

**Manitoba Healthy Schools
Healthy Eating Campaign
Spring 2010**

Beautiful Plains School Division

School	Description
BROOKDALE SCHOOL	Nutrition Challenge Afternoon-educational games and activities will be organized and then share a nutritional snack.
HAZEL M. KELLINGTON SCHOOL	To have a Kids in the Kitchen program where kids are taught to cook healthy foods
J.M. YOUNG SCHOOL	To provide healthy snacks at sporting events-cross country run, track meets and "Amazing Race"

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Border Land School Division

EMERSON ELEMENTARY	Dietician-at community information dinner night on the Balanced School Day; will speak about the qualities of packing a healthy lunch, eating smaller meals more often and how to pack two lunches that meet the dietary needs of our students.
GLENWAY COLONY SCHOOL	Committee to enhance nutrition and physical activity. Promote no junk food policy in classrooms.
REGIONAL ALTERNATIVE EDUCATION CENTRE	Pot Luck/Nutrition Education-healthy snack/lunch day with students and staff bring an item to share (pot luck); Educate about egg/nut allergies; provide prizes for healthiest lunch everyday for a week in March; Provide information during March to students about healthy choices.
RIDGEVILLE COLONY SCHOOL	Providing fruits and vegetables for snacking at recesses for the month of April, Home Ec class will prepare the snacks
ROSEAU VALLEY SCHOOL	To implement yogurt, as requested through Breakfast program which runs 5 days/week; if successful, will budget into next year's program.
W.C. MILLER COLLEGIATE	Health Fair: school wide breakfast featuring healthy food. Organized by the Peer Support Network students and those in the Culinary Arts Program at the school. The funding will be used to offset the cost for the food at this event.
WEST PARK SCHOOL	Kids in the Kitchen Club-Thursday after school for 6 sessions with 12-15 students and if interest is up then run another session with 2 teachers volunteering to instruct and purchase the food.

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Brandon School Division

School	Description
BETTY GIBSON SCHOOL	The school has students from many different cultural backgrounds. Will organize an event that will have the students prepare and cook a meal that fits into one of our cultures. Our first meal will be bannock. The students will start by researching how to prepare it and purchase the ingredients needed. The students will work in partners. Next the plan is to do a Mexican and Chinese meals throughout the school year. Focus will be on the importance of nutrition and students will be looking at ways to cook each meal while using low fat ingredients, and learn to read nutritional labels.
ÉCOLE NEW ERA SCHOOL	"Invest in Your Bones Program"-to educate on building strong and healthy bones by students caught eating foods high in calcium during the week will be given an 'investment' coupon to enter into a draw; to assist every student to participate, milk cartons will be sold at a lower price.
GREEN ACRES SCHOOL	To continue promoting Healthy Eating as the Manitoba School Nutrition Handbook, Canada's Food Guide and Quick Guides small/large posters in cafeteria; monthly newsletter with suggestions had great feedback from parents; Nut Safer School; Food for Thought snack program for students requesting a snack and within 4 food groups.
KING GEORGE SCHOOL	Year end BBQ-To purchase fruits and vegetables for the BBQ to celebrate the on-going activities throughout the year.
LINDEN LANES SCHOOL	Food Around the World-several activities related to nutrition and healthy eating includes reading the book "Food Around the World" with research in other countries; compiling recipe books; links to physical activity and nutrition; Healthy snacks listed; daily announcements to promote healthy eating (trivia questions)
MEADOWS SCHOOL	Event to start with school wide walk promoting physical activity with stations and to provide a healthy snack at the end.
O'KELLY SCHOOL	Nutrition Week-To expose students to a variety of fruits and vegetables that normally wouldn't eat; hoping to promote at home and send information home to keep parents informed of what they have been sampling; different sampling for morning snack for the week.
RIVER HEIGHTS SCHOOL	Grades 5-8 student leadership group has organized monthly Rise n' Shine Breakfasts. All students in the school have the opportunity to order a healthy breakfast to eat at school. The food is ordered and organized by the leadership group and students come early once per month to enjoy a healthy breakfast. Choices include: juice, yogurt, muffins, fruit and cheese.
SPRING VALLEY COLONY SCHOOL	Nutrition Challenge-students to keep a daily log for one week of what is ate, including snacks and candy. At end of week, will discuss other choices and wise choices made. A healthy snack will be provided
VINCENT MASSEY HIGH SCHOOL	Healthy Breakfast/Lunch Program: Staff and students would like to continue to offer healthy food out of the canteen. Muffin Mondays-would like to purchase a cereal dispensing machine. As well as other appliances/supplies for the canteen so that we can continue to offer a variety of healthy food choices on a daily basis.
WAVERLY PARK SCHOOL	School interest Fair Day-sessions held around Healthy Eating at different levels (K-3,4-6,7-8) starting with a healthy breakfast and litter free lunch also "going green" "Healthy Lifestyle" "Being Active"

