


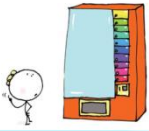
# Healthy Eating Starts Here

<http://www.albertahealthservices.ca/nutrition/Page2925.aspx>

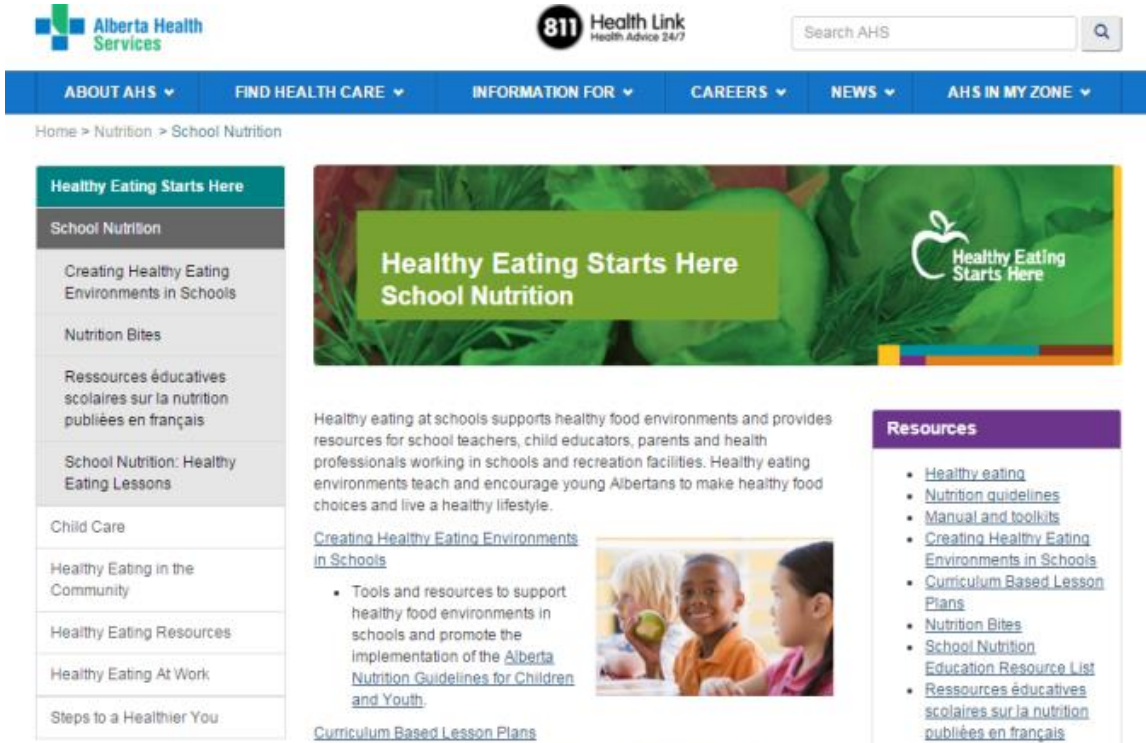
### Healthy Eating for Children and Youth in Schools

A booklet to help you understand the Alberta Nutrition Guidelines for Children and Youth

- ✓ Easy to read
- ✓ Simple steps
- ✓ Everyday ideas

Alberta Government



811 Health Link Health Advice 24/7

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Home > Nutrition > School Nutrition

## Healthy Eating Starts Here

### School Nutrition

- Creating Healthy Eating Environments in Schools
- Nutrition Bites
- Ressources éducatives scolaires sur la nutrition publiées en français
- School Nutrition: Healthy Eating Lessons
- Child Care
- Healthy Eating in the Community
- Healthy Eating Resources
- Healthy Eating At Work
- Steps to a Healthier You


### Resources

- [Healthy eating](#)
- [Nutrition guidelines](#)
- [Manual and toolkits](#)
- [Creating Healthy Eating Environments in Schools](#)
- [Curriculum Based Lesson Plans](#)
- [Nutrition Bites](#)
- [School Nutrition Education Resource List](#)
- [Ressources éducatives scolaires sur la nutrition publiées en français](#)

Healthy eating at schools supports healthy food environments and provides resources for school teachers, child educators, parents and health professionals working in schools and recreation facilities. Healthy eating environments teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle.

[Creating Healthy Eating Environments in Schools](#)

- Tools and resources to support healthy food environments in schools and promote the implementation of the [Alberta Nutrition Guidelines for Children and Youth](#).



[Curriculum Based Lesson Plans](#)

- Lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.

[Nutrition Bites](#)

- Nutrition topics for parents, teachers and those promoting healthy eating to children.

School Nutrition Education Resources

- [School Nutrition Education Resource List in English](#)
- [Ressources éducatives scolaires sur la nutrition publiées en français](#)

[Manuals and Toolkits](#)

- Manuals and toolkits for teaching children and youth about healthy eating or for creating a Healthy Environment.

[Healthy Eating Resources](#)

- These resources provide individuals, parents, families, child cares, schools and workplaces more guidance on healthy eating.

[Nutrition Guidelines and Resources](#)

## The Energy Drink Buzz

What's an "Energy Drink"?

Drinks that claim to give you extra energy, help concentration and improve performance.

