1. **Provide a healthy classroom environment**
   - Look for opportunities to incorporate healthy eating education into classroom teaching (e.g., read a food-related book, use vegetables and fruit as units in math questions, incorporate vegetables and fruit into art projects, visit a local farm or grocery store, explore different cultural food practices, etc.)
   - Promote healthier classroom celebrations.
   - Use non-food rewards in the classroom (e.g., stickers, pencils, high fives, classroom privileges).
   - At lunch, snack and nutrition breaks, allow students to choose what they want to eat from their lunch, and how much.
   - Provide screen-free nutrition breaks and allow students to socialize when eating.

2. **Offer hands-on opportunities to build food literacy**
   - Grow, prepare and/or enjoy food together.
   - Learn more about [food literacy](https://www.hamilton.ca/educational-programming-teachers/healthy-schools/healthy-eating-nutrition) (video) and its significant influence on eating patterns.
   - Explore [A Recipe for Successful Cooking Workshops](https://www.hamilton.ca/educational-programming-teachers/healthy-schools/healthy-eating-nutrition)

3. **Support students in developing a healthy relationship with food**
   - Focus on the positive benefits of food and eating.
   - Use neutral language when discussing and identifying food. Avoid labelling food as “good” or “bad”, “junk”, etc.
   - Embrace that healthy bodies come in all shapes and sizes.
   - Encourage students to enjoy food, accept a wide variety of foods, eat based on hunger cues and know how to find and interpret accurate nutrition information when they want or need it.
   - Help everyone [enjoy eating at school with these tips](https://www.hamilton.ca/educational-programming-teachers/healthy-schools/healthy-eating-nutrition) for a relaxed and positive experience.
   - Do not comment on the content of student lunches or tell students when to eat certain foods from their lunches.

For more information:
- [https://www.hamilton.ca/educational-programming-teachers/healthy-schools/healthy-eating-nutrition](https://www.hamilton.ca/educational-programming-teachers/healthy-schools/healthy-eating-nutrition)
- [UnlockFood.ca/schoolhealth](https://www.hamilton.ca/educational-programming-teachers/healthy-schools/healthy-eating-nutrition)
- Contact a Public Health Dietitian or Public Health Nurse by email: [healthyschools@hamilton.ca](mailto:healthyschools@hamilton.ca)