. The lead was taken from Bowen Island which has run a very successful similar program.

Budget – The district is in a little better financial shape than anticipated. Enrollments are trending better than expected. The bulk of enrolments are at K-2 level which bodes well for next year. Costs versus projections came in lower than expected which also helps.

After the Supreme Court ruling in favour of the BCTF, there will be additional staff and funding for next year. However, the direction will come down from the provincial levels for staffing. Consultation with Parents at this stage will be limited to feedback. There will be less inclusiveness as compared with previous years.

Parent Night for introducing High Schools to parents with children in grade 7 will be held on 3 consecutive nights. One night for each of the respective secondary schools. This is to help parents looking to select a high school.

If parents wish to place their kids out of catchment schools, the registration date deadline is 16th January 2017. If parents/students meet deadlines for enrollment there will be no problem getting into school of choice.

WVSD maintains an exception to the policy for enrollment of children from nearby / neighbouring districts such as North Vancouver and Squamish. This policy exception is on a limited scale.

All Children living within catchment areas are always guaranteed a spot. This is much easier if deadlines are met.

A Focused Conversation on Communicating Student Learning event coming up. It will cover topics such as feedback on New report card formats, Feedback on digital learning platforms such as fresh grade etc. The event will include a Student reflective piece. After the event, there may be some activities for PAC's to conduct with parents in the coming few months following to gather information and feedback that will help the Superintendent put together a report for the West Vancouver Board of Education on what works and what doesn't.

Mr. Kennedy concluded by offering to come out to PAC meetings to talk on specific topic if requested. He did also suggest that he would be happy to send any of his colleagues for specialized topics for better feedback.

Disordered Eating Prevention - Food Literacy & Promoting Healthy Eating at School

- Helen Yueng (Public Health Dietician, North Shore)

Ms. Yueng provided an overview on the work being done by the Ministry and the North Shore in promoting Food Literacy and Healthy eating in schools. She is available to help work with schools. She is willing to meet with school lunch program coordinators to help improve existing programs if required.

She spoke in fair detail about what 'healthy eating' is. She demonstrated that people need to understand the goals of what they trying to achieve before looking for answers as there is no real right or wrong. Every food has different nutrients and therefore needs to be understood carefully.

To Learn more about comprehensive health in schools – visit:

www.healthyschoolsBC.ca

She spoke about the 5-2-1-0 message in detail as outlined below:



for more information visit:

www.live5210.ca

As part of the Q & A, schools spoke about school vegetable gardens and their management especially over summer breaks.

Some interesting resources:

www.tablematters.ca

She asked if Chartwell would be willing to host the “heathy Eating and Eating Disorder prevention workshop” as one of 3 schools in the district.

PAC Round Table Discussions

The session began with introduction of members to the DPAC.

The discussion centered around fundraising.

One of the schools collects an ‘Experience Fees’ - \$60.00 from all students at the beginning of the year for all excursions at one time.

Upcoming Events:

- Board of Education Meeting – 17th January, 2017 at 7:00PM
- A focussed conversation on communicating student learning – 24th January, 2017 at 9:15 – 11:45AM
- DPAC Meeting – 1st February, 2017 at 9:15AM
- Parent Education Panel – 2nd May, 2017 at 7:00PM



Helen Yeung, BSc (Dietetics), MHSc, RD
School Health Dietitian, West Vancouver Schools



Roles: Nutrition educator, consultant, collaborator, connector, community developer, health promoter, facilitator, program planner & evaluator, writer.

Services: I work with school teachers, counsellors, administrators, students, and parents to promote healthy eating, prevent disordered eating, and enable children and youth to achieve optimal health and learning. I collaborate with public health nurses and other adult influencers to facilitate healthy behaviours, attitudes, and understanding about nutrition and food literacy.

Connections: I am active on

- North Shore Education Committee for the Prevention of Disordered Eating
- West Vancouver Schools Comprehensive School Health Committee
- Farm to School Vancouver Region Steering Committee
- North Shore Table Matters
- Provincial Food and Nutrition Resources Stakeholders Advisory Group
- School Nutrition Practice Group (BC)

Member of

- Dietitians of Canada; College of Dietitians of BC

Examples of Activities/Strategies:

- Organize presentations to students, PACs, and adult influencers.
- Present Pro D workshops on nutrition for teachers.
- Create ways to make healthy choices the easier choices—help with your healthy eating projects.
- Connect you with nutrition resources and funding grants to help promote healthy living.
- Help staff capitalize on Farm to School activities (to further connect school gardens to curriculum).
- Staff health fairs with school nurses.

What I can offer:

- Nutrition presentations (e.g., grade 5 classes; Foods classes).
- Workshops on selling healthy foods/drinks at school (healthy fundraisers)
- Support for healthy eating, food literacy projects
- Nutrition resources

Contact:

Phone: 604-418-2139 Email: Helen.Yeung@vch.ca Website: www.vch.ca/schoolhealth/NS (Sections 4 & 9)

Ten Essential Lessons to Build Body Esteem ©

Promoting Health as a Value versus Size as a Goal

To begin, accept what is *not in your control*:

- 1) Accept your body's genetic predisposition. All bodies are wired to be fatter, thinner, or in between. This includes fatter in some places and thinner in others. Regardless of efforts to change it, over time your body will fight to maintain or resume the shape it was born to be. You may force your body into sizes and shapes that you prefer, but you can't beat Mother Nature without a tremendous cost.
- 2) Understand that all bodies change developmentally in ways that are simply not in your control through healthy means. You may positively influence changes of puberty, pregnancy and lactation, menopause, and aging by making healthy lifestyle choices, but you will not "control" these changes, no matter how much you try.
- 3) Never "diet." Hunger is an internally regulated drive and demands to be satisfied. If you limit what is needed to satiate hunger completely, it will backfire, triggering preoccupation with food and ultimately an overeating or compulsive eating response. You may lose weight in the short run, but 95% of weight that is lost through dieting is regained, plus added pounds. Dieters who go off their diets only to binge are not "weak willed." They are mammals whose built-in starvation response has kicked in who are going after what has been restricted. Clear evidence has been available on this since the early 1950's, but most people are not aware of the predictable, counterproductive results of "dieting."

