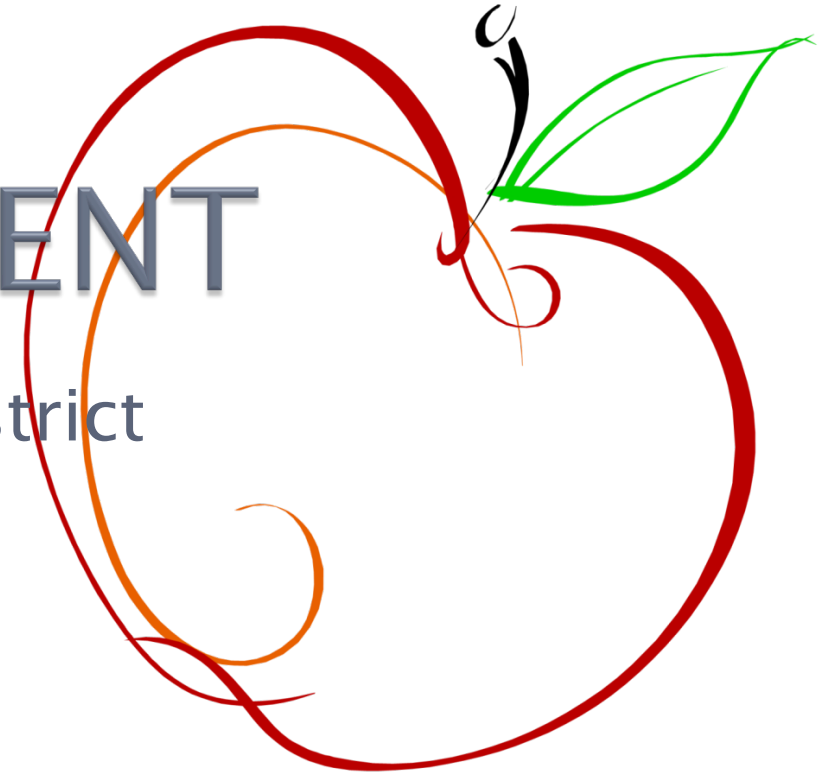


FROM HERE TO ENGAGEMENT

Calgary Catholic School District

Jessica Badzgon
Theresa McIsaac
Leah Bell



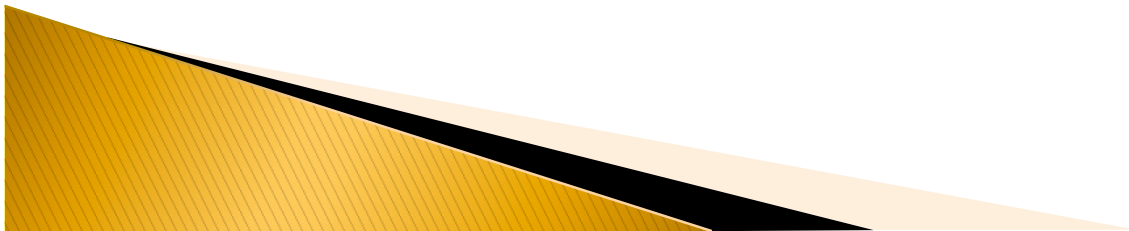
Introduction

- ▶ **Jessica Badzgon** – Health and Physical Education Consultant for CCSD
- ▶ **Theresa McIsaac** – Health Promotion Coordinator with Alberta Health Services
- ▶ **Leah Bell** – Program Coordinator with the University of Calgary Be Fit for Life Centre