Campagne d'Écoles en santé
Campagne de Manger saine
Janvier 2010

Division scolaire franco-manitobain

CENTRE SCOLAIRE LEO-REMILLARD	Pour répondre au demande pour: Organise des présentations, des projets ou des concours d'affiches avec les élèves de la 8e année afin de promouvoir l'éducation nutritionnelle et choix alimentaires sains. Au niveau de l'école, nous: Organisons un projet de composte offrons des aliments nutritifs dans notre cantine et nous avons crée des environnements agréables aux endroits où les gens mangent.
COLLÈGE LOUIS-RIEL	Mangez en sant! Nous allons acheter des produits sant (barres tendres, jus, fromages, fruits, etc.) pour les lves qui n'ont pas de diner et pas d'argent pour s'acheter un diner. Cette activité aura lieu jusqu' la fin de l'année scolaire ou jusqu'ce que tout l'argent a t dépens sur la nourriture.
COLLÈGE RÉGIONAL NOTRE-DAME	jardin communautaire - Nous participons au développement d'un jardin communautaire. Nous désirons acheter le matériel nécessaire pour commencer la semence à l'intérieur. Ce matériel comprend des bacs d'ensemencement avec support, contenants pour transplanter, terreau, graines et arrosoir.
ÉCOLE CHRISTINE-LESPÉRANCE	Organiser un jardin potager-Dans le cadre du programme d'étude des sciences de la nature (section sur les plantes), ce printemps, les enseignantes de la 3e année vont avoir un jardin en organisant des boîtes de terre devant l'école. Les enseignantes vont acheter des graines, des bulbes ainsi que des plantes. Ce projet a comme but d'explorer les différentes façons d'obtenir un produit. Voici des exemples de plantes qui seront plantées : des plantes de tomates, de la laitue et des patates. Elles représentent les 3 types de plantes alimentaires : fruit, feuille et racine. Le comité scolaire s'engage à nous aider avec certains coûts. Nous utiliserons les argents de l'octroi pour l'achat de la terre, des plantes, des graines et des bulbes ainsi que tous autres matériaux nécessaires à entretenir le jardin. Nous croyons que toute la communauté scolaire bénéficiera de ce projet ainsi que les générations à venir.
ÉCOLE/COLL. RÉG. GABRIELLE-ROY	Menu: Fabrication d'un menu de dîner de 2-3 semaines avec des idées de choix alimentaires sains pour envoyer aux parents des classes élémentaires
ÉCOLE COMMUNAUTAIRE GILBERT-ROSSET	Les élèves de notre école doivent voyager 25 minutes en autobus pour leur cours d'éducation physique, six fois par mois. Quatre de ces jours là, l'autobus quitte avec les élèves tout de suite après le dîner. Nous aimerions les offrir (ces quatre jours là) une variété de fruits coupés avec une trempette avant leur donnera une nutrition saine ainsi qu'une bonne source d'énergie avant le cours.
ÉCOLE COMMUNAUTAIRE RÉAL-BÉRARD	Journée de 100-Nos élèves de la maternelle la 3e année ont célébré la journée de 100 en accordant une importance à la nutrition. Ils ont prépara des collations qu'ils ont partagés avec l'école. Les collations t'aient de base nutritive et qui fournissaient des alternatives aux collations non-nutritives.