Then focus your attention and energy on what *is within your power to achieve*:

- 4) Satisfy hunger completely with plenty of wholesome, nutrient rich foods chosen from all food groups - *eat well!* In today's world, surrounded by taste stimulating, cheap, cleverly advertised, readily available, low-nutrient entertainment foods, learning to *feed* your body versus merely "eat" is an essential difference.
- 5) Limit sedentary entertainment. Move aerobically, if possible, on a regular basis. Everyone who is not medically inhibited, regardless of size, can and should develop a reasonable level of fitness and maintain it throughout the life cycle.
- 6) Understand that if you eat well and maintain an active lifestyle over time, your best, natural weight will be revealed. Set a goal to eat well and be active. Don't be swayed by whether or not this makes you thin. Healthy, well-fed, active bodies are diverse in size and shape, from fat to thin and everything in between. Don't let anyone tell you otherwise, not even your doctor, who may be caught in unhealthy cultural myths about weight.
- 7) Choose role models that reflect a realistic standard against which you can feel good about yourself. If the "Ugly Duckling" had continued to compare herself to the ducks she'd *still* be miserable, no matter how beautifully she developed.
- 8) Maintain your integrity as a human being. In spite of advertisements seducing you to believe that "image is everything," *never* forget that how you look is only one part of who you are. Develop a sense of identity based on all the many things you can do, the values you believe in, and the person that you are deep inside.
- 9) Become media savvy. Educate yourself about the hidden power of advertisements. Advertisers spend tons of money on strategies specifically designed to make you feel there is something wrong with you. Why? If they *first* advertise an unrealistic standard of beauty that leaves you feeling deficient by comparison, a product that promises to improve your condition is an easy sale. Don't be "sold" this bill of goods.
- 10) Encourage your friends and co-workers to join you in developing a healthy, realistic body image. Use the collective energy your group would have spent on hating your bodies to make the world a better place. Help the next generation to develop healthy body image attitudes and learn positive lifestyle habits too.



January 2017

Dear Parent/Guardian,

As part of promoting healthy living in schools and throughout life, it is important to address factors that influence students' choices around food and activity. Preoccupation with weight, excessive concern about body weight and shape, and weight based bullying are risk factors for the development of disordered eating and eating disorders. Age appropriate, evidence-informed presentations have been developed for students in grades 4/5, 6/7 and their parents/guardians in order to help the prevention of these issues.

These presentations were developed by the North Shore Education Committee for the Prevention of Disordered Eating, which includes Jessie's Legacy Eating Disorders Prevention and Awareness (A program of Family Services of the North Shore), Vancouver Coastal Health, West Vancouver Schools, and eating disorder specialists. Concepts and strategies presented address self-regulation, resiliency skills, media literacy, weight-based bullying, and focusing on health not weight. The activities support curriculum and build on initiatives at schools which promote social-emotional learning, school connectedness, and a supportive, safe environment that is accepting of diversity.

The presentations and suggested resources aim to help schools to:

- provide appropriate messaging and strategies to reduce the risk of disordered eating;
- develop a supportive environment for students and staff of all shapes and sizes;
- empower students to challenge society's messages about weight, health, and dieting.

A one-hour parent/guardian presentation will be offered at your school to provide more in depth information on the prevention of disordered eating as well as strategies of how to support and implement the above ideals in your own home. The presentation will also give a clearer outline of what information your child will be receiving and an opportunity for any questions that you may have about prevention and treatment of disordered eating and eating disorders.

Your Parent/Guardian presentation has been set for _____.

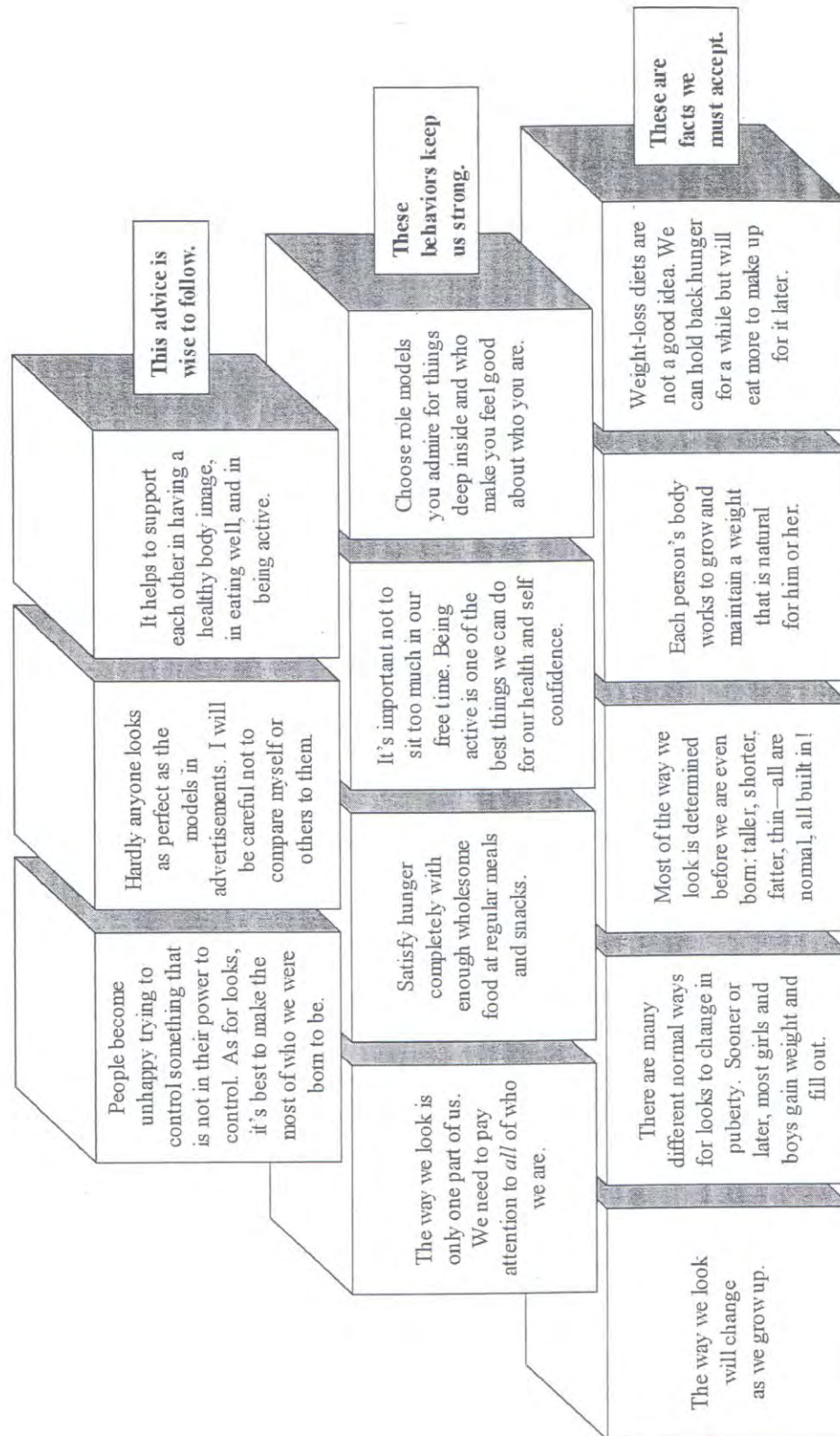
Sincerely,

Helen Yeung, Public Health Dietitian, Vancouver Coastal Health
Maureen Lee, District Administrator, West Vancouver Schools
Joanna Zelichowska, Manager Jessie's Legacy Prevention & Awareness Program

