**Healthy Schools Food Literacy Resource List**

The following Healthy Schools Food Literacy Resource List compiled by Fraser Health Public Health Dietitians contains programs, resources and activities on healthy eating, gardening, food preparation, healthy food environment and policy, food systems and environmentally sustainable food and body image, prevention of eating disorders, and media literacy.

*Please contact X to provide additional suggestions for the resources list or for other inquiries.*

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| **Healthy Eating** |
| **Program, Resource or Activity**  | **Description** | **Cross-Curricular Connections** | **Grade** |
| [Canada’s Food Guide and Resources](https://food-guide.canada.ca/en/healthy-eating-resources/) | Healthy eating recommendations and resources (including recipes), developed by Health Canada. Educational posters available for download. [www.food-guide.canada.ca/en/healthy-eating-resources](http://www.food-guide.canada.ca/en/healthy-eating-resources)  |  | All  |
| [Fraser Health- Healthy Eating Topics for Children](https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/healthy-eating-for-children#.XEoMk5iouUk) | A variety of healthy eating topics relevant for children, including healthy drinks, healthy eating in a hurry, mindful eating and food literacy. [www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/healthy-eating-for-children#.XEoMk5iouUk](http://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/healthy-eating-for-children#.XEoMk5iouUk)  |  | All |
| [HealthlinkBC](https://www.healthlinkbc.ca/healthy-eating) | Nutrition resource on a variety of topics in multiple languages, example includes [Eat Together, Eat at Home](https://www.healthlinkbc.ca/healthy-eating/eating-together). [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating)  |  | All |
| [HealthLink BC – Dietitian Services](https://www.healthlinkbc.ca/dietitian-services) | Have Your Nutrition Questions Answered. Call 8-1-1 or email. [www.healthlinkbc.ca/dietitian-services](http://www.healthlinkbc.ca/dietitian-services)  |  | All |
| [Live 5210](https://www.live5210.ca/resources/schools/) | The Live 5-2-1-0 Schools Resource explains how schools can use Live 5-2-1-0 to connect their health promotion efforts to a collaborative, whole-of-community approach. It highlights Live 5-2-1-0’s alignment with the four pillars of the Comprehensive School Health model as well as BC’s new curriculum. The resource also provides examples of how schools can use Live 5-2-1-0 as a consistent health message as well as a framework for action, tying together both new and existing school-based initiatives that promote healthy eating and physical activity. The Live 5-2-1-0 Schools Resource would be a useful tool for school administrators, teachers, principals, parents, and even student health committees. [www.live5210.ca/resources/schools](http://www.live5210.ca/resources/schools)  |  | Elementary |
| [Healthy Eating at School](http://healthyeatingatschool.ca/resources/nutrition-education-program-providers) | This program is a partnership between the BC Ministry of Health and the BC Dairy Association which aims to encourage healthy eating at school, with a one-stop shop approach to resources, including links to other helpful organizations. Examples of resources include healthy gardens, healthy fundraising and food allergies. [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)  |  | Elementary |
| [BC Agriculture in the Classroom](https://www.bcaitc.ca/) | Works with educators to bring knowledge and experience of B.C.’s agriculture to students, and administers several hands-on programs and resources, including:[School Fruit and Vegetable Nutritional program](https://www.bcaitc.ca/bc-school-fruit-vegetable-nutritional-program)[+ milk program](https://www.bcaitc.ca/milk-0) – AITC if participating in the School Fruit and Vegetable Nutritional Program[www.bcaitc.ca](http://www.bcaitc.ca)  |  | All |
| [BC School Fruit and Vegetable Nutritional Program](https://www.bcaitc.ca/index.php/bc-school-fruit-vegetable-nutritional-program)  | This program provides fresh, B.C. grown fruits and vegetables to students in over 1,400 public and First Nations schools. Additionally, the webpage provides links to a variety of resources and lesson plans (with curriculum connections) related to local food systems, such “Blueberries are Best.” [www.bcaitc.ca](http://www.bcaitc.ca)  | * Various: Math, Language Arts, and Social Studies, food studies
 | All |
| [Action Schools! BC Resources](https://healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources/) | Listing of resources that actively engage your students in learning to be healthy, organized by grade. Topics Include: Fruit & Vegetable Journal, Is it a Little or a Lot (sodium), Vegetable & Fruit Journal, Food Marketing.[www.healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources](http://www.healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources)  |  | K-7 |