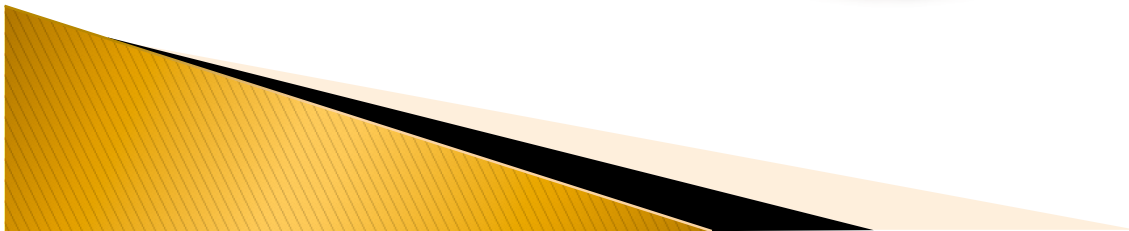


Outcomes For This Workshop

- ▶ Demonstrate how CCSD has engaged various internal and external groups to support CSH
- ▶ Model how teacher champions have been successful
- ▶ Have partner groups share their experience in partnership with CCSD and with individual schools.



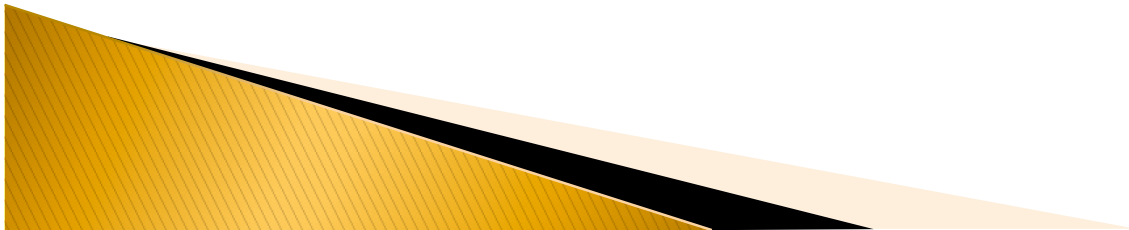
Energizer



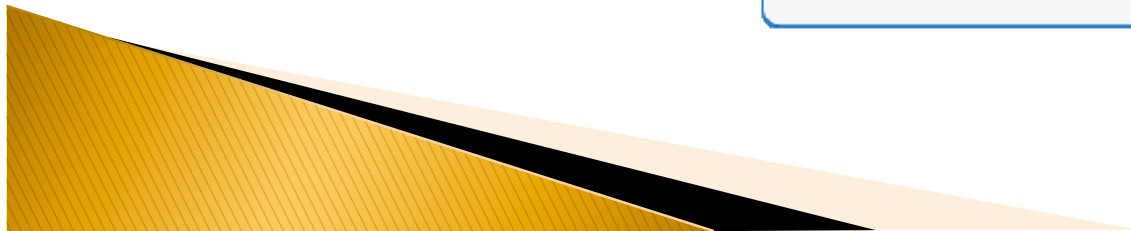
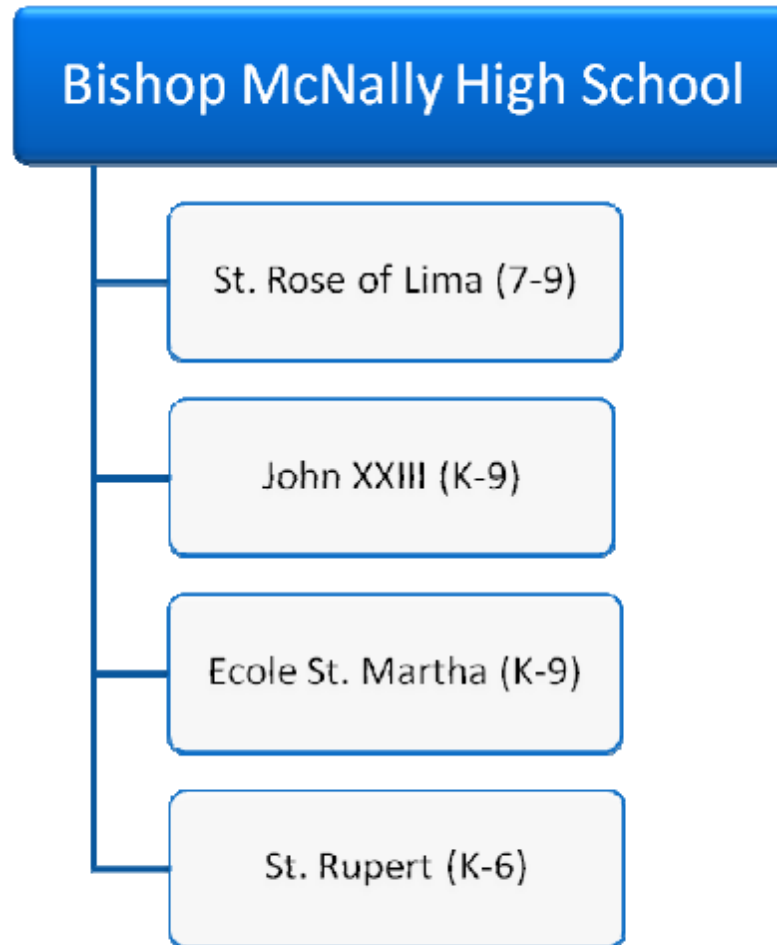
Vision Statement