The Model for Healthy Body Image and Weight

Conceptual Building Blocks	Foundation	Desired Outcome	Goal
<p>Developmental change is inevitable.</p> <p>Normal changes of puberty include weight gain and temporary out-of-proportion growth; fat does not by itself define "overweight."</p> <p>Genetics and other internal weight regulators strictly limit the degree to which shape, weight & Body Mass Index (BMI) can be manipulated through healthy means.</p> <p>Restricted or restrained hunger (dieting) results in predictable consequences that are <i>counterproductive</i> to weight loss and interfere with normal hunger regulation.</p>	<p>Recognize and respect basic biology; understand what is <i>not</i> in our control regarding size, shape, weight, and hunger.</p>	<p>Accept the innate body: "This is the body I was born to have."</p>	<p>Healthy Body Image</p>
<p>Balance attention to <i>many</i> aspects of identity. Looks are only one part.</p> <p>Consistently satisfy hunger with enough varied, wholesome food in a stable, predictable manner.</p> <p>Limit sedentary choices to promote a physically active lifestyle at all ages.</p> <p>Choose role models that reflect a realistic standard.</p>	<p>Emphasize what <i>can</i> be influenced or chosen.</p>	<p>Enjoy eating for health, energy, and hunger satisfaction. Create a physically active lifestyle for fitness, endurance, fun, relaxation, and stress relief.</p>	<p>Prevention of Unbalanced and Disordered Eating</p>
<p>Promote historical perspective on today's attitudes that promote body dissatisfaction.</p> <p>Teach critical thinking about media messages about appearance and food.</p> <p>Support each other in resisting unhealthy norms about weight, dieting, low nutrient food choices, and a too-sedentary lifestyle.</p>	<p>Develop social and cultural resiliency.</p>	<p>Develop autonomy, self esteem, confidence, and the ability for critical thinking.</p>	<p>Well-Fed, Fit, and Strong Bodies at Every Size</p>

The Body Image Building Blocks



Sugary Drink Sense



Parent

Water is the best choice to satisfy thirst

- Drink water with meals and regularly throughout the day. It is a calorie and sugar free way to keep hydrated. Good hydration helps us feel energetic and alert.
- Water is essential to good health.



Make healthier drink choices and be a role model for your children.

THE SWEET TRUTH ABOUT SUGARY DRINKS

LIMIT ADDED SUGAR PER DAY TO
13
TEASPOONS
OR LESS

Most people should have no more than 13 teaspoons of added sugar each day. Added sugar is any type of sugar or syrup that has been added to the food or drinks that you buy or make at home.



Sugary Drink Sense



Sugary Drink Sense at Home

Keep drinks with low or no sugar handy

- Keep the fridge stocked with a pitcher of cold water and milk.
- Keep sugary drinks out of the home most of the time

- Be a role model for healthy habits. When we make healthy drink choices, our friends and family are more likely to make those choices too.

Choose Most



Water

Satisfy thirst with water.
Try these ideas:

- sparkling water with a splash of 100% unsweetened fruit juice
- slices of fruits or vegetables, such as cucumber, lemon, lime and orange
- fresh herbs, like mint



Plain Milk or Soy Beverages

Low-fat milk and unsweetened fortified soy beverages contain lots of nutrients our bodies need, including calcium and vitamin D.



Homemade Decaffeinated Iced Tea with No or Less Added Sugar

Add ginger, cinnamon sticks, cloves, fresh mint or lemon for more flavour.



Choose Least



Water with Powdered Drink Mixes

These can be high in calories and added sugar and can take the place of healthier choices.



Chocolate, Strawberry & Other Flavoured Milks

Chocolate, Strawberry & other Flavoured milk contains added sugar and calories. Check the Nutrition Facts table and choose those with less added sugar. Or make them at home using only a little syrup or powder. Less is best.



Store-Bought Iced Tea or Iced Tea Made with Powdered Drink Mixes

These can be high in added sugar and calories.



FIND OUT MORE Call 8-1-1 and ask to speak with a registered dietitian at HealthLinkBC or email www.HealthLinkBC.ca/dietitian/eat/disclaimer.stm
Contact a certified exercise physiologist at: www.physicalactivityline.com

For more information, visit:

Healthy Families BC www.healthyfamiliesbc.ca

Dietitians of Canada www.dietitians.ca

Health Canada www.healthycanadians.ca/eatwell



HealthLinkBC



PEN APPROVED

This resource is PEN approved until December 2018.



Fueling Your Mind and Body

What is healthy eating?

- Enjoying a variety of foods from Canada's Food Guide.
- Enjoying three meals a day and healthy snacks.
- Balancing the foods you eat. If you make poor food choices at one meal, make healthier choices the next time you eat.



Healthy eating:

- energizes the body
- supports health
- prevents sickness
- helps you think and feel better

How you eat is just as important as what you eat

- | | Always | Usually | Sometimes | Never |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Do you pay attention to the taste, smell, and texture of the food that you are eating? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you trust your body to let you know when you need food? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. When eating, can you tell when you are <i>getting</i> full? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. When you eat, do you eat for physical hunger (not for emotional reasons like anger)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you eat regularly throughout the day? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you take at least 20 minutes to eat and enjoy your meals? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you turn off the computer, cell phone and TV when you eat? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you sit and eat with others when possible? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Instead of eating directly out of a bulk-sized box or bag, do you take one portion and eat it from a plate or bowl? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Are you a mindful or a mindless eater? Mindful eating means eating with intention and attention. If you answered "Always" or "Usually", congratulate yourself. If you answered "Never" or "Sometimes", work on these areas one at a time.

Fluids



- Drink water for thirst.
- Choose water, milk or fortified soy beverages most often.
- Limit 100% juice to 125-250mL (½ -1 cup) per day.
- Avoid sugary drinks like pop, fruit drinks, energy drinks, and flavoured coffee beverages.

Get active!

- Aim for 60 minutes of moderate- to vigorous-intensity activity throughout the day (e.g., activities that make you breathe harder and your heart beat faster).
- Find activities that you enjoy (e.g., walking or running with friends, swimming, playing sports, dancing, yoga, etc.).
- Reduce your screen time (e.g., computer, cell phone, TV) to have more time for physical activity.



Have a positive attitude

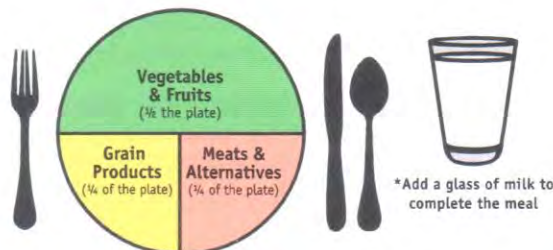
- Healthy bodies come in different sizes. Avoid comparing yourself to others.
- More than 50% of body size is determined by genetics.
- Be adventurous. Enjoy food and cooking.

