

CSH Example: Healthy Eating & Nutrition

Below are some best practice examples of the health professional's role¹ in supporting healthy eating and nutrition through a CSH lens. These examples present some potential actions in each pillar and should be considered within your capacity and role within your health authority. You can use these as a guide, or insert your own to best suit the unique needs of your setting.

- Support the school/district in their efforts to promote and implement the *Guidelines for Food & Beverage Sales in BC Schools*
- Encourage and participate in a student-led nutrition council

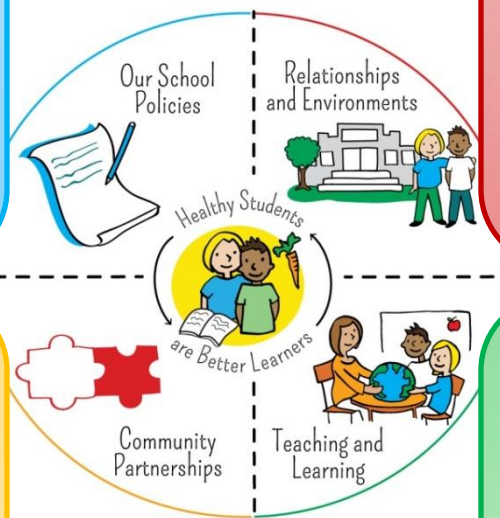
AND/OR

- _____

- Identify community partnerships that can support healthy eating and nutrition initiatives in the school²
- Support connections between schools that have developed and those planning to develop healthy eating initiatives

AND/OR

- _____



- Support the creation of a school garden
- Advocate for safe and inviting eating spaces to support school connectedness
- Encourage active teacher participation and healthy eating role modeling

AND/OR

- _____

- Support the school to assess nutrition education needs and priorities of students
- Provide and link to healthy eating curriculum support resources²
- Support evaluation of changes in knowledge, skills, and attitudes related to healthy eating and body image

AND/OR

- _____

1. Healthy Schools BC (2012). *Health sector support of comprehensive school health: Best practices implementation*. Directorate of Agencies for School Health BC, Vancouver, Canada.
 2. Go to healthyschoolsbc.ca/programs for a growing list of programs and resources in your community.