*“Calgary Catholic School District Provides Healthy Environments For
Optimal Student Learning”*

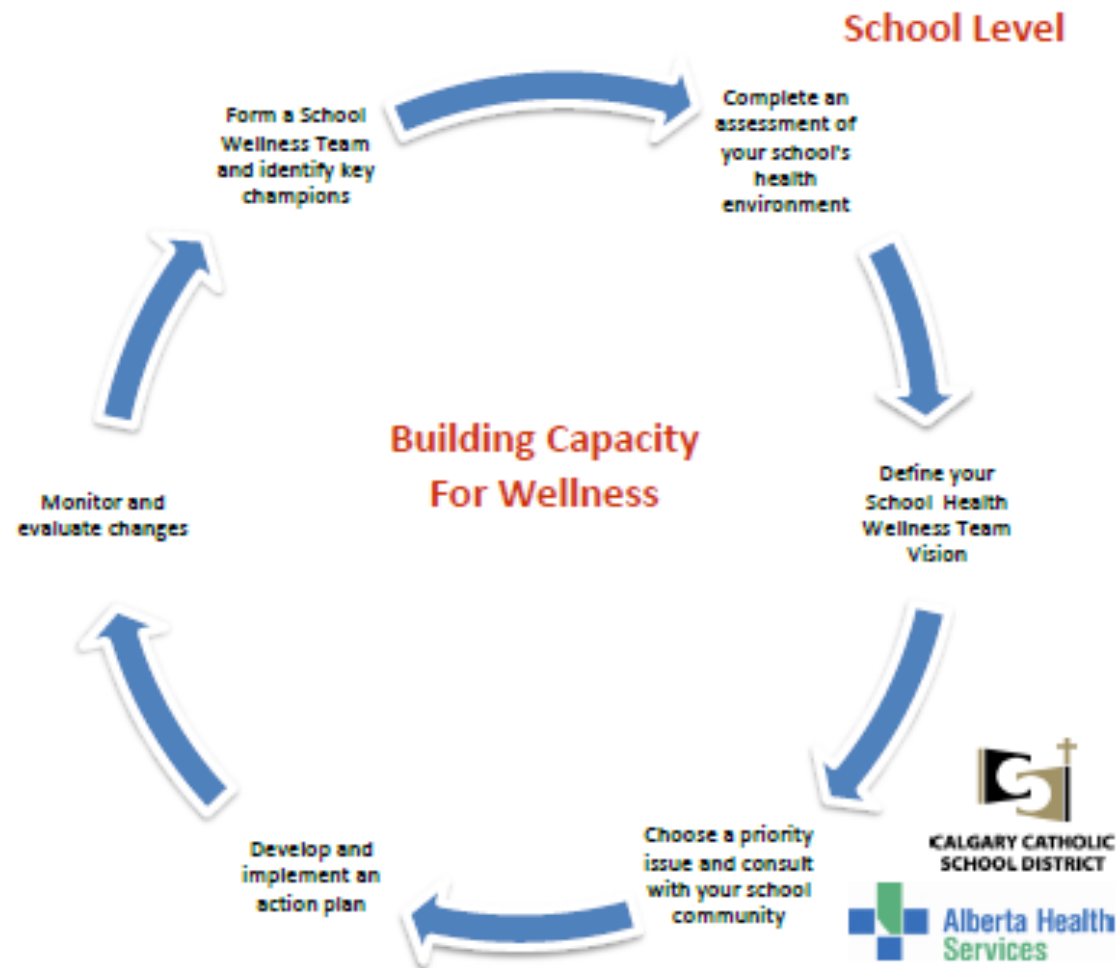
1. To increase awareness of the Healthy Choices for Healthy Learners Initiative.
3. To build sustainable relationships between families of schools.
5. To increase opportunities for healthy choices within school environments.