A day of delicious, healthy eating

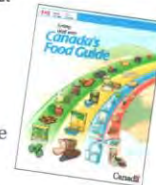
These times and foods are examples. Aim to eat about every 2-4 hours.
Eat when you are hungry; stop when you are full.

<p>7:30 am Breakfast</p> <ul style="list-style-type: none"> Whole wheat tortilla with peanut butter and banana Milk 	<p><i>Eating breakfast helps your body and mind wake up and helps your brain work well.</i></p>
<p>10 am Snack</p> <ul style="list-style-type: none"> Apple and cheese Water 	<p><i>Snack on protein and carbohydrates together to keep your energy levels stable and avoid being hungry. Examples of proteins are fish, beans, nuts/seeds, meat. Examples of carbohydrates are fruit, rice, bread, pasta.</i></p>
<p>12:30 Lunch</p> <ul style="list-style-type: none"> Salmon salad sandwich on rye toast Carrot sticks and dip Water 	<p><i>Part of healthy eating is balancing the foods you eat. For example, if your lunch is low in vegetables and fruits, plan to enjoy them later in the day.</i></p>
<p>4 pm Snack</p> <ul style="list-style-type: none"> Hummous and red pepper strips Water 	
<p>7 pm Dinner</p> <ul style="list-style-type: none"> Beef and broccoli stir-fry with brown rice. Milk 	<p><i>Plan meals that include choices from 3-4 of the food groups* to get the nutrients your body needs each day.</i></p>
<p>10 pm Bedtime</p> <ul style="list-style-type: none"> Have an evening snack if you are hungry 	<p><i>Poor sleep habits make it harder to: make good food choices, keep your energy stable, and be at a healthy weight.</i></p>

Use this plate as a guide to serve up your meal.



* The four food groups in Canada's Food Guide are Vegetables and Fruits, Grain Products, Milk and Alternatives, and Meat and Alternatives. Visit the Health Canada website www.healthcanada.gc.ca/foodguide to create a personalized "My Food Guide" and learn more about healthy eating and active living.



Looking for more information?

- Dietitian Services at HealthLink BCDial 8-1-1 to speak to a dietitian
Translation services are available in 130 languages www.healthlinkbc.ca/healthyeating
- VCH Youth Clinics www.vch.ca/youthclinic
- Better Together BC <http://bettertogetherbc.ca/>
For recipes and snack ideas.
- Canadian Physical Activity Guidelines www.csep.ca/guidelines

For more copies, go online at <http://vch.eduhealth.ca> or
email phem@vch.ca and quote Catalogue No. **BB.200.F952**
Please send any feedback about this handout to feedback@vch.ca
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person to whom it was given by the health care team.
www.vch.ca

Digging up the Dirt on Dieting

The truth about dieting and healthier alternatives

Dieting \neq Healthy Eating	
<p>Dieting is when you restrict what you eat to lose weight.</p> <p>Examples of weight loss diets are: high protein, low carb, low fat, fasting, skipping meals, low calorie (i.e. counting calories or points), eating only certain foods such as grapefruit.</p>	<p>Healthy eating is a life-long way of eating. It means choosing a wide variety of food: most are healthy, but there is also some room for food that does not fit into Canada's Food Guide.</p>

True or False?

Most dieters will regain the weight they lost while dieting.

☐ True ☐ False

The risk of gaining more fat increases after dieting.

☐ True ☐ False

People who diet are twice as likely to be overweight 5 years later as those who do not.

☐ True ☐ False

These statements are all true.



What happens to your body when you are dieting?

You skip meals and you ignore your hunger cues by eating less

- Your body burns fewer calories because it thinks you are starving.
- Your brain does not work as well and you have a harder time concentrating, thinking and staying awake.
- You become grumpy more easily.
- You may overeat later on in the day.

You cut most carbs (carbohydrates) such as grain products

- You miss out on important vitamins and minerals.
- Your body breaks down some of your muscles for fuel. This can cause bad breath, headaches and low energy levels.

You limit fat such as oils, margarine, nuts

- Your skin and hair look less healthy.
- You do not feel as satisfied at meals and snacks, so you tend to eat more.

You fast, or take diet pills or laxatives

- You lose water, rather than losing any real weight. There is no magic pill for weight loss.



Dieting can be very emotional - it is linked with lower self-esteem, depression or feeling lousy.

To be healthy and to be at a body weight that is right for you without dieting:



Eat Well

	Yes	Sometimes	No
Do you eat with your family or friends? Eating meals with your family is linked to better health and eating habits.			
Do you enjoy a variety food? There are no “bad” foods. Include choices from Canada’s Food Guide to make up most of your meals and snacks.			
Do you use Canada’s Food Guide to help you choose healthy meals and snacks? <ul style="list-style-type: none"> Try to have 2 food groups for each snack. Try to have 3-4 food groups at each meal. www.healthcanada.gc.ca/foodguide			
Do you satisfy your thirst with water, milk or fortified soy beverage and limit the amount of juice and pop you drink? Aim for at least 500mL of milk or fortified soy beverage daily.			
Do you eat regularly throughout the day? This might mean 3 meals with snacks in-between or 5-6 mini-meals.			
Do you take at least 20 minutes to eat and enjoy your meals? Slowing down helps your body recognize when you are full.			
Do you eat breakfast? Breakfast gives you energy to start your day. Find what works for you - leftovers, smoothie or a sandwich are some options.			
Do you eat mindfully? Avoid eating in front of the TV or computer or checking your mobile phone.			
Do you listen to your body’s hunger and fullness cues? Eat when you are hungry, and stop when you feel full.			
Do you pay attention to portion size? Share large portions with friends. Put food on a plate rather than eating from the box or bag.			

Congratulate yourself on all the questions to which you answered “yes”. For the questions to which you answered “no” or “sometimes”, work on them one at a time until you have answered “yes” to all of them. Be patient with yourself—making healthy eating part of your everyday routine can take time!

For more information on healthy eating, see the handout “[Fueling Your Mind and Body](#)”.

Be Active

- Being active doesn’t have to mean going to the gym. Try activities that you find fun like walking, dancing, yoga, volleyball, hiking, or rollerblading.
- Enjoy the benefits you get from being active: more energy, lower stress, stronger bones, better sleep and a lower risk for some diseases.



Have a Positive Attitude

- Remember that 50-80% of your body shape and size is determined by your genes.
- It is normal for many children to gain weight before growing taller during puberty.
- Healthy bodies come in all shapes and sizes. Accept and respect yourself and others.
- Go easy on yourself; be happy with small changes you make to be healthier.
- Care for, rather than compare your body to others.**

For more information:

Talk to your doctor, public health nurse, school counsellor or call 8-1-1 to speak to a dietitian or nurse.