ÉCOLE ÉLÉMENTAIRE NOTRE-DAME-DE-LOURDES	Nous reprenons une activité qui s'est prouvé un grand succès chez nous l'an dernier: Ça Croque! Pendant une période de 6 semaines, un enseignement intensif des types de collations santé est soutenu in salles de classes. Pour assurer le succès du projet, il faut informer les parents de ces résultats et les inviter à fournir aux jeunes une collation santé d'un groupe particulier du régime alimentaire. Cette collation santé est identifiée et vérifié lors d'une consommation générale à l'annonce, Ça Croque, à l'interphone de l'école. Les groupes classes accumulent des points et le groupe gagnant se mérite un dîner santé aux frais de l'école (ce repas comprend des aliments de tous les groupes alimentaires et est partiellement préparé par le groupe classe gagnant.
ÉCOLE LA SOURCE	À 8h 45 chaque matin on va annoncer un "fait nutritif" (mois de mars) À 12 h 10 (récré) de lundi à vendredi on va jouer des jeux au sujet de la nutrition. De lundi à jeudi on fait une vérification des boîtes à diner pour voir s'ils ont quelque chose de chaque groupe alimentaire (classe avec le plus haut % d'élèves gagne une période au gymnase vendredi) Une fois par semaine (choisir même jour) on va fait goûter quelque chose "nutritif" et assez original aux élèves (en sushi, petits gâteaux faits avec des ingrédients nutritifs, etc.)
ÉCOLE LACERTE	Notre l dé serait la préparation de soupe nutritive fait par les élèves (5-8) pour ensuit vendre aux élèves de l'école. Avec l'acha de quelques mijoteuses (crock-pots), nous pourrions donner la chance à chaque classe d'apprendre à préparer et à vendre la sauve. Les profits de la vente de soupe irqient à l'achat d'ingrédients pour la semaine suivante.
ÉCOLE LAGIMODIÈRE	Afin de "manger des aliments moins gras", nous avons un dîner BBQ de burgers de bison. On pourra donc Sensibiliser les élèves (qui mangent sans doute beaucoup de hamburgers durant l'été) au bon goût et à l'apport moindre de gras qu offre la viande de bison.
ÉCOLE NOEL-RICHOT	Dîner santé lors de notre marche ton fin d'année. Nous organisons un grand marcheton vers la fin de l'année scolaire. Ce prélèvement de fonds est ordinairement fait en vue d'un achat considérable de livre pour l'école. Nous célébrons toujours à la suite du marcheton, en offrant un dîner simple aux élèves (des chiens chauds, du jus). L'année passée, nous avons aboli la tradition des chiens chauds largement dû à notre sensibilisation accrue d'un régime alimentaire sain pour les élèves. Nous aimerions avoir les fonds pour fournir un dîner simple mais bon pour la santé pour nos marcheurs cette année. Nous aimerions les récompenser pour les efforts de prélèvement de fons et en même temps, leur donner le message qu'il est bon et possible de manger sagement.
ÉCOLE POINTE-DES-CHÊNES	Journée Saine: Offrir une journée saine touchant plusieurs domaines: dépendances (drogues, alcool, jeux), activités physiques, nutrition, santé mentale.... Les élèves participent à des ateliers touchant les domaines mentionnés ci-haut. Ils reçoivent également un goûter sain ainsi qu'un dîner sain (sandwich, légumes, fruits).
ÉCOLE SAINT-LAZARE	Servir des fruits et muffins (faits à la maison) comme déjeuner afin d'accueillir une autre école qui se prépare à aller skier avec la nôtre.
ÉCOLE TACHÉ	Les Parents seront invités à fournir des goûter/dîners santé. Les enseignants et les surveillants du dîner auront des billets de tirage qu'ils remettront aux élèves