| [Healthy Schools BC](https://healthyschoolsbc.ca/healthy-schools-bc-resources/) | The website provides resources to support healthy eating, with a special focus on food literacy, as part of a comprehensive school health approach. [www.healthyschoolsbc.ca/healthy-schools-bc-resources](http://www.healthyschoolsbc.ca/healthy-schools-bc-resources)  |  | K-12 |
| [Healthy Families BC](https://www.healthyfamiliesbc.ca/eating)  | The “Food and Nutrition” section of the Healthy Families BC website provides nutrition basics through articles and blog posts in addition to meal planning/grocery shopping resources (including a virtual grocery store tour). [www.healthyfamiliesbc.ca/eating](http://www.healthyfamiliesbc.ca/eating)  |  | K-12 |
| Nutrition Tours | Nutrition Tours are available at a variety of grocery stores for adults and school groups. The team of Registered Dietitians will lead your group through the stores and show you how to tackle food labels, and how to meet special dietary requirements. kids and school group tours are free of charge in most cases. You can book a tour at: Save on foods: <https://www.saveonfoods.com/nutrition-tours/>Loblaws: [www.content.loblaws.ca/content/lclonline/en\_CA/health-wellness/dietitian.html](http://www.content.loblaws.ca/content/lclonline/en_CA/health-wellness/dietitian.html) Choices Markets: [www.choicesmarkets.com/nutrition-tours-choices-markets](http://www.choicesmarkets.com/nutrition-tours-choices-markets)  |  | K-12 |
| [BC Dairy Foundation workshops, grants and resources to support use in classroom](https://bcdairy.ca/nutritioneducation/workshops#all) | **Workshops:****Food Explorers (Grades K-1)** filled with opportunities for experiential learning and tasting, students have fun exploring a variety of foods and new food experiences. **Food For Us! (Grades 2-3)** Each lesson has opportunities for experiential learning and tasting, helping students investigate how they can make their own healthy meal choices. **Food Sense (Grades 4-6)** After exploring and reflecting on their daily eating and physical activity habits, students investigate and problem solve ways to make sustainable healthy changes to their unique school and home environment.**Passport to Healthy Living** (Grades 4-7) Helps students plan a healthy living activity integrating physical activity, nutrition and environmental awareness. **Bone Zone** (Grades 5-8) Youth learn about the importance of diet and exercise to build healthy bones.All workshops are free and there is a one time cost ($10-20) for teacher resources.Teachers that have taken BC Dairy workshops are eligible for $ 150 mini food grant to cover food costs for in class learning. [www.bcdairy.ca/nutritioneducation/articles/apply-for-a-mini-food-grant-to-inspire-healthy-eating-in-schools](http://www.bcdairy.ca/nutritioneducation/articles/apply-for-a-mini-food-grant-to-inspire-healthy-eating-in-schools)[Mission 5421: Finding Paradise Island –](https://www.educationnutrition.ca/documents/Programmes/ressources/DFC_Mission5421_EN.pdf)Game (free)[BC at the table-teacher resources](https://bcdairy.ca/bcatthetable/bc-at-the-table-teacher-resources) -free[www.bcdairy.ca/bcatthetable/bc-at-the-table-teacher-resources](http://www.bcdairy.ca/bcatthetable/bc-at-the-table-teacher-resources)  | * Healthy and Active Living
 | K-8 |
| [Canadian Agriculture and Food Museum](https://ingeniumcanada.org/agriculture/education/healthy-kids-quest.php) | [Healthy Kids Quest](https://ingeniumcanada.org/agriculture/education/healthy-kids-quest.php) The free program consists of 6 modules, each on a different theme. Examples include water, vegetables and fruits, and healthy snacks. Each theme includes an introductory lesson plan, a theme-specific challenge, one or more follow-up activities and an information sheet for parents.[www.ingeniumcanada.org/agriculture/education/healthy-kids-quest.php](http://www.ingeniumcanada.org/agriculture/education/healthy-kids-quest.php)  | Health and Physical Education curriculum as well as English, Mathematics, Science and Technology, and Social Studies | 1-3 |
| [At My Best](https://www.atmybest.ca/) | At My Best is a free, curriculum-linked toolkit that combines physical activity, healthy eating and emotional well-being for students in Kindergarten to Grade six to inspire healthier choices today and in the future[www.atmybest.ca](http://www.atmybest.ca)  |  | K-6 |
| [Sip SmartBC](http://www.bcpeds.ca/uploadfiles/documents/Sipsmart/ssb_trg.pdf) | Teaches Gr 4-6 kids about sugary drinks and making healthy drink choices in a fun and effective way.[www.bcpeds.ca/uploadfiles/documents/Sipsmart/ssb\_trg.pdf](http://www.bcpeds.ca/uploadfiles/documents/Sipsmart/ssb_trg.pdf) |  | 4-6 |
| **Gardening** |
| [Farm to School BC](https://farmtoschoolbc.ca/) | A variety of resources found in the resource library, including the Farm to School Program Models and a list of resources that are linked to curriculum. [www.farmtoschoolbc.ca](http://www.farmtoschoolbc.ca)  |  |  |