Food Fundraiser Ideas for Schools



Offer healthier food at competitive prices:

- Let people know that your school supports healthy eating.
- Consider doing a survey to see what parents, students and community members would buy in the *Sell Most*, *Sell Sometimes* or *Sell* categories of food and beverages.
- List and score potential fundraising food and beverage menu options according to the nutrition standards in the Guidelines. Select items categorized as *Sell Most* or *Sell Sometimes* using the Nutrient Criteria for prepackaged food or as *Sell* using the Checklist for freshly made food.
- For prepackaged food, aim for at least 50% of food and beverages on the menu to meet the *Sell Most* criteria and for up to 50% to meet the *Sell Sometimes* criteria.
- All freshly made food and beverages being sold to students should score as *Sell*.
- Price healthiest food and beverage items lower than other options.
- Consider offering non-food items for sale and as prizes at events.

Act to support healthy eating:

- Form a fundraising team with at least one representative from each of the following groups: administrators, teachers, parents, support staff and students to share the workload for planning for events.
- Adapt favorite recipes to make food more nutritious by using resources such as *Bake Better Bites* and *Tips and Recipes for Quantity Cooking*.
- Display healthier food and beverage choices more prominently and at student eye-level.
- Communicate your school's commitment to healthy eating through promotional materials such as lunch bags and logos.
- Offer sample products of healthy items to view and taste.
- For catered events, work with caterers to ensure that healthy options are included on the menu with 100% of all food and beverages for sale meeting the Nutrient Criteria or Checklist.



FOOD FOR THOUGHT

Fundraising events can include non-food items for sale and/or as prizes. Some examples are:

- | | |
|---|--|
| • Cookbooks made from recipes submitted by students and parents | • School spirit apparel such as scarves and t-shirts |
| • Flowers or hanging baskets | • School supplies like pens or glue sticks |
| • Seasonally themed items such as Christmas Tree decorations | • Water bottles with school logo |
| • Student artwork | • VIP parking spaces |
| • Stickers | • Puzzles |
| • Cards | • Ribbons and certifications |
| • Temporary tattoos | • Key chains |
| • Travel mugs | • School-made calendars |

Provide healthier versions of favourite food:

A few examples of healthier food and beverages to serve and sell at school fundraising events include:

- Water, plain milk, fortified unsweetened soy beverage, reduced sugar chocolate milk, 100% fruit juices
- Fruit - whole, dried, or canned in 100% fruit juice
- 100% real juice popsicles
- Fresh vegetable sticks (e.g. served with one tablespoon of Italian or ranch dressing)
- Vegetarian pizza with whole wheat crust
- Baked potatoes with low-fat sour cream, cheese and chives
- Plain yogurt with fruit (no added sugar or sweeteners)
- Low-sodium 100% beef, turkey, or chicken dogs on whole wheat buns
- Low-sodium vegetarian or non-breaded fish burgers on whole wheat buns
- Chicken, black beans, corn and brown rice in whole wheat tortillas
- Wholegrain crackers and cheese or tuna snack packs

Keep food safe:

- Consult with someone who has Food Safe certification about how you plan to keep the food safe.
- Store cool perishable food at a temperature of 4°C or cooler.
- Store warm perishable food at a temperature of 60°C or warmer. Make sure that anyone preparing or serving food is handling the food properly (e.g. servers have hand-washing stations).
- Use single use plastic dishes and cutlery, or make sure that dishes and cutlery are washed and sanitized to Food Safe standards.

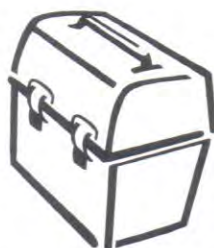
Where Can We Find Out More?

- HealthLink BC: www.HealthLinkBC.ca
 - Speak to a Dietitian by dialing **8-1-1** or Email a HealthLinkBC Dietitian
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www.healthyschoolsbc.ca/program/resources/80/25666/Bake-Better-Bites.pdf (PDF 2.34 MB)
- Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies:
www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf (PDF 2.75 MB)
- Brand Name Food List: www.brandnamefoodlist.ca
- Healthy Fundraising for Schools – A guide filled with fundraising ideas. (DASH BC):
www.healthyschoolsbc.ca/program/resources/47/45633/Healthy-Fundraising-For-Schools.pdf (PDF 2.03 MB)
- Food Safe certification (online food safety course):
www.health.gov.bc.ca/protect/food-safety-module/files/home.htm
- Food Safe Program: www.foodsafe.ca

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HealthLinkBC



Lunches to Go

*Bringing variety & fun
to packed lunches!*

Allergy Aware: Some schools have rules about the types of foods brought to the centre. For more information, check with the school's staff or call HealthLinkBC, 8-1-1.

Lunchbox Tips:

- ✓ Keep it simple and easy to eat but healthy and tasty.
- ✓ Try to include foods from each of the four food groups in Canada's Food Guide (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives).
- ✓ Kids love to eat what they create. Let your child choose their lunch from a healthy list of choices.
- ✓ Cut up extra veggies when making dinner to use in lunches the next day or by making extra at meals to use as re-runs for lunches the following day.
- ✓ On a cold day, pack a small thermos of soup, pasta, or other hot item.



Dunk a Lunch

Fun ideas for dunking finger foods:

- Bean dip with pre-cut (can be store-bought pre-cut) veggies and bread*
- Fresh cut or canned fruit mixed with plain yogurt*
- French toast with yogurt and fruit puree
- Whole grain bread sticks with fresh tomato salsa and guacamole*



* foods that are "quick & easy"

Versatile Veggies & Fast Fresh Fruits

Offer a variety of fresh or frozen local produce, such as:

- Cauliflower, broccoli
- Baby corn, fresh sweet radishes
- Pepper strips (yellow, green, red, orange)
- Turnip or zucchini sticks
- Peas in a pod or snow pea pods
- Cherry tomatoes, cucumber
- Melon balls, cherries, berries
- Kiwi, pears, peaches
- Apples, plums, apricots
- Papaya, mango



Instead of Sandwiches

- Whole grain pancakes or waffles with fruit & yogurt
- Build your own pizza with English muffin or pita, tomato sauce, vegetables and grated cheese
- Falafel in a whole wheat pita, carrot sticks
- Hard cooked egg, whole grain crackers, red pepper strips
- Burrito with salsa*
- Homemade muffin (eg. blueberry bran), with yogurt and veggie sticks*
- Grain based salad* – bulgar, quinoa or barley e.g., tabbouleh
- As a change from bread try whole wheat or whole grain: tortillas, flat bread, rice cakes, crackers, melba toast, bread sticks, chapatti, roti, or bannock



Wrap or Pita Pocket Combos

Mix with mayonnaise, salsa, or other sauces/spreads:

- Hard cooked egg, chopped cucumber, green onion
- Chicken chunks, sliced seedless grapes
- Turkey or marinated tofu chunks, grated carrot, shredded lettuce
- Canned or cooked fish, red and green pepper slices*
- Ricotta cheese, fruit*
- Chopped ham, pineapple
- Black beans, corn, red peppers & tomato
- Shredded cheese, sliced cucumber*

Instead of a tortilla, try a "lettuce leaf" wrap with any of the above combos

Follow the Milky Way...

