

## Activity 4.3

### Using policy tools

*Cover the bulleted text at the bottom of the page with a piece of paper. Read through the following case study. What are some of the policies tools that were used in this example? After you have identified some of the policy tools (see page 30) that were used uncover the bulleted text and compare answers.*

In 2002, four schools in central British Columbia participated in the **Healthy Eating, Active Living (HEAL) School Food and Nutrition Policy Project**. The goal was to improve the nutritional intake of elementary school children by creating supportive environments for healthy food choices. Students, staff, teachers, volunteers and health professionals were involved in creating school food policies to make healthy eating an easier choice.

The project was financially supported by a Health Canada program designed to help prevent Type 2 Diabetes. The Caribou Chilcotin School District was the recipient of this grant and 4 elementary schools volunteered to participate in the program.

Each of the schools approached the development of policies differently but each followed the Healthy Schools Resource Guide as the format for the development of the school food policy. General nutrition information, food policies and nutrition guidelines were provided as examples to stimulate discussion and ideas. The HEAL project also provided assistance in facilitation and development of nutrition education sessions for the classroom by involving the local Public Health Nutritionist who acted as the project manager. One policy created by a school was “To encourage healthy eating and active living in our school community through education of students, staff and parents”.

Activities to support the program included awareness raising, education and hands-on student involvement. Specific activities included increased access to nutritious food, bans on selected nutrient-poor foods, guidelines for foods served at school functions, lower price incentives for nutritious foods, nutrition workshops for teachers, in-classroom contests and lesson plans around healthy eating and Canada’s Food Guide to Healthy Eating.

#### **POLICY TOOLS USED by the HEAL School Food and Nutrition Project:**

- Information: General nutrition information, sample food policies and nutrition guidelines were provided as examples to stimulate discussion and ideas
- Grants: the project was financially supported by Health Canada’s Canadian Diabetes Strategy
- Education: nutrition workshops for teachers, in-classroom contests and lesson plans around healthy eating and the food guide
- Regulation: bans on selected nutrient-poor foods, price incentives for nutritious foods
- Guidelines: Healthy Schools Resource Guide, sample food policies and nutrition guidelines
- Programs: Healthy Eating Active Living (HEAL) program subsidies: Public Health Nutritionist acted as the project manager/facilitator

*Caribou Chilcotin School District 27, 2003*