| Garden Club/Greening the School | Plant rainbow coloured plants and/or foods in the courtyard garden boxes. [www.meganzeni.com/rainbow-garden](http://www.meganzeni.com/rainbow-garden)Farm to School BC grants available (up to $ 3500) <https://farmtoschoolbc.ca/grants/> School Food Garden implementation manual:[www. lifecyclesproject.ca/app/uploads/2015/08/Creating-an-Outdoor-Classroom-2013.pdf](http://lifecyclesproject.ca/app/uploads/2015/08/Creating-an-Outdoor-Classroom-2013.pdf)  | * Math
* Science
* Social Studies (connection of food to family, culture, relationships, celebrations)
* Healthy and Active Living
 |  |
| [Mud Kitchen](https://meganzeni.com/build-a-mud-kitchen/) | Extremely popular hands-on activity that gets students outside. Numerous cross-curricular connections, including literacy, math, science. [www. meganzeni.com/build-a-mud-kitchen/](https://meganzeni.com/build-a-mud-kitchen/)  | * ADST (Applied Design, Skills, Technology)
* Math
* Science
 |  |
| [Agriculture in the classroom](https://www.bcaitc.ca/homepage)  | [Spuds in Tubs](https://www.bcaitc.ca/index.php/spuds-tubs) – Provides teachers with all the necessary materials to grow potatoes in the classroom. $ 100 cost, apply Sept, register Oct, workshop Nov, program starts in Feb[Fresh to You Fundraiser](https://www.bcaitc.ca/fresh-you-fundraiser) – an initiative for schools enrolled in the BC School Fruit and Vegetable Nutritional Program. Schools receive bundles of fresh produce to sell to family and friends as a fundraiser. Fresh to You is a fundraising initiative for schools that are currently enrolled in the [BC School Fruit & Vegetable Nutritional Program (BCSFVNP)](https://www.bcaitc.ca/bc-school-fruit-vegetable-nutritional-program). 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Schools participating in Fresh to You receive bundles of locally grown fresh fruits and vegetables to sell to family and friends as a fundraiser. [Harvest Bin Program](https://www.bcaitc.ca/harvest-bin-project) - Through Harvest Bin Project we provide schools with raised beds and seed money for establishing their own growing gardens, giving teachers the tools they need to supplement their Food Studies curriculum, as well as help students learn the business of farming on a small scale. [Agriculture in the Classroom –summer institute](https://www.bcaitc.ca/summer-institute) – Every July, teachers hungry to expand their knowledge of agriculture become the students at BC Agriculture in the Classroom and the UBC Faculty of Education’s Summer Institute course. Together we provide teachers with professional development tools and resources to help them integrate important concepts related to food, agriculture industry and environmental sustainability into their classroom. 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* Math
* Healthy and Active Living
 |  |
| [Growing Chefs](https://www.growingchefs.ca/) | Classroom Gardening & CookingProgram Grades 1-3, March-June & Grades 4-6, Sept-Dec Costs $ 400. Connect to program manager re: participation. [www.growingchefs.ca](http://www.growingchefs.ca)  | * Science
* Math
* Social Studies (connection of food to family, culture, relationships, celebrations
* Healthy and Active Living
 |  |
| [Fresh Roots](https://freshroots.ca/) | Field tips, tours, educational farm design[www.freshroots.ca](http://www.freshroots.ca)  |  |  |
| Growing seedlings/herbs in class  | 1. Classroom growing of seeds in ziplocs (cross curricular). Website lists to grade specific BC Science Big Ideas specific to this experiment. [www.meganzeni.com/what-seeds-need-to-grow-a-seed-inquiry](http://www.meganzeni.com/what-seeds-need-to-grow-a-seed-inquiry)
2. Microgreens is a very popular Farm2School BC activity. Funding also available through grants. [www.farmtoschoolbc.ca/resources/how-to-grow-microgreens-at-school/](http://www.farmtoschoolbc.ca/resources/how-to-grow-microgreens-at-school/)
 | * Science
* Healthy and Active Living
* *Questioning and Predicting*
* *Planning & Conducting*
* *Processing and analyzing data and information*
* *Applying and innovating*
* *Communicating*
 |  |
| [A-Rocha](https://arocha.ca/) | [A-Rocha Brooksdale Environmental Centre](https://arocha.ca/where-we-work/brooksdale/education/school-field-trips/) – field trips with programming tied to BC curriculum learning outcomes[www.arocha.ca/where-we-work/brooksdale/education/school-field-trips/](http://www.arocha.ca/where-we-work/brooksdale/education/school-field-trips/)[A-Rocha –Schoolyard Farm Program](https://arocha.ca/what-we-do/sustainable-agriculture/farm-to-families/): Assistance developing a school garden[www.arocha.ca/what-we-do/sustainable-agriculture/farm-to-families/](http://www.arocha.ca/what-we-do/sustainable-agriculture/farm-to-families/)[Teacher information packag](https://arocha.ca/wordpress/wp-content/uploads/2017/09/A-Rocha-Teacher-Info-Package.pdf)e from A-Rocha for school field trip[www.arocha.ca/wordpress/wp-content/uploads/2017/09/A-Rocha-Teacher-Info-Package.pdf](http://www.arocha.ca/wordpress/wp-content/uploads/2017/09/A-Rocha-Teacher-Info-Package.pdf)  |  |  |
