

APPENDIX 21: SAMPLE NEWSLETTER/WEBSITE ARTICLE

Setting the standard for healthy eating in school

It's a fact: a healthy mind depends on a healthy body. Students who eat healthy food are better prepared to learn and are more likely to succeed in school.

The Ministry of Education has released a new School Food and Beverage Policy that includes comprehensive nutrition standards.

The policy, which will be mandatory on September 1, 2011, means that all food and beverages sold in schools will be healthy.

Good health is a prerequisite for good learning. The School Food and Beverage Policy offers a way to encourage healthy eating in schools, and brighter futures for students. For more information about Ontario's healthy schools initiatives, visit www.ontario.ca/healthyschools