

Step 3: Develop and carry out the action plan

Healthy Eating Behaviours – Elementary and Secondary

Eating well gives students the energy they need to learn, grow, and be active. Activities in a healthy eating action plan should aim to provide students with opportunities to explore food and make eating fun and positive. The focus should be food and healthy eating habits in the school environment. Activities that support families to eat well at home or involve community partnerships may also be included.

Sensitivity Consideration: Many social and economic factors influence the types and amounts of food available to students and their families. This includes income and social status, culture, employment, and social supports. Any activities involving food in the home environment should meet families where they are at and help them to build healthy eating habits in a way that is accessible for them.

Using the Ministry of Education’s Foundations for a Healthy School framework, schools, school boards, parents, and community partners can work together to develop healthy school environments that promote and support student well-being.

Examples of Strategies and Activities

- Visit the HPEPH [Healthy Eating in Schools](#) page for resources (organized using the Foundations for a Healthy School framework)
- Browse the activities listed in the [Ophea Ideas for Action – Healthy Eating](#) resource
- Visit Ever Active Schools and check out [Ideas for Your Healthy School Action Plan](#)
- Visit [Bright Bites](#) for badge ideas that can help your team transform the school food environment
- Review the example activities below to help spark your brainstorming or to choose activities for your school action plan

Sample action plan activities	School & Classroom Leadership	Curriculum, Teaching & Learning	Student Engagement	Social & Physical Environments	Home, School & Community Partnerships
Plant and grow food (indoors and/or outdoors) to build food literacy skills in students and support H&PE curriculum expectations.		X	X		
Host an after-school cooking club to create opportunities for students to learn about safe food preparation and develop basic food skills.			X		
Offer training for staff on food literacy, disordered eating, body image, body-based bullying, and/or food-neutral ways to teach nutrition.		X			
Create a section in the library for books that encourage food exploration and/or that celebrate food, eating, and all body types.		X	X		
Develop a school healthy eating policy with student input and create a plan to communicate the policy to parents and the community.	X		X	X	X
Have student leaders create materials and activities to promote healthy eating behaviours and fun ways to explore food at school.	X		X		
Develop a plan to transform the school cafeteria, gym, or canteen into a positive eating space that supports healthy eating behaviours.			X	X	
Host a family food night where students and their families can explore fun activities and build food skills together.			X		X
Encourage student leaders to develop and implement a plan to promote water as the drink of choice in your school.	X		X	X	
Establish a CDC Good Food Box depot at your school and encourage families to share their favourite recipes featuring veggies and fruit.			X		X
Partner with the parent council to develop a plan to offer non-food fundraisers or fundraise using Ontario-grown produce.			X		X
Support students to plan and lead activities to promote eating well to support mental health, well-being, and body image.	X		X		