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Evergreen School Division

School	Description
ARBORG COLLEGIATE	Food Tasting Session-Canteen class to prepare new nutritional products and provide samples for students to taste; to purchase seasonal fruit and vegetables that are not basic to sample to know by feedback if added to the menu or not.
DR. GEORGE JOHNSON MIDDLE SCHOOL	Monthly, students to make and serve a litter less healthy lunch and promote new lunch ideas by classes cooking for all students being there is no school cafeteria.
RIVERTON COLLEGIATE	Encourage and educate about the benefits of eating fruits and vegetables. Offer fruit and vegetables trays and sampling various dishes at breaks one day. Give out recipe ideas as well.
RIVERTON EARLY MIDDLE YEARS SCHOOL	Wellness Week: held in January. One day involved Subway Day that was well received by the students will do another Subway Day before the end of the year. Funds will support costs to lessen expenditures from student funds @ school level. Currently have a fruit/breakfast program.

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First Nations Operated

School	Description
ABBALAK THUNDERSWIFT MEMORIAL SCHOOL	Ice Fishing Derby-students to be transported to an area on the lake and hold a fishing derby; to provide sandwiches and hot chocolate and the fish caught will be cooked and prepared by volunteers/teachers/students.
CHIEF CHARLES THOMAS AUDY MEMORIAL SCHOOL	Festival to be held with activities including toboggan pull, leg wrestling, log throwing, etc. and a participation certificate, prizes and a healthy lunch provided.
DONALD AHMO SCHOOL	Poster/Colouring Contest with good eating habits/poor eating habits as theme, prizes to be given.
GARDEN HILL FIRST NATION SCHOOL	Foods will be purchased and distributed at lunch and snack time teaching the students the benefits of eating a balanced diet, focusing on the vitamin C group-fruits and vegetables.
GINEW SCHOOL	Gathering of Friends: Will provide fruit and vegetables for our Annual Gathering of Friends Program.
ISSAC BEAULIEU MEMORIAL SCHOOL	To provide healthy snacks on Track & Field Days-apples/oranges Monday-watermelon Tuesday-Carrots/Cucumbers/Grapes Wednesday-water served all 3 days.
LAKE ST. MARTIN SCHOOL	Poster Contest to promote "Healthy Eating", a Fruit and Veggies Snack Week, "Get caught being Active" week
NEIL DENNIS KEMATCH MEMORIAL SCHOOL	NDKM School Garden-students will learn how to plant seeds in starter kits, transplant to garden, nurture their growth and about nutrition and healthy eating.
SAGKEENG ANICINABE HIGH SCHOOL	Winter Carnival with prizes for the different events and healthy snacks will be served all day
WAYWAYSEECAPPO COMMUNITY SCHOOL	Plan to invite a dietician in to do presentations to all classes on healthy snacks. Will provide all students with vegetables and fruits that they may not have tried before for snacks for one week. Will work with local supermarket and hopefully they will help to provide fruits and veggies to the students.