| [Society for Promotion of Environmental Conservation](http://www.spec.bc.ca/school-gardens) (SPEC) | Started by SPEC volunteers in 2008, the SPEC School Gardens Program brings food gardens and food education to around a dozen different schools across Vancouver. The School Gardens Program provides the opportunity for students to learn about food security and how to grow their own organic fruits and veggies, while teachers learn to incorporate fun and thought provoking agricultural topics into their curriculum. Useful resources include [guide to starting a school garden](http://www.spec.bc.ca/school-gardens) and [curriculum based lesson book](http://www.spec.bc.ca/Resources/Documents/Food/WEB_July18_lesson_book.pdf).[www.spec.bc.ca/school-gardens](http://www.spec.bc.ca/school-gardens)  | * science, social studies, math, and health and nutrition
 |  |
| [KPU Seed Library](https://libguides.kpu.ca/c.php?g=480624&p=3285616) | A seed library is just like a library for books! Borrowing from the Seed Library is free and easy, and open to all members of the public. Borrow seeds to plant and watch your garden grow! When it is time to harvest, collect seeds to return to the seed library. [www.libguides.kpu.ca/c.php?g=480624&p=3285616](http://www.libguides.kpu.ca/c.php?g=480624&p=3285616)  |  |  |
| [West Coast Seeds](http://www.westcoastseeds.com) | Seed catalogue as well as Winter gardening guide.[www.westcoastseeds.com](http://www.westcoastseeds.com)  |  |  |
| [Memorial University- From Garden to Classroom](https://www.mun.ca/botgarden/learn/fromgardentoclassroom.pdf) | Would you like to help your students explore our natural world? Would you like to bring our natural world into your classroom and incorporate more activity-based learning across the curriculum? This From Garden to Classroom Activity and Resource Guide is intended to assist educators do all that and more.[www.mun.ca/botgarden/learn/fromgardentoclassroom.pdf](http://www.mun.ca/botgarden/learn/fromgardentoclassroom.pdf)  |  |  |
| [Get Growing: Activities for Food and garden learning –UBC book](https://shop.bookstore.ubc.ca/p-50282-get-growing-activities-for-food-and-garden-learning-a-teacher-resource-for-elementary-and-middle-grades.aspx) | Get Growing! is written for teachers who are interested in gardening with their students at school or in the community. There is no better activity to integrate learning in all subjects from mathematics and science to art and music and everything in between. Gardening gets kids outside and involves them in hands-on learning and discovery. Gardening with students promotes physical activity, understanding of local and global food systems, appreciation of healthy eating, and care for the environment.[www.shop.bookstore.ubc.ca/p-50282-get-growing-activities-for-food-and-garden-learning-a-teacher-resource-for-elementary-and-middle-grades.aspx](http://www.shop.bookstore.ubc.ca/p-50282-get-growing-activities-for-food-and-garden-learning-a-teacher-resource-for-elementary-and-middle-grades.aspx)  |  | Elementary-Middle Grades |
| [Evergreen](http://www.evergreen.ca) | Lesson plans according to grade level as well other food/garden related activities/lessons-See the “resources” and “lessons” areas. Patterns Through the Seasons includes a year of garden activities for the classroom (K-7): [www.evergreen.ca/downloads/pdfs/Patterns-Seasons.pdf](https://www.evergreen.ca/downloads/pdfs/Patterns-Seasons.pdf)[www.evergreen.ca](http://www.evergreen.ca)  |  | * All
 |
| [Environmental Youth Alliance](https://eya.ca/) | Lists of easy-to-use activities from container planting to sheet mulching to plants as medicine and school-year planting schedules[www.eya.ca](http://www.eya.ca)  |  |  |
| [Vancouver School Food Network](https://vancouverschoolfoodnetwork.files.wordpress.com/2013/04/garden-learning-outcomes-k-7.doc) | [Classroom and School Gardens –Curriculum Connections](https://vancouverschoolfoodnetwork.files.wordpress.com/2013/04/garden-learning-outcomes-k-7.doc)[www.vancouverschoolfoodnetwork.files.wordpress.com/2013/04/garden-learning-outcomes-k-7.doc](http://www.vancouverschoolfoodnetwork.files.wordpress.com/2013/04/garden-learning-outcomes-k-7.doc)  |  | K-7 |
| Let’s Talk Science [Tomatosphere](http://tomatosphere.letstalkscience.ca/) | Free K-Gr 12 program-use tomato seeds to investigate the effects of space on seed germination[www.tomatosphere.letstalkscience.ca](http://www.tomatosphere.letstalkscience.ca)  |  | All |
| [Surrey Schools- Learning by Design](https://surreylearningbydesign.ca/news/schoolgardens/) | [Learning by design](https://surreylearningbydesign.ca/news/schoolgardens/) (Surrey) applications for school gardens and planning tool. [www.surreylearningbydesign.ca/news/schoolgardens](http://www.surreylearningbydesign.ca/news/schoolgardens)  |  | All |
| [Richmond Food Security Society- School Year Garden Toolkit](https://www.richmondfoodsecurity.org/documents/school-year-garden-toolkit/)  | The toolkit can be used to expand food centred and nutrition awareness projects and to support School Boards to develop new, more expansive, district-wide policies on food security for high school students. [www.richmondfoodsecurity.org/documents/school-year-garden-toolkit](http://www.richmondfoodsecurity.org/documents/school-year-garden-toolkit)  |  | High school |