- Veggie sticks & cheese sticks/strings*
- Apple and cheese chunks
- Finely grated cheese rolled into small balls
- Chilled milk or fortified soy beverage*
- Milk-based pudding*
- A fruit smoothie in a thermos
- Whole grain cereal with milk and sliced fruit*.
- Yogurt parfait: Layer plain yogurt, fruit and granola or other cereal



Pack a Safe Lunch

- Use clean kitchen tools to make lunches
- Refrigerate lunches that are made ahead of time
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water or juice in plastic containers to keep food cool.
- Use a wide mouth thermos to keep hot food hot. Pre-heat the thermos with hot water before filling.
- Wash all vegetables well, even if the package says "pre-washed"
- Wash lunch containers every night and clean them with baking soda once a week to get rid of odours
- Do not reuse plastic bags – they can hold bacteria
- Send liquids in reusable bottles

Last Night's Leftovers make a Tasty Lunch!

Not all lunches have to be hot –

Leftovers can be sent cold, or hot, in a thermos

- | | |
|--|------------------------------------|
| • Leftover pizza* | • Curry* |
| • Kebabs* (e.g. meat or chicken, cheese, fruit, veggies) | • Chili* |
| • Whole wheat steamed Asian bun* | • Casserole* |
| • Homemade baked samosas* | • Stir fried vegetables with tofu* |
| • Vietnamese salad rolls* | • Perogies/pot stickers* |
| • Chicken drumstick* | • Spaghetti and meatballs* |
| • Stew* | • Macaroni and cheese* |
| | • Baked beans* |
| | • Soup or chowder* |

Little Extras: Non-food treats are special and long lasting...

- Special napkin or straw
 - Sticker, picture
 - Funny joke, poem or other note
 - Fun lunch containers or lunch bag
- It is normal for a child's taste to change often. It can take many exposures to new foods before children learn to like them.
- Try to choose cereals with no added sugars when possible or compare Nutrition Facts information and choose those with less sugar.
- For help choosing healthy packaged foods, check out the Brand Name Food List from HealthLinkBC
- Water is the best choice to satisfy thirst. Kids do not need sugary drinks or juice.



For More Information:

Dietitian services at HealthLink BC:

Call 8-1-1 to speak to a dietitian or go to <http://www.healthlinkbc.ca/healthyeating/emaildietitian.html> to email your question. www.healthyeatingatschool.ca <http://healthyschoolsbc.ca/>

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **BB.203.L86**
Please send any feedback about this handout to feedback@vch.ca
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Making Bake Sales Delicious and Nutritious



Use healthier recipes

- Score homemade recipes using the Checklist.
- Sell **freshly made** food and beverages to students that meet the Guidelines (score as *Sell* based on the Checklist).
- Look for recipes that can include fruits and vegetables when they are in season (such as apples, berries, rhubarb and zucchini) for freshness and to support local BC food producers.
- Keep portion sizes moderate. Cookies that are 6 cm in diameter or less, slices of loaves that are 2 cm thick or less and muffins that are the size of a tennis ball or smaller are more likely to meet the Guidelines.
- Work with administrators, parents, teachers and students to promote healthier recipes using resources such as Bake Better Bites and Tips and Recipes for Quantity Cooking.

Use sensational substitutes*:

To	Instead Of	Try
Boost Fibre	1 cup white flour	1/2 cup whole wheat flour plus 1/2 cup white flour
		1/4 cup ground flaxseed plus 3/4 cup white flour
		Adding wheat bran or oatmeal to homemade bread
Use Less Fat	1/2 cup of fat (oil, margarine, or butter)	1/4 cup mashed fruit plus 1/4 cup of fat
	1 cup of solid fat	3/4 cup ricotta cheese plus 1/4 cup solid fat
	Whole milk	Skim, 1% or evaporated skim milk, fortified unsweetened soy beverage
	Cream	Milk, low-fat evaporated milk or low fat sour cream
Use Less Sugar	1 cup sugar	2/3 to 3/4 cup sugar plus cinnamon, vanilla or almond extract to boost flavour
	1 cup chocolate chips	1/2 cup mini chocolate chips plus 1/2 cup to 1 cup chopped nuts or chopped dried fruit
	Icing or frosting	Fresh chopped or pureed fruit and/or a dusting with powdered or icing sugar

*Based on "Sensational Substitutes" from Bake Better Bites: Recipes and Tips for Healthier Baked Goods, pg 5.

Act to support healthy eating:

- Ensure that everyone bringing food uses the Checklist so they meet the nutrition standards in the Guidelines.
- Ensure that everyone bringing food understands how to be food safe and allergy aware at home.
- Label all food sold with ingredient lists and nutrition information from recipes (when available).
- Keep it simple and do not sell products at bake sales that require refrigeration, such as food with dairy or egg products in liquid form and meats.
- Consider selling bottled water, fresh fruits & vegetables and other healthy snack options alongside baked goods at school events.
- Include non-food items and prizes at events and physical activities/games that promote a healthy lifestyle.



FOOD FOR THOUGHT

Meet the Guidelines with healthier recipe ingredients such as:

- Dried fruit, fruit sauce with no added sugar or sweetener, grated vegetables or bran
- Nuts and seeds (where there is no allergy limitation)
- Oil or non-hydrogenated margarine as the fat source

Where Can We Find Out More?

- HealthLink BC: www.HealthLinkBC.ca
 - Speak to a Dietitian by dialing **8-1-1** or Email a HealthLinkBC Dietitian
- Bake Better Bites: Recipes and Tips for Healthier Baked Goods: www.healthyschoolsbc.ca/program/resources/80/25666/Bake-Better-Bites.pdf (PDF 2.34 MB)
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- Food Safe Program: www.foodsafe.ca

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HealthLinkBC

Involving Everyone in Implementing the Guidelines



Introduction



All members of the school community need to work together to build a healthy school that supports healthy eating. A healthy school environment includes healthy eating. Students can provide great ideas that can be included in the planning process. Involve students in helping to decide which policies, actions and food and beverage options are best for their school. Students, teachers, parents, administrators and food service providers can promote and model healthy eating behaviours at school, during after school activities and at home. Everyone can take action to promote healthy eating and implement the Guidelines for Food and Beverage Sales in BC Schools.

Here are some examples of what these groups can do:

Students

- Start a student advisory group. Advocate for healthy food and beverage choices in the cafeteria, vending machines, school stores and at school events.
- Voice your opinion. Participate in events such as taste testing of potential cafeteria recipes for menu planning and filling out surveys about what healthy food should be available in the schools and at events.
- Raise awareness in your school about the impacts of marketing unhealthy food and beverages to students.
- For more information about how to take action and apply the Guidelines, check out these resources:

- [Boosting the Sales of Nutritious Food in Schools](#)
- [Planning Healthy Cafeteria Menus](#)



Parents

- Get involved. Join a committee to support a healthy school nutrition policy and the implementation of the Guidelines in all school food venues.
- Assess your school. See where students may be exposed to marketing of unhealthy food or beverages. Consider ways your school may restrict the influences of marketing.