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Flin Flon School Division

School	Description
ÉCOLE MCISSAC SCHOOL	Parent Council Meeting to have local nutritionist present around healthy snack, lunches and evening meals to prepare better meals, then collect the suggested meals and develop a cookbook to send home.
RUTH BETTS SCHOOL	Community Nutritionist and Nutrition Coordinator to give instructions on understanding and using Canada's Food Guide. Healthy Snack Program-snacks consist of 3 food groups are served to K-4 students each morning. Will work towards volunteer and financial resources to offer the program to students in K-8. Will invite a local Nutritionist to facilitate lessons and activities. To be included: understanding why breakfast is important and learn to put snack items into the color categories of Canada's Food Guide and why they are healthy.

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Fort La Bosse School Division

School	Description
BOUNDARY LANE COLONY SCHOOL	Reading Around the World-reading books from different countries and then prepare a healthy meal from that country and also produce "Healthy Eating from Around the World" cookbook.
GOULTER SCHOOL	Daily walking program; hot meal program; nutrition education in classrooms (Cookbooks); Healthy snacks offered by school; composting is a daily project; adult/student healthy eating presentations; Dietitian to speak; Nutrition Challenge; Create placemats; healthy snack alternatives for fundraising events.
MARY MONTGOMERY SCHOOL	Each month our school provides a healthy snack to our students and tries to provide snacks that students have not had the opportunity to try. Examples: pumpkin muffins, fresh cut veggies and dip, yogurt smoothies. The goal is to have students exposed to healthy choices and snacks. Will provide a handout to the students each month with the recipe or description they have had to take home for parents to use.
OAK LAKE COMMUNITY SCHOOL	Family Information/Literacy Evening-start with a nutritious, healthy meal for the guest speaker on "Young Gardner's & the Importance of Knowing Where Food Comes From" and take part in school garden project, each student will be given a seed in soil to start at home-whole family evening.
RESTON ELEMENTARY	School Spirit Week: Purchase ingredients for the students to make and eat healthy snacks. Possibly veggie stuffed pitas and milkshakes.
VIRDEN JUNIOR HIGH SCHOOL	Supporting our in-school enrichment program-Home Ec. Section: Once a cycle for 2 periods (90 minutes) Gr. 7-8 students have the opportunity to prepare healthy foods as determined by the supporting teacher. Students are responsible for finding the recipes, purchasing the supplies and completing the preparation and of course eating of the foods. It provides an opportunity for students to become more aware/ and responsible for their diet and healthy living choices.

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Frontier School Division

School	Description
COROMORANT LAKE SCHOOL	Zumba Dance with healthy snack-instructor to come for 1 hour class and then healthy snack to be served to replace used nutrients.
CRANBERRY PORTAGE ELEMENTARY	In conjunction with resource centre, a "Health Fair" will be held with various booths including food alternatives, healthy snacks, etc.
D. R. HAMILTON SCHOOL	March 15-19, 2010 is Health Week. Included will be extra physical activity, 30 mins. And at the end of the week healthy snacks, fruits, vegetables and juice for each group that participates.
DISBROWE SCHOOL	Community Breakfast: served from Disbrowe school breakfast café"; bedding plants; compost daily; cookbook is ready for 2nd edition; healthy snack served daily
FRONTIER COLLEGIATE INSTITUTE	The school had a healthy foods policy whereby all food served in our cafeteria; school gym (during tournaments, intramurals) must meet certain nutritional standards. There is focus in fruits and vegetables and junk food such as chips and pop are served only on the rarest occasions. Will bring in guest speakers to help promote healthy eating and during our Phys. Ed classes a great deal of time is spent on teaching nutritional values. We also have a commercial cooking course offered on our campus whereby students learn to become cook/chefs and they are also taught to select only the healthiest foods in their meals. These activities take place throughout the entire year.
MARY NEWELL SCHOOL	Plant a vegetable garden, to build raised garden beds, plant vegetables from seeds and transplant to the garden beds and grow the plants to harvest when ripe with Frontier School Division, Northern Gardening and the community.
MATHESON ISLAND SCHOOL	To hold a healthy Breakfast campaign for students. Will make breakfast to show types of food that is healthy for breakfast and to try at home and then tell about it.
MEL JOHNSON SCHOOL	Cooking with students - Each Thursday grades 5-8 will be cooking "from scratch" nutritional recipes.
MINEGOZIIBE ANISHINABE SCHOOL	Research a country's healthy dish, share research, then prepare and display in the gym for all staff and students and community to taste.
MOUNTAIN VIEW SCHOOL	Nutrition Challenge-poster contest; make placemats with Canada Food Guide; students to try different fruits/vegetables; 1km walk included.
PELICAN RAPIDS SCHOOL	Healthy menu done by older students, healthy eating campaign, physical activity (skiing, snowshoeing), will purchase "safe" water bottles.
PEONAN POINT SCHOOL	To purchase a Bokeshi Bucket to recycle/compost lunch scraps. Compost will be used on school garden.
SAN ANTONIO SCHOOL	On Earth Day begin planting project to grow and care for a variety of vegetables in large containers to be moved outside for a school garden; to continue healthy snack provided 3 times/week.
SKOWNAN SCHOOL	During recess students will be introduced to various healthy foods and given a chance to try things they otherwise might not have tried.
WATERHEN SCHOOL	Daily promotion of healthy foods. This is an on-going practice that we promote throughout the year, starting in September. Offer a canteen every day and we follow the Healthy Foods Policy put out by the Division. Daily breakfast program. Any classroom parties/school activities only serve healthy foods.