Healthy Choices for Healthy Learners

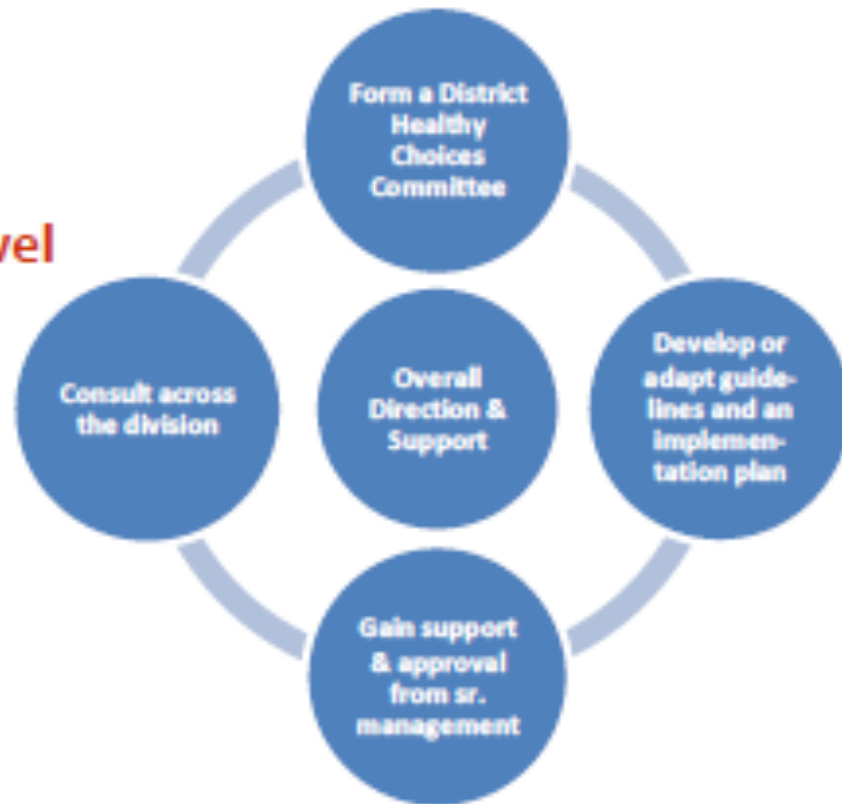


Teacher Champions



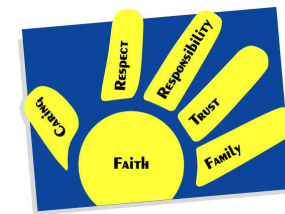
District Level

System Level



Healthy Partnerships

- Wellness Fund
- Alberta Health Services
- Public Health Nurses
- University of Calgary Be Fit for Life Centre
- EverActive Schools
- 'NSTEP
- Food Service Contractors



Get P.H.A.T.