| [The Edible Garden Project](http://ediblegardenproject.com/fed-up/schoolgarden101/) | Resources, lesson plans and activities for creating and maintaining a school garden and using it as a tool for teaching. [www.ediblegardenproject.com/fed-up/schoolgarden101](http://www.ediblegardenproject.com/fed-up/schoolgarden101)  |  |  |
| (Vancouver) [UBC Farm Intergenerational Landed Learning Project - A Farm Based Environmental Education Project](http://landedlearning.educ.ubc.ca/about/)  | The Intergenerational Landed Learning Project (ILLP) is a unique teaching, learning, and research initiative of the UBC Faculty of Education that unites collaborative teams of elders, younger adults, and school children in learning with and caring for the Earth. ILLP program participants grow, tend, cook, and share food at UBC Farm and explore the connections among human and non-human communities, places, and local environments.[www.landedlearning.educ.ubc.ca/about](http://www.landedlearning.educ.ubc.ca/about)  |  | 3-7 |
| [Sustain Ontario Food Initiatives Greenhouse](https://sustainontario.com/greenhouse/) | The greenhouse is a growing collection of community-vetted food strategies, tools, and tactics organized by initiative.[www.sustainontario.com/greenhouse](http://www.sustainontario.com/greenhouse)  |  | All |
| Teacher workshops | [Rooted in Place: School Garden Basics (School Garden Series #1)](http://ubcfarm.ubc.ca/events/rooted-in-place-school-garden-basics/) on October 6, 2018 10:00 am (Participants in this workshop will receive the VSB’s Rooted In Place garden guide and Schoolyear Garden Cycle poster)[www.ubcfarm.ubc.ca/events/event/rooted-in-place-school-garden-basics](http://www.ubcfarm.ubc.ca/events/event/rooted-in-place-school-garden-basics) [Autumn School Garden Care & Curriculum Integration (School Garden Series #2)](http://ubcfarm.ubc.ca/events/autumn-school-garden-care-curriculum-integration/) on October 13, 2018 10:00 am [www.ubcfarm.ubc.ca/events/event/autumn-school-garden-care-curriculum-integration](http://www.ubcfarm.ubc.ca/events/event/autumn-school-garden-care-curriculum-integration) [Cross Curricular Learning Through School Gardens (School Garden Series #3)](http://ubcfarm.ubc.ca/events/cross-curricular-learning-through-school-gardens/) on October 27, 2018 10:00 am[www.ubcfarm.ubc.ca/events/event/cross-curricular-learning-through-school-gardens](http://www.ubcfarm.ubc.ca/events/event/cross-curricular-learning-through-school-gardens) [Pro D –workshops –potential not confirmed:](http://landedlearning.educ.ubc.ca/pro-d-day-integrating-agriculture-into-school-curriculum/) -this example was from Feb 2018[www.landedlearning.educ.ubc.ca/pro-d-day-integrating-agriculture-into-school-curriculum](http://www.landedlearning.educ.ubc.ca/pro-d-day-integrating-agriculture-into-school-curriculum)  |  |  |
| **Food Preparation** |
| [Canada’s Food Guide](https://food-guide.canada.ca/en/)  | Canada’s Food Guide webpage contains a full suite of tools you can use in your classroom, including: food choices, eating habits, recipes, tips and resources. [www.food-guide.canada.ca/en](http://www.food-guide.canada.ca/en)  |  |  |
| [Caring about Food Safety](https://www2.gov.bc.ca/gov/content/health/keeping-bc-healthy-safe/food-safety/food-safety-courses) | BC Ministry of Health online course (free) –scroll to bottom of page and click on picture. Course is available in English, French, Chinese and Punjabi.[www.2gov.bc.ca/gov/content/health/keeping-bc-healthy-safe/food-safety/food-safety-courses](http://www.2gov.bc.ca/gov/content/health/keeping-bc-healthy-safe/food-safety/food-safety-courses)  |  |  |
| [Growing Chefs](http://www.growingchefs.ca/)  | Growing Chef s! Program puts chef volunteers into elementary schools to teach kids about heal thy food and heal thy food. The Growing Chefs! Classroom Gardening and Cooking Program consists of seven lessons delivered right in your classroom over the course of about 3 months. Teachers apply to get the program in their classroom. The seven lesson curriculum is designed to be in line with the provincial curriculum and learning outcomes, and teaches kids the skills and knowledge to make healthy food choices. There is a program fee of $400, however, there are subsidies and scholarships available to schools that are unable to pay that fee. [www.growingchefs.ca/about-us](http://www.growingchefs.ca/about-us)  |  | * 1-7
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| [Better together BC](https://www.bettertogetherbc.ca/) | * [**Better Together**](https://www.bettertogetherbc.ca/) emphasises the importance of eating together with blogs, recipes and resources.
* [**Hands on Cook off contest**](https://www.bettertogetherbc.ca/contest/about-the-contest) (annually, each spring) is all about bringing together food and fun in the kitchen by having two generations or two youth demonstrate how to prepare a recipe in a three-minute video.