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Independent

School	Description
ALHIJRA ISLAMIC SCHOOL	Information session for parents with translators; presentation by International Centre; child care and Nutritional refreshment provided
AUSTIN CHRISTIAN ACADEMY	Community dietician presenting "Healthy Eating" April 22/2010. Lunch Box Audit once a week during April. Mini cookbooks: each student will submit one recipe. Healthy afternoon snack on April 22/2010.
BALMORAL HALL SCHOOL	Health and Wellness day for parents and staff in May and offers an early morning workout, healthy breakfast, lunch and afternoon snack, working towards guest speakers/instructors for early morning workout.
CALVIN CHRISTIAN SCHOOL	Commitment to nutrition and physical activity-Lunch moms have provided nutritious lunches on our monthly special lunch days, to purchase/provide salads and juice drinks while starting a running club
CHILDREN'S HOUSE	To promote healthy eating by purchasing a variety of fresh, natural, organic products, cheese/juice on daily basis; also to purchase posters that promote healthy food choices and hand washing procedures.
CHRISTIAN HERITAGE SCHOOL	Family skate night/Open House-parent council would like to present healthy alternative to hot dogs/hot chocolate with student council preparing and serving snack of frozen yogurt sundaes and apple cider.
COMMUNITY BIBLE FELLOWSHIP CHRISTIAN SCHOOL	To promote healthy eating by offering a healthy snack 1 day/week; to promote healthy lifestyle by encouraging exercising and other recreational activities.
GLADYS COOK EDUCATION	To book a speaker to demonstrate a healthy meal, then provide a healthy snack; Teachers to make healthy snacks with students to show money management lesson on price of healthy/unhealthy snacks and production after each; To use resources to create a garden with composting being a part of that garden.
KOLA COMMUNITY SCHOOL	To invite next year's K students/parents for an afternoon of reading and will provide a healthy snack.
LAKESIDE CHRISTIAN SCHOOL	Health class-invite local nutritionist to speak and a unit was taught; Non-food items for class rewards; ethnic lunch for students focusing on healthy food choices; Create Healthy Eating cookbook school wide.
MANITOBA SCHOOL FOR THE DEAF	Lunch Program - To offer healthy choice options in addition to regular program choices
MENNONITE COLLEGIATE INSTITUTE	Out Door Lunch Mondays - student initiated with core participants ongoing throughout the winter; Following with an outdoor activity to promote healthy eating and living.
MONTESSORI LEARNING CENTRES INC.	Nutrition Policy 2008: Revised in 2009, applied to snacks. Healthy Eating Activity: lessons on healthy eating, food groups, and children created a placemat featuring the food groups.
RED RIVER VALLEY JUNIOR ACADEMY	Design a Healthy Eating Brochure-students compete to design following a set of guidelines and winning brochure will be printed and handed out to students, teachers, parents and community members; winner to be announced when guest speaker is invited with healthy refreshments served.
SPRINGS CHRISTIAN ACADEMY	Olympic theme of Gold, Silver and Bronze medal lunches in random lunch checks using Canada Food Guide; Trivia question contests on nutrition with healthy snack prizes; "Did you know?" by students over intercom; "Healthy Snacks to Share"- each class plans a healthy snack party with ethnic foods included; "potluck" for all to share.
ST. AIDAN'S CHRISTIAN SCHOOL	The school provides a healthy snack (juice, granola bar, and fruit) in the morning and a hot lunch with protein, vegetables and fruit at noon. The school does not have soft drink or junk food machines at the school.
ST. ALPHONSUS SCHOOL	Nutrition Day - will have a number of different foods with a school contest with prizes; Trivia challenge with questions to get students thinking about healthy food choices and teachers will host age appropriate tasting parties to introduce to unfamiliar fruits and vegetables.
ST. IGNATIUS SCHOOL	Invited sport nutritionist guest speaker to do an interactive presentation on nutrition to Gr. 7-8 to better understand school nutrition policy, making healthy food choices and relationship between food choices and sport performance.
ST. JOHN BREBEUF SCHOOL	To participate in Healthy Meal Contest with \$10 gift cards; to provide healthy snack after skate at MTS Centre.
ST. MAURICE SCHOOL	Healthy Eating Day to be held in late April - posters, etc. will be ordered/purchased and located in all K-12 classrooms.
THE KING'S SCHOOL	Recently began a breakfast program for students who come to school without breakfast. There are choices available from all four food groups. The children are taught the importance of a healthy breakfast and what all the four food groups supplies to our bodies. The students are very receptive to this and the program has been very beneficial. Funding would be used to continue the program as the school is without community sponsors as of yet.
WESTGATE MENNONITE COLLEGIATE	BBQ lunches on Fridays-to discourage senior students who tend to go out to fast food restaurants; to teach hamburgers/fries can be healthy when prepared correctly; signs will be displayed to compare fat/sugar component with fast food as opposed to BBQ lunch.
AIRPORT COLONY SCHOOL	Planning to plant a vegetable garden, harvest it and promote healthy home grown vegetables.
HODGSON CHRISTIAN ACADEMY	Healthy Living Week-promotion of 4 Food Groups; proving healthy snacks; learn to prepare traditional food (Aboriginal); make healthy foods cookbook of students' recipes; community members to share healthy living topics with students.
LIGHTHOUSE CHRISTIAN SCHOOL	Monthly Hot Lunches promoting healthy eating; Healthy Eating Cookbook as school fund raiser with all families submitting recipes; Posters displayed throughout school.
MARYMOUND	Spirit Week activities to promote healthy eating at the same time-Healthy food relay race, Milkshake drinking contest, Fruit/Vegetable Fear Factor Challenge, Healthy Food Posters, Invent or choose healthy recipe to prepare with class.
NORTHERN SHIELD ACADEMY	Cookbook-Making a School Healthy Eating cookbook.
PINE RIVER COUNTRY SCHOOL	Presentation by dietitian-certified dietitian to present to students on making a healthy meal.
RIVERSIDE SCHOOL	Habitat Day: The children will present different presentations to their parents and fellow students about different habitats. The funds will be used to provide a healthy meal.
ST. AMANT	The drama program is used to introduce and emphasize concepts. Will purchase supplies, fake/pretend food to enhance our drama program and promote healthy food concepts. A health and nutrition event is held every year and these items (posters, games, etc.) will assist with making this event engaging.

