



The Young Canadians Roundtable on Health compiled a preliminary environmental scan of healthy eating programs from across Canada and the United States. Here are their findings.

Examples

Cathedral High School Breakfast Club

Jurisdiction: Hamilton, Ontario

Website: N/A

Description: Eating healthy isn't just about WHAT you eat. It's about your relationship with food, how much you are eating (example: breakfast, lunch, dinner, plus snacks) and when you are eating. Breakfast is the MOST important meal and I believe that this program definitely helped a lot of students eat better, and healthier and also eat breakfast, which many students skip.

Jurisdiction: Ontario

Organization: **Food Share**

Website: <http://www.foodshare.net>

Description: FoodShare Toronto is a non-profit community organization whose vision is Good Healthy Food for All. Founded in 1985 to address hunger in Toronto communities, FoodShare takes a unique multifaceted and long-term approach to hunger and food issues. We work to empower individuals, families and communities through food-based initiatives, while advocating for the broader public policies needed to ensure that everyone has adequate access to sustainably produced, good healthy food. Working "from field to table," we focus on the entire system that puts food on our tables: from the growing, processing and distribution of food to its purchasing, cooking and consumption.

FoodShare's award-winning Field to Table Schools (FTTS) program is restoring good food education in schools with hands-on activities, workshops and growing projects. Students from JK to Grade 12 learn about composting, innovative food gardens, nutrition, cooking, local and global food systems and more. The FTTS program reconnects students with food and where it comes from; teaching that good healthy food not only tastes good, but is fun too.

Jurisdiction: Ontario

Organization: **Eating Well Looks Good On You**

Website: <http://www.edu.gov.on.ca/eng/healthyschools/eatingwell.html>

Description: The 'Eating Well Looks Good on You' pilot project was designed to bring healthier food to school cafeterias in Ontario. David Rocco a well-known chef on the Food Network, was helping to spread the word about this project by bringing his expertise and fresh ideas to four high schools.

The pilot project provided healthy recipes to schools using fresh, locally grown food. The project was developed in collaboration with David Rocco, Real Food for Real Kids and Foodland Ontario

**This was the program that uses students. However, the students in question are actually studying trades, not members of the school community.

Jurisdiction: Ontario

Organization: **The Screaming Avocado**



Website: <http://screamingavocado.blogspot.ca/p/little-about-screaming-avocado.html>

Description: The Screaming Avocado offers healthy and delicious daily lunches to the student and staff of Stratford Northwestern Secondary School in Stratford, Canada. Our students use locally sourced ingredients from farmers, producers and our own Seeds of Change Garden and Mud To Mouth Farm Project prepare the meals. The Screaming Avocado feeds up to 300 patrons every lunch hour from a black board menu which offers daily gourmet specials. Our goal is simple: connect youth to good, clean and fair local food and develop their ability to prepare healthy meals from scratch. Their assignments are to bring the recipes home and to prepare them for their families. The Screaming Avocado **is an extension of our thriving, innovative high school culinary arts program** that has grown to include over 200 students per year; a large kitchen classroom; 3000 square feet of organic garden; an organic greenhouse; a six acre school farm initiative; a culinary club with national and international experiences; outreach programs to elementary students and support for our culinary club dinners from world renowned chefs.

Jurisdiction: Nova Scotia

Organization: **Nourish Nova Scotia**

Website: <https://nourishns.ca/>

Description: We at Nourish Nova Scotia want to help create real change, beginning with children and youth. Our intention is to focus on environments where this group spends the majority of their structured time: school. We want to support programs and policies that make this the healthiest environment possible. One where students and parents can feel assured that food offered at school promotes health and learning, and where making the healthy choice is the easy choice.

Our desire for today's children and youth and the generations to come is to understand, appreciate and value real food. Nourish Nova Scotia wants to foster a desire to learn about nutrition, cook from scratch, plan real food meals, and celebrate traditions surrounded with good food. We want to arm our youth with knowledge and food literacy skills so they can better understand what nourishment means to the body, what local farmers and producers mean for our economic and social prosperity, and how to connect the dots between the garden and table.

Jurisdiction: Newfoundland and Labrador

Organization: **Kids Eat Smart**

Website: <http://www.kidseatsmart.ca/about/history/>

Description: Established in 1992, Kids Eat Smart Foundation Newfoundland and Labrador is a **registered charity** that supports education, health, and well-being of school children throughout the province through support of Kids Eat Smart Clubs - nutrition programs run by volunteers at schools and community centres. The goal is to provide children with the nutrition they need to learn, to grow, and to be their best.

Jurisdiction: British Columbia



Organization: **Farm to School**

Website: <http://www.phabc.org/modules.php?name=Farmtoschool>

Description: Farm To School (F2S) is broadly defined as a school-based program that connects schools (K-12) and local farms. *“The goal of the program is to ensure children have access to fresh, local, nutritious, safe and culturally appropriate foods while at school. Farm to School programs aim to improve student nutrition, and to provide students with educational opportunities about foods and the local food system, while supporting local farmers and the local food economy.”* Today, more than 20,000 British Columbia school children are experiencing a new farm fresh crunch in their lunch as Farm To School (F2S) programs sprout up across the province. Parents, educators, farmers, health professionals and others are actively searching for information and tools to start their F2S program – a program that nourishes the body and minds of children, *and* contributes to the health of farms, community, and the environment.

Jurisdiction: Vancouver, British Columbia

Organization: Project C.H.E.F

Website: <http://projectchef.ca>

Description: Project CHEF is a non-profit program that partners with Vancouver School Board to teach children about wholesome food. The Project CHEF program began implementation in the winter of 2008. At the conclusion of the 2012 – 2013 school year, the program has reached approximately 7000 children from Vancouver schools and directly involved over 3700 parent and community volunteers. Traditionally, children learned about healthy food choices and cooking from family members and the social and cultural aspects related to food were learned at the table in the context of a family meal. Times have changed and in our fast-paced lives this knowledge and the associated skills are often not being transferred to the younger generation. Meals consisting of nutritionally lacking, highly processed foods are eaten on the run and rarely around a dinner table.

Jurisdiction: National

Organization: **Feed Tomorrow**

Website: <http://feedtomorrow.ca/>

Description: Through the Canadian Child & Youth Nutrition Program Network (CCYNPN) organizations across Canada have come together to speak with one voice on the issues of child hunger and nutrition here in our country. We are truly a national network with representation in all provinces and territories. Our mandate is to raise awareness of the critical importance of child and youth nutrition programs as they relate to the issues of health, agriculture and the economy.

Jurisdiction: National

Organization: **Farm to Cafeteria Canada**

Website: <http://www.farmtocafeteriacanada.ca/farm-to-school/>



Description: Farm to Cafeteria Canada is a national network that promotes, supports, and links farm to cafeteria programs, policy and practice from coast to coast to coast. Farm to Cafeteria programs bring healthy, local, and sustainably produced foods – including seafood and wild foods – into public agencies

Jurisdiction: USA

Organization: **Farm to School**

Website: <http://www.farmtoschool.org/>

Description: Farm to school is the practice of sourcing local food for schools or preschools and providing agriculture, health and nutrition education opportunities, such as school gardens, farm field trips and cooking lessons. Farm to school improves the health of children and communities while supporting local and regional farmers. Since each Farm to School program is shaped by its unique community and region, the National Farm to School Network does not prescribe or impose a list of practices or products for the farm to school approach. The National Farm to School Network supports the work of local farm to school programs all over the country by providing free training and technical assistance, information services, networking, and support for policy, media and marketing activities.