- Use the [Checklist](#) when preparing freshly made food to be sold at school events such as bake sales. You can also use pre-scored recipes from [Bake Better Bites](#) and [Tips and Recipes for Quantity Cooking](#).
- Involve students in food preparation for school events and talk to them about the four food groups from [Eating Well with Canada's Food Guide](#).
- For information on how to take action in implementing the Guidelines, see:
 - [Selling Food and Beverages at School Sporting Events](#)
 - [Making Bake Sales Delicious and Nutritious](#)

Teachers

- Choose nutrition education strategies that are hands-on. Encourage students to work with food service staff and food and beverage vendors on marketing healthier food as part of school projects.
- Use the Guidelines in class projects. For example, students can apply their math, writing and business skills by evaluating and reporting on food and beverage items' taste, price, appeal and compliance with the [Nutrient Criteria](#) and [Checklist](#).
- Use a [Comprehensive School Health](#) approach to find opportunities for healthy eating across the whole school.
- Teach students about healthy eating principles and growing, preparing and composting food.
- Teach students about local food systems through [Farm to School](#) programs. Many resources are already available to guide program start-up.
- Encourage parents to refer to the Guidelines to support healthier choices when they are participating in school events where food and beverages are sold such as sporting events, bake sales and other school fundraising events.
- Arrange for a nutrition workshop that incorporates the Guidelines as part of professional development activities, such as the one offered through [Action Schools! BC](#).
- Engage a group of students to start a committee for healthy eating action in the school.
- Advocate for the inclusion of healthy eating in school goals and policies.
- Launch or participate in a [Healthy Schools Network](#) inquiry process.
- For more information on how to take action in implementing the Guidelines, visit www.healthlinkbc.ca/foodguidelines.





School Administrators

- Form a committee to develop and monitor healthy school policies. Include at least one representative from each of the following groups: school administration, parents, students, teachers, food service staff and school support staff.
- Partner with the school board and district to promote the implementation of the Guidelines by working with food and beverage vendors in your district.
- Support school-wide nutrition education.
- Consider [building on the Guidelines](#) to include other policies such as restricting the marketing of unhealthy food and beverages in your school.
- Encourage and work with teachers to integrate nutrition education materials and the Guidelines throughout the curriculum and in student school projects and presentations. Promote and support the use of available teaching tools. Provide teachers with the time and resources to learn and apply these tools in the classroom.
- Integrate healthy eating into school goals or policies.
- Participate in the [BC School Fruit and Vegetable Nutritional Program](#), begin a [Farm to School](#) program and register with [Action Schools! BC](#).
- Promote the [Healthy Schools Network](#) inquiry process to school staff.
- Designate half of a Pro-D day to school-wide planning and discussion about supporting healthy eating.

Food Service Providers

- Provide a variety of healthy food that incorporates the four food groups from [Eating Well with Canada's Food Guide](#). Make sure to reflect student preferences and cultural backgrounds.
- Score food and beverages using the Guidelines. For freshly made food, use the [Checklist](#) to score recipes and use the [Nutrient Criteria](#) to score prepackaged food.
- Use recipes from [Bake Better Bites](#) and [Tips and Recipes for Quantity Cooking](#) to provide healthy menu options.
- Provide appropriate serving sizes and avoid "super sizing."
- Involve students and teachers in developing marketing techniques for new menu items.
- Work with students and parents to select and evaluate menus. Use strategies such as taste testing and client satisfaction surveys.
- For more information on how to take action in implementing the Guidelines check out these resources:
 - [Boosting the Sales of Nutritious Food in Schools](#)
 - [Planning Healthy Cafeteria Menus](#)