Physical Healthy Active Today

- PROJECT
- RESULTS

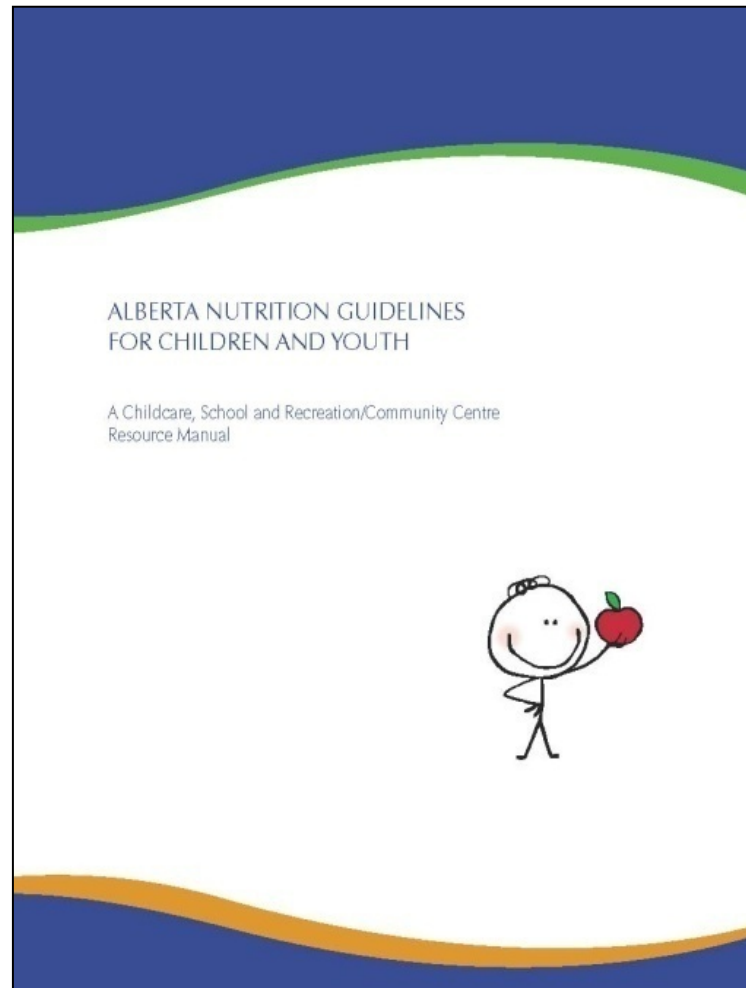


P.H.A.T.

- ▶ Collaboration and Creativity

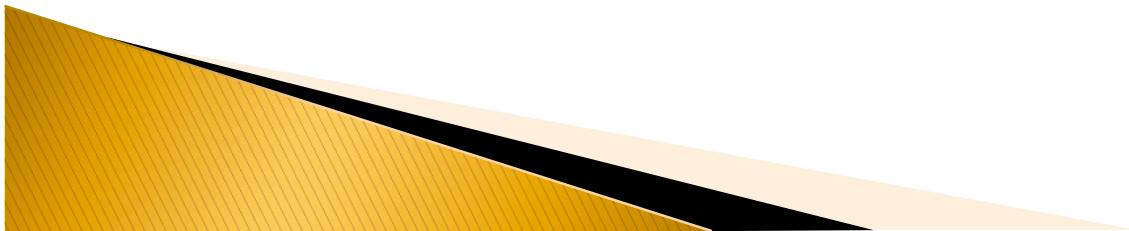


Alberta Health Services



Projects

- ▶ Canteen Project
- ▶ Workshops – PHN's Noon hour Assistants
- ▶ Presentations
- ▶ Breakfast Clubs of Canada
- ▶ Bulk Purchasing