* [**Better Together BC free workshop**- Reconnecting Food and fun](https://www.bettertogetherbc.ca/learn/resources/book)
* [**Free Bookable Display** from Better Together BC](https://www.bettertogetherbc.ca/learn/resources/book)

[www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)  |  |  |
| [Colorful Lunches Sheet- Government of Quebec](http://publications.msss.gouv.qc.ca/msss/fichiers/2008/08-289-19A.pdf)  | A two page handout with tips for a healthy lunch, planning and recipes. [www.publications.msss.gouv.qc.ca/msss/fichiers/2008/08-289-19A.pdf](http://www.publications.msss.gouv.qc.ca/msss/fichiers/2008/08-289-19A.pdf)  |  | * All
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| Food Community Events | Connect event to teaching resources (ie apple themed resources) if they don’t already exist | * Science
* Social Studies (connection of food to family, culture, relationships, celebrations)
* Healthy and Active Living
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| [Cook it! Try it! Like it! Program Leaders Guide](https://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Cook%20it%20Try%20it%20Like%20it%20Leaders%20Guide.pdf)  | Cook it. Try it. Like it! Is a program manual for a five week after school program designed to promote healthy eating habits by providing students with hands-on experience cooking and tasting nutritious foods. [www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Cook%20it%20Try%20it%20Like%20it%20Leaders%20Guide.pdf](http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Cook%20it%20Try%20it%20Like%20it%20Leaders%20Guide.pdf)  |  | * 4-7
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| [Healthy Eating After School- YMCA](file:///%5C%5CFraserhealth.org%5Chomedir%5CHomeDir05%5Cskozicky1%5CProjects%5CSchool%20Resources%5CHealthy%20Eating%20After%20School) | The resource includes nutrition and physical activity guidelines, a variety of planning tools and cooking sessions designed especially for kids, complimentary e-Course[www.gv.ymca.ca/Programs/Health-Fitness/Healthy-Eating-After-School?location=9b311823-670d-44c1-a56b-5fc17ca5d2c0](http://www.gv.ymca.ca/Programs/Health-Fitness/Healthy-Eating-After-School?location=9b311823-670d-44c1-a56b-5fc17ca5d2c0)  |  |  |
| [FoodShare Cooking & Tasting Kit](https://foodshare.net/custom/uploads/2015/10/Toolkit_2013_Cooking_Tasting.pdf) | Cooking and Tasting Kit plus other educator resources.[www.foodshare.net/custom/uploads/2015/10/Toolkit\_2013\_Cooking\_Tasting.pdf](http://www.foodshare.net/custom/uploads/2015/10/Toolkit_2013_Cooking_Tasting.pdf)  |  | * K-12
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| [Strive for Five at School- Nova Scotia](https://novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp) Department of Health and Wellness | Includes a guide to promoting vegetables and fruit and recipes. [www.novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp](http://www.novascotia.ca/dhw/healthy-communities/healthy-eating-strive-for-five.asp)  |  |  |
| **Healthy Food Environment and Policy** |
| Fraser Health- [Making the lunch times more pleasant](https://patienteduc.fraserhealth.ca/file/how-to-be-a-successful-lunchroom-monitor-272801.pdf%3B%20https%3A/www.mindfulschools.org/personal-practice/mindful-eating/) | “Training” student lunch time monitors. Creating pleasant lunch time environments.Emphasizing mindful eating.[www.patienteduc.fraserhealth.ca/file/how-to-be-a-successful-lunchroom-monitor-272801.pdf](http://www.patienteduc.fraserhealth.ca/file/how-to-be-a-successful-lunchroom-monitor-272801.pdf); [www.mindfulschools.org/personal-practice/mindful-eating](http://www.mindfulschools.org/personal-practice/mindful-eating)  | * Science
* Social Studies (connection of food to family, culture, relationships, celebrations)
* Healthy and Active Living
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| Theme months | Incorporating ethnic foods/theme months into lunch program | * Social Studies (connection of food to family, culture, relationships, celebrations)
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| [BC Agriculture in the Classroom- Fresh to You Fundraiser](https://www.bcaitc.ca/fresh-you-fundraiser) | For PAC - fundraiser available through School Fruit/Veg Nutrition program. 40% profit selling local fresh fruit/veg. **Sept 21 registration deadline for Fall** [www.bcaitc.ca/fresh-you-fundraiser](http://www.bcaitc.ca/fresh-you-fundraiser)  | * Healthy and Active Living
 |  |
| [Guidelines for Food and Beverage Sales in BC Schools](https://www.healthyschoolsbc.ca/program/395/guidelines-for-food-and-beverage-sales-in-bc-schools) | The Guidelines for Food and Beverage Sales in BC Schools define the nutrition standard that schools are required to apply to all food and beverages sold in schools. Including: [Ready-to-Use Guidelines Presentations](https://www.healthyschoolsbc.ca/program/623/ready-to-use-guidelines-presentations) These ready-to-use slide presentations can help you teach others about the Guidelines for Food and Beverages Sales in BC Schools (2013 Edition). They ...[Guidelines Fact Sheets](https://www.healthyschoolsbc.ca/program/622/guidelines-fact-sheets) The Guidelines for Food and Beverage Sales in BC Schools include a series of fact sheets to help parents, food providers, school administrators, and t…[Guidelines At-a-Glance](https://www.healthyschoolsbc.ca/program/615/guidelines-at-a-glance) The Guidelines for Food and Beverage Sales in BC Schools (“the Guidelines”) define the nutrition standard that schools are required to apply to all fo…[Brand Name Food List](https://www.healthyschoolsbc.ca/program/246/brand-name-food-list) The Brand Name Food List (BNFL) is a tool to help British Columbians choose prepackaged food and beverages that meet the nutrition standards for schools.[Food and Beverage Stock List](https://www.healthyschoolsbc.ca/program/402/food-and-beverage-stock-list) Create your own food and beverage stock list with items that meet the Guidelines for Food and Beverage Sales in BC Schools.[Dental health: School Food and Beverage Sales](https://www.healthyschoolsbc.ca/program/583/dental-health-school-food-and-beverage-sales) Schools can use the Guidelines for Food and Beverage Sales in BC Schools to help reduce the risk of tooth decay and support overall dental health.<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/healthyschools/2015_food_guidelines.pdf>  |  | * All
