

Appropriate Scheduling of Meals and Breaks

It's Time to Eat!

Children need time to eat regularly during the school day to help them learn, eat healthy, be active and feel good. The Ministry of Education's School Food and Beverage Policy (PPM 150) states schools should try to create healthy environments. Our school is trying new ideas to support and reinforce healthy eating lessons and scheduling of nutrition breaks.

(Schools can pick and choose from the list below for what is relevant at their school)

1. **Student Nutrition Program (Breakfast Club or Snack Program):**
Amazing school volunteers prepare and serve healthy foods each day to our students. Long bus rides, early mornings and skipping breakfast leave children hungry. They love to eat healthy foods at school with their friends
2. **In-class Snacking:** Classroom teachers have worked with students to develop guidelines about snacking and drinking throughout the school day. Ask your child for more information. The main rules? Healthy choices and no crunching during teaching time!
3. **Water in Class:** We encourage students to bring reusable water bottles that can be kept at their desks. Drinking water throughout the day can even help with concentration at school! We want to support thinking!
4. **Recess Before Lunch:** Some classes have outdoor play time before eating. We've found this is a great way to ensure that students get time to have active time outside and eat their healthy foods from home.
5. **Balanced School Day:** Our school uses a Balanced School Day schedule that allows students two -40 minute Nutrition Breaks each day. Twenty minutes are spent eating a nutritious mini-meal sent from home and the other 20 minutes is spent outside. We find the Balanced School Day is a great way to have longer blocks of teaching times and students like the extra eating and playing time.

Watch future newsletters for more healthy eating tips!

Together we can make the healthy choice the easy choice!

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