

Appendix B: *Other Useful Resources*

The list below includes other useful resources to create healthy school nutrition environments.

Cultural Practices and Foods – a resource to support newcomers in schools.

<http://publications.saskatchewan.ca:443/api/v1/products/100215/formats/110588/download>

Eating Well with Canada’s Food Guide – assists individuals to make healthy food choices.

<https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html>

Eating Well with Canada’s Food Guide: First Nations, Inuit and Métis – reflects traditions and choices of First Nations, Inuit and Métis communities.

<https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/eating-well-with-canada-food-guide-first-nations-inuit-metis.html>

First Nations and Métis Traditional Practices and Foods – provides information about First Nations and Métis people’s relationship with food.

<http://publications.saskatchewan.ca:443/api/v1/products/100216/formats/110589/download>

Healthy School Planner – a free tool that schools can use to assess the current health environment, including nutrition, and develop a plan to initiate improvements.

<http://healthyschoolplanner.com/>

Planning Healthy Menus for my School – a resource to plan menus for school breakfast, lunch and/or snack programs.

<http://publications.saskatchewan.ca:443/api/v1/products/100247/formats/110628/download>

School Nutrition Environment Assessment Tool – a self-reflective assessment tool to provide information about current nutrition environments in the school, identify strengths and areas for improvements and measures progress over time.

<http://publications.saskatchewan.ca:443/api/v1/products/100248/formats/110629/downloads>

Teaching Nutrition in Saskatchewan: Concepts and Resources (Grades 1-3) - to assist educators to identify accurate information to help them teach nutrition for grades 1-3.

https://www.edonline.sk.ca/bbcswebdav/orgs/MOE_resource_evaluation/Resource%20Files/Miscellaneous%20Screenshots/R102960.pdf

Teaching Nutrition in Saskatchewan: Concepts and Resources (Grades 4-5) - to assist educators to identify accurate information to help them teach nutrition for grades 4-5.
https://www.edonline.sk.ca/bbcswebdav/orgs/MOE_resource_evaluation/Resource%20Files/Miscellaneous%20Screenshots/R102961.pdf

Teaching Nutrition in Saskatchewan: Concepts and Resources (Grade 6) - to assist educators to identify accurate information to help them teach nutrition for grade 6.
https://www.edonline.sk.ca/bbcswebdav/orgs/MOE_resource_evaluation/Resource%20Files/Miscellaneous%20Screenshots/Teaching%20Nutrition%206%202018.pdf

The Cost of Healthy Meals and Snacks for Children and Youth in Saskatchewan 2015 – a resource that indicates the average cost of healthy meals and snacks for Saskatchewan children and youth.
<http://publications.gov.sk.ca/documents/13/105305-SK%20Cost%20of%20Meals%20and%20Snacks%20for%20Children%20Final%20October%202016.pdf>

Youth Engagement Toolkit (2018) – a toolkit designed to indicate the importance of and the “how-to” of youth engagement.
<http://www.jcsh-cces.ca/index.php/resources/latest-website-additions/143-youth-engagement-toolkit>