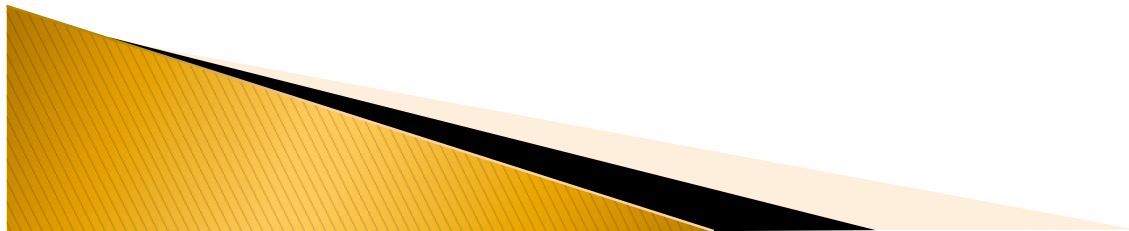


Challenge #1:

Healthy Foods Cost More



- ▶ Worth paying more for?
- ▶ Seasonal shopping: Increase variety and save money
- ▶ Consider bulk buying opportunities
- ▶ Eating well on a Budget, Best Buys in the 4 Food Groups (SNH Appendix A)



Challenge #2:

Students Don't Like Healthy Foods

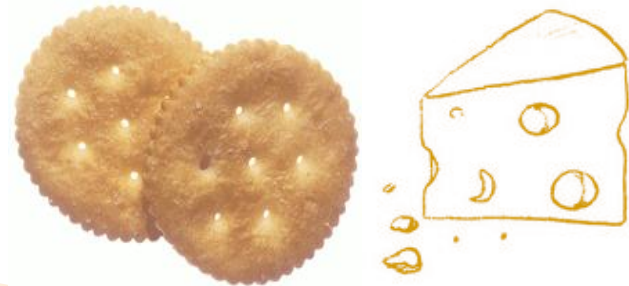
- ▶ Perception vs. reality?
- ▶ Engage students, parents, and teachers in decisions related to school food choices
- ▶ Provide students opportunities to try new foods
- ▶ Create a menu that appeals to students (creative marketing)
- ▶ Make healthy foods “fun” for students



Challenge #3:

Profits will be lower with healthy foods on the menu

- ▶ Profit may decline initially, but in most cases, will return to normal or increase over time
- ▶ Careful planning of prices and portion sizes important
- ▶ Healthy fundraising ideas in initial stages may be helpful
- ▶ Combine higher and lower price items into a 'combo' to maintain profits
 - E.g. low-fat cheese (↑\$) + whole grain crackers (↓\$)



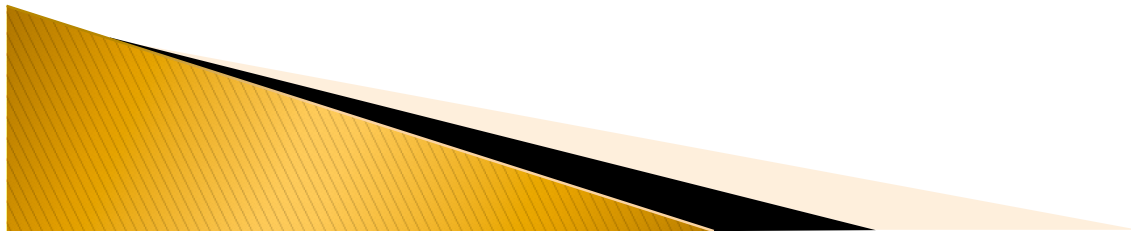
Challenge #4:

Healthy foods are hard to prepare and store

- ▶ Be creative and build on your successes: Adapt popular menu items to be healthier, or replace with items that need similar preparation
- ▶ Talk with current providers about potential healthier options
- ▶ Look for items that have some preparation done (e.g. pre-washed salad)
- ▶ Reduce food waste
 - Have students/parents pre-order perishable menu items
 - Monitor sales and leftovers from week to week, and adapt purchase quantities accordingly



Moving Forward



Questions / Comments





Thank you