WINNIPEG
MONTESSORI
SCHOOL INC.

Research healthy foods with our study of Italy. Will make soup or pasta dish.

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Garden Valley School Division

School	Description
BLUMENFELD SCHOOL	All school event to promote good nutrition and eating habits; to create posters with the Canada Food Guide while receiving a healthy snack.
BORDER VALLEY ELEMENTARY	Healthy Snacks-To provide healthy snacks rather than purchasing snacks from the canteen after skating at our local arena.
ELDEWEISS SCHOOL	As part of Health class the students will make a placemat promoting healthy eating and the food groups that will be like a poster contest. Grades 5-10 will make a display bulletin board to promote healthy eating, and will make healthy snacks for our winter fun day.
GARDEN VALLEY COLLEGIATE	To set up a fruit smoothie program as alternative to slurpees and ice caps and become regular part of the school diet and sold in the cafeteria.
PARKLAND ELEMENTARY SCHOOL	Celebrate St. Patrick's Day with some healthy "Irish" food.
PLUM COULEE SCHOOL	Healthy Eating Guest Speaker-Invited guest to speak to grade groups; Healthy Snack provided; posters purchased for school canteen on Healthy eating.

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Hanover School Division

School	Description
BOTHWELL SCHOOL	March 26th we have our Heart and Stroke Foundation Jump Rope for Heart event. The funds will be used to purchase fruits and vegetables for a healthy snack for all our students during the event.
ELMDALE SCHOOL	Nutrition Month-To promote healthy lunches, school-wide snacks, nutrition theme phys. ed. Activities, nutrition riddles on the announcements and skits that promote healthy eating at our Friday assemblies.
KLEEFELD SCHOOL	Nutrition Month-to educate all students and promote healthy lunches. Prizes will be awarded and will provide a healthy meal to each student on the Friday's or last school day of the week.
LANDMARK COLLEGIATE	The entire school will meet for a breakfast in the gym. On the same day at noon we have our student council run a mock price is right game with food products/games/prizes for our student contestants/ All of this will take place in the middle of March.
LANDMARK ELEMENTARY SCHOOL	Annual Pancake Breakfast-held with Steinbach and Area Lions Club with school's Nutrition Committee.
MITCHELL ELEMENTARY SCHOOL	School Breakfast/Assembly-During Nutrition Month planning a healthy school breakfast or snack as part of Activity Day.
MITCHELL MIDDLE SCHOOL	Food Sampling Friday-Every Friday of March will be featuring locally grown produce/foods available in Manitoba i.e. Fruit & vegetable smoothies, Bothwell cheese, bison meatballs; Local Olympian speaker on nutrition and athletic performance.
NIVERVILLE COLLEGIATE	March is Nutrition Month at school with daily facts and displays on bulletin boards; Winter Activity day will start with healthy hot breakfast with prep by local Kinsmen and parent volunteers.
NIVERVILLE ELEMENTARY	School Healthy Breakfast-to kick off Summer Fun Day after the staff prepare and serve students healthy food options for breakfast.
SOUTH OAKS ELEMENTARY	Student Presentation-School wide assembly Mar 25th on nutrition with a song to sing, and Readers Theatre on the Canada Food Guide/healthy eating; School Nutrition Committee submitted Good Nutrition Facts that are read in morning announcements during month of March.
STEINBACH JUNIOR HIGH	Healthy eating and exercise encouraged during the division's Nutrition Month (March). Student body will be lead in aerobic exercises each Friday morning in the month followed by a healthy snack like fresh vegetables and granola bars for all participants
WOODLAWN SCHOOL	Focusing on a different food group each week for March. Dairy Food Group week will announce facts over PA, 'black and white' day with a prize for best costume for example; To purchase milk, white/chocolate, and deliver to classrooms.

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Interlake School Division

School	Description
ALTERNATIVE CENTRE FOR EDUCATION	Breakfast Program: Students will be required to develop a menu, purchase food and prepare the meals. Nutrition and budgeting will be emphasized throughout the program.
BALMORAL SCHOOL	Healthy Snacks Presentation-former students to provide PowerPoint on healthy snacks with samples and demonstrate exercises which show how to burn off what we ate.
BRANT-ARGYLE SCHOOL	Guest Speaker: Developed a policy to eliminate school distribution of foods with trans fats. The school does many fundraising activities and parents send treats for all occasions. The guest speaker will provide the education to share and demonstrate healthy recipes to replace our unhealthy choices.
CONCORD SCHOOL	Students will share a healthy recipe idea that will be compiled into a "Concord School Student" recipe book that can be made at home or for treat days at school.
GROSSE ISLE SCHOOL	Local 4-H group to do PowerPoint presentation on healthy living and will provide samples of healthy snacks and then exercise to 'burn it off', to show students amount of activity needed.
LIGHTLY SCHOOL	Picnic in the Park-to plan and prepare a lunch menu for last swimming class
ROSSER SCHOOL	Healthy Breakfast-Pancakes & Juice to start day with visit/presentation by Para-Olympian sponsored by The Canola Growers; Fruit Kebab Building-will build and eat nutritious fruit kabobs.
STONEWALL CENTENNIAL SCHOOL	Dietician will do presentations to all classes Gr. 5-8; Health teachers will follow up with further discussion.
TEULON COLLEGIATE	To provide nutritious food in the student run restaurant-weekly specials will follow four food groups and originated in the country featured that week.
TEULON ELEMENTARY	To expose students to exotic fruits/vegetables with tips on how to prepare and buy, to take the knowledge home to the parents.
WARREN COLLEGIATE	The students will be asked to submit their favorite tasty and nutritious recipe. The school will then create a cookbook "WCI Canteen Favourite" and throughout the months of March-June the canteen chef will prepare some of these favourites for the school.
WARREN ELEMENTARY	To host an Author's Brunch-students in multi-grade teams reading to peers the stories they have written, then nutritional brunch will be served with community members invited; students will be given info on eating of nutritional breakfasts/brunches.

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Kelsey School Division

School	Description
KELSEY ELEMENTARY	To promote healthy snacks, send newsletter to parents reminding to send healthy snacks to school with fun ideas; End with providing all students with special snack.
MARY DUNCAN SCHOOL	Weekly Nutrition Cooking Circles: Each youth participant will select recipes, implement food safety techniques, evaluate nutritional strengths and weaknesses and budget efficiency. The products of the cooking circles will be shared throughout the school with handout recipe cards and nutritional facts and budget economics.
SCOTT BATEMAN MIDDLE SCHOOL	Currently participating in a Fruit and Vegetable pilot project for grades 6-8 thru Child Nutrition Council and would extend the limited funding for healthy snacks.