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| [Constructive Classroom Rewards- Centre for Science in the Public Interest](https://cspinet.org/sites/default/files/attachment/Non-Food%20Rewards_1.pdf)  | A resource discussing a variety of alternatives to food as a reward in schools. [www.cspinet.org/sites/default/files/attachment/Non-Food%20Rewards\_1.pdf](http://www.cspinet.org/sites/default/files/attachment/Non-Food%20Rewards_1.pdf)  |  | * All
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| [BCCDC- Promoting Healthy Eating & Sustainable Local Food in BC: An Action Framework](http://www.bccdc.ca/pop-public-health/Documents/foodactionframeworkforpublicinstitutions.pdf) | [This action framework](http://www.phsa.ca/Documents/foodactionframeworkforpublicinstitutions.pdf) provides a broad range of ideas that health authorities, educational institutions, childcare facilities, and local governments can take to support the determinants of healthy eating while promoting a local and sustainable food supply.[www.bccdc.ca/pop-public-health/Documents/foodactionframeworkforpublicinstitutions.pdf](http://www.bccdc.ca/pop-public-health/Documents/foodactionframeworkforpublicinstitutions.pdf)  |  | * All
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| **Food Systems and Environmentally Sustainable Food** |
| [Farm to School BC](https://farmtoschoolbc.ca/) | A variety of resources, including the Farm to School Program Models. [www.farmtoschoolbc.ca](http://www.farmtoschoolbc.ca)  |  |  |
| [Build a Bug Hotel](https://meganzeni.com/bug-hotel/) | Extremely popular hands-on activity that gets students outside. Building a beneficial bug hotel is a fantastic cross-curricular opportunity to research insect life cycles, habitats and food chains. [www.meganzeni.com/bug-hotel](http://www.meganzeni.com/bug-hotel)  | * ADST - Applied Design, Skills and Technology
* Healthy and Active Living
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| [Bringing chickens to the school](http://bcchicken.ca/consumer/poultry-in-motion/)  | Two fully equipped trailers to show what poultry farming is like in BC. Poultry In Motion™ Educational Mini Barn I (operated with the BC Broiler Hatching Egg Producers’ Association) and Poultry In Motion™ Educational Mini Barn II exhibiting different stages of chicken production in BC. www.bcchicken.ca/consumer/poultry-in-motion  | * -Science
* -Social Studies (connection of food to family, culture, relationships, celebrations)
* Healthy and Active Living
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| [Bringing a Cow to the school](https://www.healthyschoolsbc.ca/program/591/mobile-dairy-classroom-experience) | Interactive and educational program that travels to schools. [www.healthyschoolsbc.ca/program/591/mobile-dairy-classroom-experience](http://www.healthyschoolsbc.ca/program/591/mobile-dairy-classroom-experience)  | * -Science
* -Social Studies (connection of food to family, culture, relationships, celebrations)
* Healthy and Active Living
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| [Agriculture in the classroom –farm tours and field trips](https://www.bcaitc.ca/farm-tours-field-trips) | Many farms in BC open their gates and barns for tours, and each one offers a unique and fun experience for students. This website provides a comprehensive list of farms for your class to visit in British Columbia. [www.bcaitc.ca/farm-tours-field-trips](http://www.bcaitc.ca/farm-tours-field-trips)  |  | * All
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| [UBC Farm Tour](http://ubcfarm.ubc.ca/contact-us/guided-tours-at-ubc-farm/) | Every year from spring to fall, the UBC Farm offers field trip programming for a wide range of young audiences. FarmWonders Field Trips provide an opportunity for youth to see and learn about a working certified organic farm and to discuss important social and ecological aspects of food production in our area. Join us to learn about bees, explore the forest, examine soil or compost, and even visit the chickens! Book tour online. [www.ubcfarm.ubc.ca/contact-us/guided-tours-at-ubc-farm](http://www.ubcfarm.ubc.ca/contact-us/guided-tours-at-ubc-farm)  |  | * All
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| [Classrooms to Communities Education Network Society](https://c2c-bc.org/) | Collaborates in a province-wide network of place based learning leaders and members. Including events and networking. [www.c2c-bc.org](http://www.c2c-bc.org)  |  |  |
| [Thinkeat green at school](https://thinkeatgreen.ca/resources/for-educators/) | Resources including books, videos, summer institute, policy, including: [Rethinking School Lunches](https://www.ecoliteracy.org/sites/default/files/rethinking_school_lunch_guide.pdf) - Rethinking School Lunch is a planning framework based on a positive vision: healthy children ready to learn, “food literate” graduates, invigorated local communities, sustainable agriculture, a healthy environment. [www.ecoliteracy.org/sites/default/files/rethinking\_school\_lunch\_guide.pdf](http://www.ecoliteracy.org/sites/default/files/rethinking_school_lunch_guide.pdf) [www.thinkeatgreen.ca/resources/for-educators](http://www.thinkeatgreen.ca/resources/for-educators)  |  |  |
| BC Ministry of Education- [Sustainable Schools Best Practice Guide](https://www2.gov.bc.ca/assets/gov/education/kindergarten-to-grade-12/teach/teaching-tools/environmental-learning/sustbestpractices.pdf) | A holistic program regarding sustainable practices. The guide is designed to help the school community at the elementary or secondary level address sustainability issues. It outlines best practices to helpgreen-team leaders (e.g., students, teachers, administrators, support staff, parents) lead the school community through environmental actions in the areas of energy, waste, water, school grounds, and transportation.The guide contains ideas for school-based solutions in each of these areas, with questionnaires, checklists, and resources that are BC-specific where possible.<https://www2.gov.bc.ca/assets/gov/education/kindergarten-to-grade-12/teach/teaching-tools/environmental-learning/sustbestpractices.pdf>  |  | * All
