



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](#) (video) and its significant influence on eating patterns.
- Explore [A Recipe for Successful Cooking Workshops](#)

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](#) 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>
- [UnlockFood.ca/schoolhealth](https://unlockfood.ca/schoolhealth)
- Contact a Public Health Dietitian or Public Health Nurse by email: healthyschools@hamilton.ca