



Action Schools! BC™

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. Action Schools! BC is a source of inspiration and practical resources including action ideas, program recommendations, success stories, downloadable resources and initiative information, and links to healthy living resources from British Columbia and across Canada.

Action Schools! BC Resources Supporting Daily Healthy Eating

1. Planning Guide for Schools and Teachers

- Supports the development of a School Action Plan – now fully integrated to include healthy eating ideas and best practices.

2. Action Pages!

- A listing of physical activity, physical education and healthy eating resources from across Canada organized according to physical education curriculum organizers. Download at www.actionschoolsbc.ca or call for free copy.

TOP LINKS

- www.brandnamefoodlist.ca
- DASH BC – Healthy Fundraising For Schools document (www.dashbc.org)
- Dietitian Services at HealthLinkBC – call 811 for support implementing the guidelines.
- Healthy Eating at School – for Success Stories and Bake Better Bites recipe book (www.healthyeatingatschool.ca)
- Healthy Schools Publications (www.bced.gov.bc.ca/health/healthy_eating) – Guidelines for Food and Beverage Sales in BC Schools, Healthier Foods: How to Make Fast-Food Healthier For Students
- Sip Smart! BC™ (www.healthyeatingatschool.ca)

3. Classroom Healthy Eating Action Resource and In-Service Support

- Developed to assist teachers in bringing healthy eating alive in the classroom with a focus on vegetables and fruit.
- Tracking, Tasting, Snacking, and Learning Activities.
- Complimentary K to 7 Classroom Healthy Eating Workshops.
- Action Schools! BC Healthy Eating School Food Grant supports implementation.
- K to 3 Family Healthy Living Kit – home activities.

4. www.actionschoolsbc.ca

- Downloadable Healthy Eating *In Season* Information Sheets and Memos Home (in 10 languages) for Schools and Families.
- Downloadable Supplementary Resources:
 - Availability Chart of BC Grown Vegetables and Fruit
 - Food Fit for Sport and Physical Activity Fun Days
 - Healthy Eating Booklist
 - Healthy Eating Posters (available in French)
 - Healthy Options for Fundraising
 - Play First Lunch Toolkit
 - Re-Think Your Drink

Action Schools! BC

Action Schools! BC – Support Team

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