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| [BC Diary: BC at the Table](https://bcdairy.ca/bcatthetable)  | Do you really know where your food comes from? Learn about BC's food system and how we produce, process, distribute, and acquire local food, following the story of produce, grains, dairy and salmon. Thousands of people across this province make their living in BC's food system, and in these videos, you're going to meet a few of them.[www.bcdairy.ca/bcatthetable](http://www.bcdairy.ca/bcatthetable)  | * science, social studies, home economics, culinary arts
 | * 6-12
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| [USC Canada](https://www.usc-canada.org/resources/for-educators) | Resources for teachers, including Sow & Save, The Story of Food, Seed Matching Scavenger Hunt and the Seed Story.[www.usc-canada.org/resources/for-educators](http://www.usc-canada.org/resources/for-educators)  |  |  |
| [Life Cycles Project](http://lifecyclesproject.ca/resources/) | Gardening, fruit tree and bee tips, food and gardening workshops, food advocacy, manuals and teacher resources.[www.lifecyclesproject.ca/resources](http://www.lifecyclesproject.ca/resources)  |  |  |
| [Food for Thought: Exploring Agriculture and Sustainability in Metro Vancouver](http://www.metrovancouver.org/events/school-programs/K-12-resources/food-for-thought/Pages/default.aspx) | Lessons on agriculture & sustainability with short videos.[www.metrovancouver.org/events/school-programs/K-12-resources/food-for-thought/Pages/default.aspx](http://www.metrovancouver.org/events/school-programs/K-12-resources/food-for-thought/Pages/default.aspx)  | * Science, Social Studies,
 | * 5-7
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| **Body Image, Prevention of Eating Disorders, and Media Literacy** |
| [Action Schools BC! Being Me](https://healthyschoolsbc.ca/media/22366/asbc-being-me.pdf) – Promoting Positive Body Image | Body image is a topic that links directly to healthy eating, as key messaging can have a tremendous impact on students’ body image and self-esteem. Each of the Being Me lessons has been designed to be implemented in approximately 20 minutes. Learning outcomes, implementation ideas and resources have been provided – everything you need to get started.[www.healthyschoolsbc.ca/media/22366/asbc-being-me.pdf](http://www.healthyschoolsbc.ca/media/22366/asbc-being-me.pdf)  |  | * All
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| [Beyond Images](http://www.beyondimages.ca/) | *Beyond Images* invites youth to engage in the world of media on their terms! Students learn how media messages are constructed both mechanically and symbolically – then learn to make their own media messages about beauty beyond the obvious. *Beyond Images* explores current concepts of male and female beauty and what it means to “fit in”, helping students understand and develop resilience against negative messaging.[www.beyondimages.ca](http://www.beyondimages.ca)  |  | * 4-8
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| [At My Best](https://www.atmybest.ca/) | Resource toolkit combines physical activity, healthy eating and emotional well-being. [www.atmybest.ca](http://www.atmybest.ca)  |  | * K-6
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| [The Student Body: Promoting Health at Any Size](http://thestudentbody.aboutkidshealth.ca/) | The Student Body is a teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. Six learning modules utilize animated vignettes, videos and background information for teachers (and parents) so they can experience some of the positive and negative factors affecting body image and unhealthy eating habits. [www.thestudentbody.aboutkidshealth.ca](http://www.thestudentbody.aboutkidshealth.ca)  |  | * 4-6
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| [Media Smarts](http://mediasmarts.ca/) | Digital and media literacy resources for teachers and parents. [www.mediasmarts.ca](http://www.mediasmarts.ca)  |  | * K-12
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| [Porcupine Health Unit- A Tool for Every Teacher](http://www.porcupinehu.on.ca/en/audiences/educators/tools-for-teachers.pdf) | Frequently asked questions about role modeling and teaching to positively impact your students. Topics include: healthy body image, healthy eating, physical literacy and physical activity, healthy weights, media literacy and eating disorders. [www.porcupinehu.on.ca/en/audiences/educators/tools-for-teachers.pdf](http://www.porcupinehu.on.ca/en/audiences/educators/tools-for-teachers.pdf)  |  | * K-8
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| [Understanding Eating Disorders in BC Schools: A Guide of Trauma Informed Practice for School Professionals](https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf)  | The purpose of this guide is to generate thoughtful discussion about eating disorders at your school. Topics of the guide will touch on: Prevention: what school personnel need to know (the role of school culture in promoting mental health); Identification at school; Intervention at school; and, Supporting recovery at school utilizing.[www.keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf](http://www.keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf)  |  |  |
| [National Eating Disorders Information Centre](http://www.nedic.ca/) | Information and resources on eating disorders and weight preoccupation. [www.nedic.ca](http://www.nedic.ca)  |  |  |
| [Kelty Mental Health Resource Centre](https://keltymentalhealth.ca/) | A provincial resource for mental health, eating disorders, substance use, healthy living and promoting mental health in schools resources. Resources include tools and resources to share with families. [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)  |  | * All
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