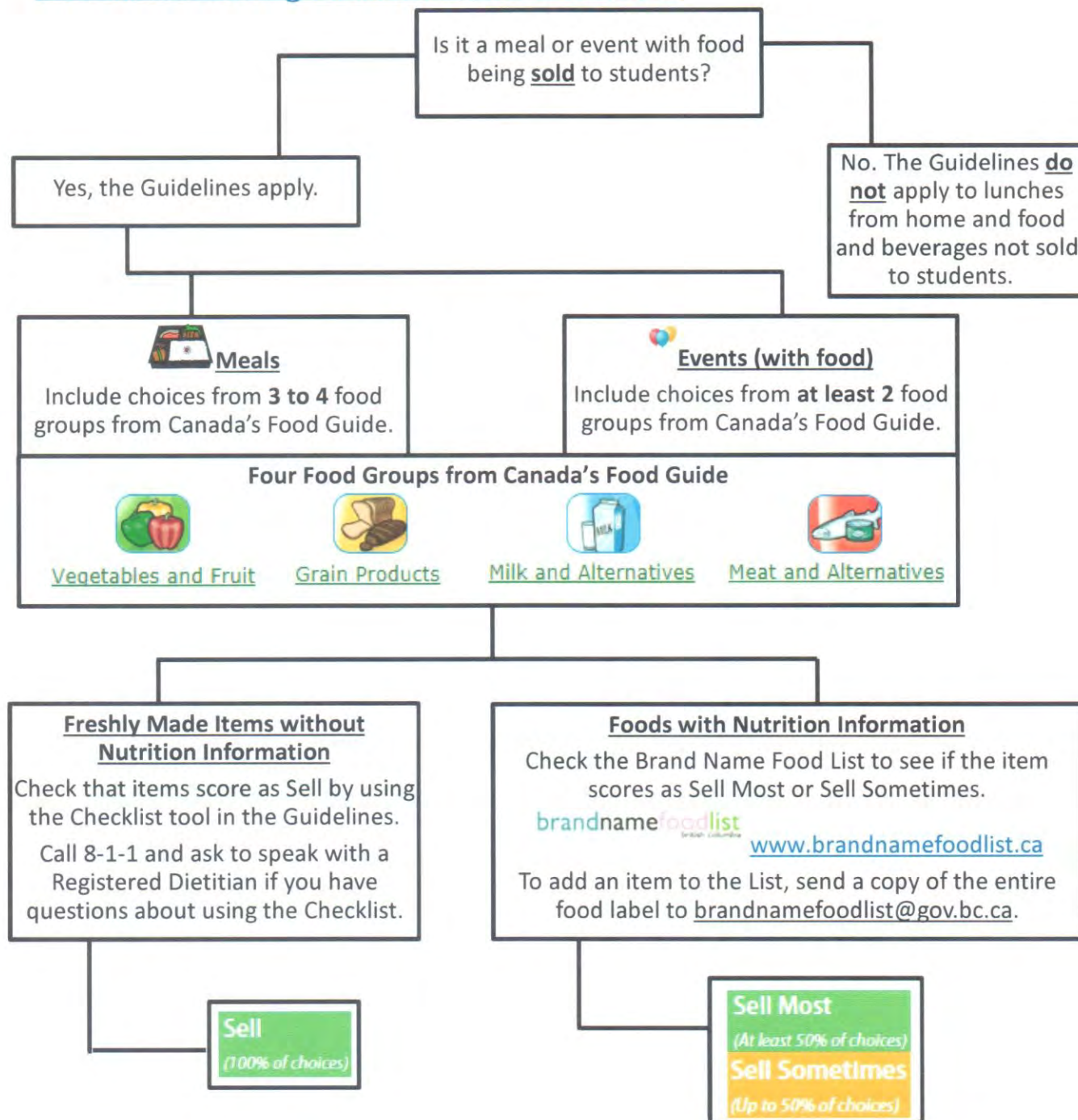


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 - Making Bake Sales Delicious and Nutritious: www.healthlinkbc.ca/healthyeating/food-guidelines-bake-sales.html
 - Planning Healthy Cafeteria Menus: www.healthlinkbc.ca/healthyeating/food-guidelines-cafeteria-menus.html
 - Selling Food and Beverages at School Sporting Events: www.healthlinkbc.ca/healthyeating/food-guidelines-sporting-events.html
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- Healthy Schools BC: www.healthyschoolsbc.ca
 - Comprehensive School Health: www.healthyschoolsbc.ca/about/comprehensive-school-health.aspx
 - Healthy Schools Network: www.healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-schools-network.aspx
- Farm to School: www.phabc.org/modules.php?name=Farmtoschool
- Action Schools! BC: www.actionschoolsbc.ca/professional-development/teacher-workshops
- BC School Fruit and Vegetable Nutrition Program: www.sfvnp.ca/index.php
- Eating Well with Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Selling Foods to Students that Meet the Criteria in the Guidelines for Food and Beverage Sales in BC Schools

Process for Scoring Food Items Sold to Students



Sample Lunch Meal Ideas for Sale to Students

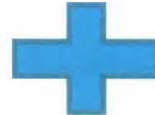
Pizza Lunch



Sell Sometimes
(Up to 50% of choices)



Plain Milk
Sell Most
(At least 50% of choices)



Fresh Fruit
Always Scores as
Sell Most
Sell Most
(At least 50% of choices)

Sushi Lunch



Sell
(100% of choices)



Reduced Sugar
Chocolate Milk
Sell Sometimes
(Up to 50% of choices)



Fruit Salad/Sauce
Sell Most
(At least 50% of choices)

Sandwich Lunch



Sell Sometimes
(Up to 50% of choices)

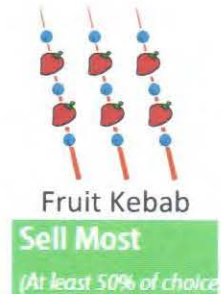
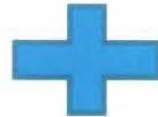


Small Yogurt
Sell Most
(At least 50% of choices)

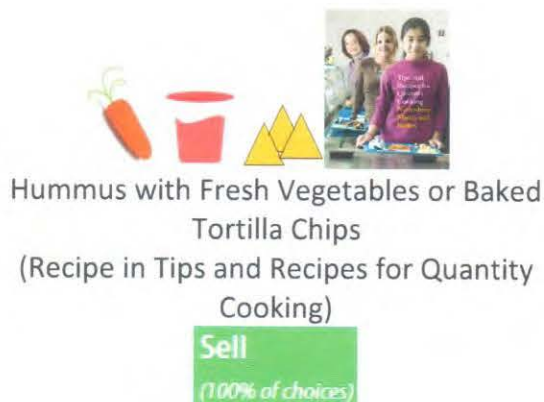


Dried Fruit
Sell Most
(At least 50% of choices)

Sample Food Fundraising Ideas for Sale to Students



Sample School Dance Snack Ideas for Sale to Students



If you have further questions about how to score products call 8-1-1, Monday to Friday from 9 am to 5 pm, and ask to speak with a Registered Dietitian for support or email foodpolicy@gov.bc.ca.
This service is free!

CPAC - Current Budget VS Actual - 2016/2017 - January 12, 2016 (in CAD)

2017-1-12

	2016-2017	2016-2017	
Category	Budget	Actual	Difference
REVENUE			
Fund Raising	\$29,300.00	\$21,088.33	-\$8,211.67
Athletic Programming	1,000.00		-1,000.00
Family Photo Night	220.00		-220.00
Gr. 7 Grad:			
Movie Night			0.00
TCBY			0.00
Hot Dog Days			0.00
Hoodies		1,070.00	1,070.00
Halloween Dance	1,500.00	1,085.21	-414.79
Hot Lunch	20,000.00	18,077.42	-1,922.58
Multicultural Night	3,900.00		-3,900.00
Other (Pking Spot Raffle)	1,000.00	335.00	-665.00
Principal for a Day	500.00		-500.00
Video Gaming & Social Media Event			0.00
Spirit Wear	375.00		-375.00
Parent Education Nights	500.00		-500.00
School Board Contribution	155.00	156.59	1.59
Interest earned from investment	150.00	104.11	-45.89
Library Commons (Primary Concert Collection)		260.00	
Library Commons (Funds are in Trust Acc.) 2015/2016	25,000.00	18,766.43	-6,233.57
Category	Budget	Actual	Difference
EXPENSES			
	18,675.00	\$15,755.95	\$2,919.05
Office	200.00		200.00
Petty cash (Babysitting)	200.00	200.00	0.00
Bad Debt			0.00
Bank Services Fee	100.00	44.43	55.57
Christmas Gift	75.00		75.00
CPAC Activity Refreshments and Food	200.00		200.00
Kitchen Supplies	400.00		400.00
Photocopy Fee	0.00		0.00
Sport's Day Orange	100.00		100.00
Teacher Year End Gift	700.00		700.00
Welcome Tea	100.00	51.91	48.09
Art Starts Cultural Performances	500.00	500.00	0.00
Classroom Funds	3,900.00	3,900.00	0.00
Collaboration Funds	1,200.00	1,200.00	0.00
Physical Literacy In House Expert (ShuttleSport: Badminton)	1,500.00	1,500.00	0.00
Dance in Schools (Bob Shop Dance)	1,500.00	1,500.00	0.00
Principal Funds	2,000.00	2,000.00	0.00
Sexual Health Workshop - Parents			0.00
Sexual Health Ed - Students	1,500.00	1,500.00	0.00
21st Century Learning Initiative			0.00
Digital Literacy Education Fund			0.00
Site Enhancement Fund			0.00
First Nations Education & Enhancement	3,000.00	3,000.00	0.00
CPAC Contribution to Gr.7 ceremony and year books	1,000.00		1,000.00
Administration / General expenses	200.00	85.05	114.95
Coffee Club	100.00	28.91	71.09
Teachers Day	200.00	245.65	-45.65
Revenue - Expenses	\$10,625.00	\$5,332.38	\$5,292.62