

BC School Nutrition Resources on the Internet

For more information about healthy eating at school, check this website: healthyeatingatschool.com for the following resources:

Guidelines for Food and Beverage Sales in BC Schools (2007)

This document provides the philosophy, technical standards for food ratings and supporting information.

Complete Criteria Charts

These charts define the technical information for each rating category: Not Recommended, Choose Least, Choose Sometimes and Choose Most. (Only Choose Most and Choose Sometimes items can be sold in schools or at school-related functions.)

The Brand Name Food List

Dial-A-Dietitian (604-732-9191) provides this service that rates individual packaged foods and foods available at retail food outlets (pizza, sub sandwiches, burgers, etc.). You must create an account, log in and then you can [Search Product List](#).

Bake Better Bites: Recipes and Tips for Healthier Baked Goods

This resource is for parents, community volunteers, school staff and students to use when preparing baked goods for sale to students. It includes recipes that meet the [Guidelines for Food and Beverage Sales in BC Schools](#), as well as tips to make favourite recipes healthier.

Healthy Fundraisers for Schools

Look for new, non-food, fundraising ideas here.

Tips & Recipes for School Food Services

This draft document was developed to assist people who prepare food for sale to students in implementing the [Guidelines](#). It includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier and a selection of recipes that meet the [Guidelines](#).

On the School District No. 36 (Surrey) website:

The Fun Food Resource

This district resource provides information about implementing the [Guidelines for Food and Beverage Sales in BC Schools](#) and about food safety.

<http://www.sd36.bc.ca/general/brochures/funfoodresource.pdf>