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## APPENDIX 9: WE'RE TUCKING INTO HEALTHY GRUB! (NEWSLETTER INSERT)

As part of our school's ongoing effort to promote healthy eating and to comply with the Ministry of Education's School Food and Beverage Policy, we have been working with students, parents, and the staff to improve the nutritional value of food and beverages for sale in our **[insert venue]**. We are going to start selling a variety of healthier options, such as fruit and baked chips. These changes will make it easier for students to choose healthy food and beverages and will help them practise what they learn in the classroom about healthy eating.

We are excited that the tuck shop/canteen allows students to buy a great variety of healthy food and beverages...for energy and refreshment! We are making healthy eating easy!

As usual, any healthy food or beverage ideas are welcome!

For more information, please contact **[insert name]** at **[insert phone number]**.

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*Adapted with permission from: Ontario Society of Nutrition Professionals in Public Health (2007). Creating a Healthy School Nutrition Environment (CHSNE) Health Unit Collaboration – Nutrition Tools for Schools: A Toolkit for Ontario Health Units to Support Elementary Schools in Creating a Healthy Nutrition Environment.*