

# Check your badges



**A Taste of Nutrition** – **Be sure to use credible, evidence-based sources of nutrition information to earn this badge!** Every March, Dietitians of Canada runs a campaign to spread the word to Canadians about eating well. Be creative and design your own campaign to celebrate Nutrition Month, in March, or any time of year.



**Paint Your Plate** - By learning to love veggies and fruit at a young age, kids will learn a life-long habit that can help lower their risk of developing heart disease, high blood pressure and some cancers later in life. To earn this badge, find ways to promote, highlight and/or serve vegetables and fruit at school, and help students, teachers, caregivers and others paint their plates with yummy veggies and fruit every day!



**Rise & Shine** – **Your school must follow SNP guidelines (2016) to earn this badge!** Student Nutrition Programs (SNPs) are a great way to provide students with nutritious food to fuel their minds and bodies, but you can take it one step further! Involve students in all aspects of the program and help others learn about what the SNP has to offer.



**Zesty Lessons** – Refer to the BrightBites website for cross curricular activity ideas. As a teacher, you may teach students about healthy eating through the Ontario Health and Physical Education curriculum, however, there are many other opportunities to help students learn and adopt healthy eating behaviours. To earn this badge, highlight healthy eating/nutrition in your classroom.



**It's an Honour** – **Review the “Rethinking Rewards” document on the BrightBites website under this badge!** Rewards are commonly used to recognize achievements and success and often involve foods and beverages that are high in sugar, fat and salt, with few nutrients. By rewarding achievement and success with positive statements, physical activity and non-food rewards, you can earn this badge!



**Pack it Up** – **Read the “Tips for Enjoying Eating” and share “Tips for Lunchroom Monitors” to earn this badge!** Pack it Up is all about making our best efforts to ensure lunchtime is enjoyable and positive! Ask the students for input around improving the lunch experience - they may have some great ideas to make the space more relaxing and comfortable. Be sure not to comment on individual student's lunches or advise students when to eat certain foods from their lunch.



**Reason to Celebrate** – **Be sure to follow “Tips for Celebrations” to earn this badge!** Celebrations like birthdays, holidays and end-of-year parties often involve foods and drinks that are high in sugar, fat and salt, with few nutrients. Tying less nutritious food to celebrations sends the message that fun and ‘treats’ go together. This can lead to eating more of these foods (and fewer nutritious foods) in an attempt to be happy. Improving the quality of food (or removing food), helps prevent this from happening, puts the focus on the real reason for the celebration, and is how to earn this badge!



**The Big Day** – **Be sure to follow “Tips for Special Events” to earn this badge!** Food is often the center of school meetings and events, but do the food and beverages offered show a commitment to eating well? Is food even necessary? Serving tasty and nutritious food and beverages at meetings and events (when necessary) is a great way to ‘walk the talk’. Earn this badge by improving the menu at your meeting(s) or event(s), or opting not to include food.



**Water Works** – Use the Water Toolkit for Schools to help you earn this badge! Providing and promoting water, especially in place of sugar-sweetened beverages, can help prevent dental cavities, promote overall health, and help students and staff feel better throughout the day. Earn this badge by promoting water as the beverage of choice at school.



**Bright Idea** – **Be sure to follow “Tips for Improving School Nutrition” to earn this badge!** Creativity is the act of coming up with a new idea, while innovation occurs when the idea is implemented. If you are ready to take a risk and turn a creative idea (that boosts school nutrition) into an innovation, then this badge is for you!



**Cook it Up** – Read “[Tips for Prepping Food at School](#)” and “[Kitchen Safety Tips](#)” before **getting started!** Learning to prepare food helps students build their self-esteem, confidence and sense of achievement, while developing valuable life skills. These are all benefits which will contribute to positive mental health. Earn this badge by giving students (and others) the chance to learn and practice the skills involved in preparing tasty, nutritious foods.



**Green Thumb** – Be sure to link at least one activity that includes students in the **gardening experience to earn this badge!** Growing food helps students learn where food comes from and may spark interest in eating vegetables, fruit and other nutritious plant foods. Outdoor school gardens have the added bonus of increasing physical activity and a sense of community. Plant any type of edible garden (indoor or outdoor) to earn this badge.



**Menu Makeover** – **Your school must follow PPM 150 to earn this badge!** Improving the menu for food offered and sold to students and staff (e.g. catered lunches in elementary schools, graduation dinners, pizza parties, staff meetings, etc.) is a great way to boost student health, support learning, and reinforce classroom lessons. These meals can also be used to celebrate food cultures, develop taste buds, and learn new food skills. Improve the catered menu(s) at your school and earn this badge!



**Show Me the Money** – Follow “[Tips for School Fundraising](#)” to **earn this badge!** Schools are often on the look-out for creative ways to make money; however, selling chocolate bars, cookie dough, candy, etc. sends the wrong message to students. Believe it or not, schools can still earn money while sending consistent and positive health messages, supporting classroom lessons and promoting health to students and their families. Earn this badge by switching to non-food or nutritious food only fundraisers!



**Sip Smart!™ Ontario** – Follow [Sip Smart!™ Ontario Program](#) to **earn this badge!** Sip Smart!™ Ontario is a licensed classroom educational program that helps teach children in grades 3 to 7 about making healthy drink choices. Teachers can use Sip Smart!™ Ontario lessons to meet expectations in the Ontario Ministry of Education’s Health and Physical Education Curriculum. Healthy school committees and school councils can use Sip Smart!™ Ontario to promote healthy drink choices throughout their school and at school events. Earn this badge by educating children and taking action to reduce children’s intake of sugary drinks.



**Fresh It Up** – **Earn this badge by improving the cafeteria experience using the Tools and Helpful Links provided!** The school cafeteria should be a place where students want to go because it is a pleasant and safe environment where kids can eat, socialize and relax before and between classes. Improving the feel of the cafeteria so that it is inviting and comfortable encourages students to stay at school during their lunch break and access healthier foods from the cafeteria.

## Which badge are you working on?

### Check the steps off as you go!

- 1 Ask the students!
- 2 Start a conversation!
- 3 Do a Nutrition Checkup!
- 4 Make it Fun!

#### For more information contact your BrightBites Facilitator:

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