How do they affect me?

The caffeine and other herbs can make you feel nervous and make your heart beat faster.

What's the Buzz?

What else boosts energy?

Try healthy snacks like fresh fruit, milk or 100% fruit juice!

Extra sugar. Extra caffeine. Simple as that. Some also include herbs and vitamins.


How do they work?

How do they affect me?

How do they affect me?

Alberta Health Services

PowerPoint & Poster



Choose Healthy Food! Flip the picture to find out!

Pack A Power Lunch! Flip the picture to find out!

The 4 P's of a Power Lunch!

1. Plan
2. Purchase
3. Prepare
4. Pack

Choose Most Often

Choose Sometimes

Choose Least Often

Need Healthy Ideas?

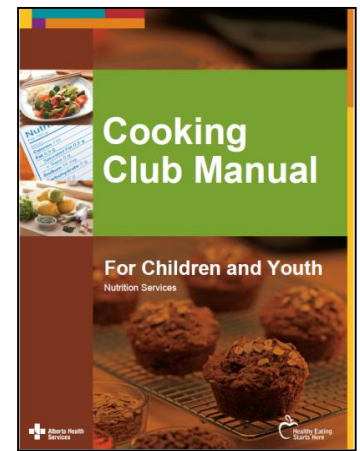
Borrow from your Health Centre

Pack a Power Lunch & Healthy Drinks Displays (AHS Edmonton Zone Only)

## Cooking Club Manual

For Children and Youth

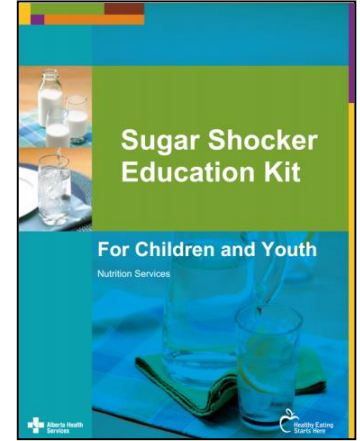
Nutrition Services



## Sugar Shocker Education Kit

For Children and Youth

Nutrition Services



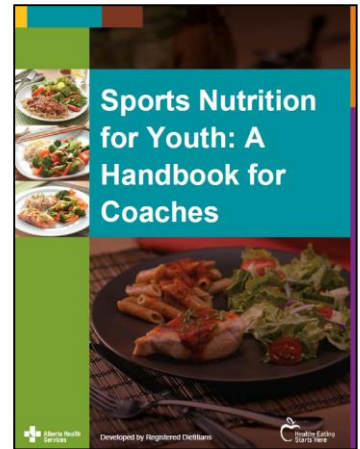
**NEW**

## School Breakfast Program Toolkit



## Sports Nutrition for Youth: A Handbook for Coaches

Developed by Registered Dietitians



Every school jurisdiction in Alberta has an Alberta Health Services staff member assigned to support Healthy School Communities. To find out who the contact is for your jurisdiction, email: [HealthyChildrenandYouth@AHS.ca](mailto:HealthyChildrenandYouth@AHS.ca)

# Healthy Eating Starts Here

## Healthy Eating Resources



These resources provide individuals, parents, families, child cares, schools and workplaces more guidance on healthy eating.

- [Eating Well on a Budget](#)
- [Energy Drink Buzz](#)
- [Best Buys in the Four Food Groups](#)
- [Healthy Drinks, Healthy Kids](#)
- [Healthy Meals Starting Simple](#)
- [Healthy Snacking](#)
- ★ [Snacks for Children](#)
- [What's for Lunch?](#)
- [Healthy Holiday Eating](#)
- [Tips for Food Safety](#)
- [Quick and Easy Meals](#)
- [The Best of Leftovers](#)
- [Wake up to Breakfast Every Day](#)
- [Eating Out the Healthy Way](#)
- [Making sense of supplements](#)



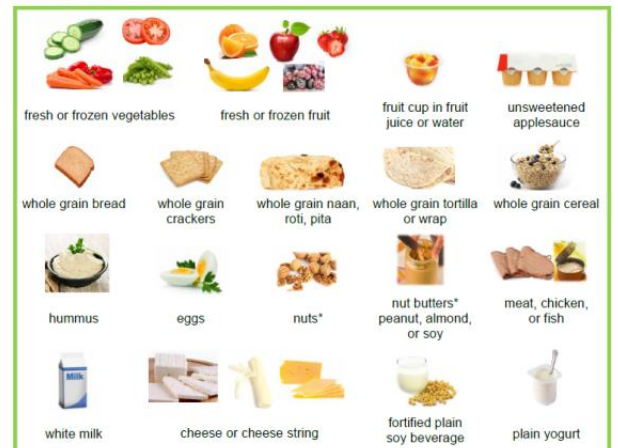
### Snacks for Children

Use this to help you choose snacks for children 4 years and older.



**Choose these healthy snacks every day.**

These snacks contain many nutrients.



\*Some schools don't allow nuts or peanuts. These foods are healthy choices for children at home.

Offer children:



- water when they're thirsty
- skim, 1%, or 2% milk with meals
- vegetables and fruit instead of 100% juice