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Lakeshore School Division

School	Description
ASHERN CENTRAL SCHOOL	School wide Healthy Eating Cookbook - students to bring recipes to incorporate all cultural groups that attend our school. Then, distributed to families and Home Ec will showcase some of the dishes.
ASHERN EARLY YEARS SCHOOL	"Healthy Snack Attack"-Each grade to serve a healthy snack on a Friday with a take home recipe and share something they learned
ERIKSDALE SCHOOL	Spirit Week Events: Funds will go towards snacks to add to our spirit week. Students will discuss what makes a healthy snack.
FISHER BRANCH EARLY YEARS SCHOOL	To upgrade lunch and now breakfast program area with paint, posters, etc. Area also used to prepare snacks for special school events; to purchase new supplies-toaster, apple cutters, cutting boards, etc.
LUNDAR SCHOOL	Kids Can Cook! Week-K-4 will team up with high school to learn about and cook healthy foods thru research; Will cook recipes together and sample the food. Recipes will then be put into a cookbook.

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Lord Selkirk School Division

School	Description
CENTENNIAL SCHOOL	Special needs students to start a cooking program to teach nutrition and provide an opportunity to develop life skills, the snacks will be shared with classmates.
ÉCOLE BONAVENTURE	Fit and Moo Week-to pilot Balanced School Day timetable to focus on Nutritional snacks during the morning break; Lunch audits to check lunches follow Canada Food Guide; Parent education also.
HAPPY THOUGHT SCHOOL	"Take Home" Challenge-Each month focuses on healthy eating by hosting Healthy Breakfast or '4 Food Group Lunch' and will receive a ballot for prizes and have the items announced over PA to students.
LOCKPORT SCHOOL	Healthy Living - once/month homeroom extended activity to include eating healthy, preparing a meal from a different country, look at recipes and ingredient lists, compare menu choices, etc.
MAPLETON SCHOOL	Nutrition Challenge/activity day-To be held before Spring Break to be involved in different types of activities through art - collage of healthy foods, playing nutrition games, etc.
ROBERT SMITH ELEMENTARY	Healthy Lunch Supplementary Program-to offer healthy alternatives/additions to lunches for families that are low income, usually 5-10 students and to run with Breakfast program.
RUTH HOOKER SCHOOL	Karnival Kingdom-healthy prizes given; Healthy Placemat Creations to be used at Breakfast program; Dietician to speak on Healthy eating/snacks; Nutritious Noon Hour-free gym time to class with most healthy lunches in a week.
ST. ANDREWS SCHOOL	Contests-Newsletter to go home at end of February to announce March as National Nutrition Month; to purchase prizes that are healthy snacks.
STUDENT SERVICES CENTRE	Sugar content - slurpee, 3 different chocolate bars, 2 types of chips and a soda pop; displayed and students asked to guess how much in each, then measured and displayed in clear plastic containers to show the 'hidden sugar' in junk food and discussion to healthier snacks.
WALTER WHYTE SCHOOL	Healthy Snack Sampler Week-during Spirit Week provide each class with variety of fresh fruits and vegetables, etc. at morning and afternoon recess that are linked to the Canada Food Guide and show thru visuals.
WILLIAM S. PATTERSON SCHOOL	Nutrition Month-nutritious lunches with 3 of the 4 food groups receive ballots for prizes; Class Award-monitor lunches and weekly prizes for most healthy lunches/ratios; Provide info pamphlets for parents; Sponsor a nutritious Meals Idea in the evening of parent/teacher conferences for students and parents; Muffin Monday's

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Louis Riel School Division

School	Description
ARCHWOOD SCHOOL	School Wide Assembly to promote Healthy Living-plan to be informative and interactive and to provide suggestions for healthy snacks to bring in their lunches or make after school, and create a video, PowerPoint or skit; to facilitate healthy snack program for all students.
COLLÈGE JEANNE-SAUVÉ	Breakfast and its importance: Phys. ed. classes will host breakfast for its students; each student will be making a healthy breakfast as part of their nutrition unit.
ÉCOLE GUYOT	Class prepared nutritious meals. Grade 1 prepares a fruit salad and a pizza including the four major food groups. Grade 2 prepare spaghetti lunch and soup.
ÉCOLE HENRI-BERGERON	Healthy eating/nutrition tip announced over PA with morning announcements (March); Newsletter to have nutrition section; 1/2 day educational games; Invite guest speaker or Leadership group to present on healthy eating.
ÉCOLE HOWDEN	Cooking cookie class for grades 1-6, to demonstrate to use healthy items when baking; compare ingredients to store bought cookies, taste test and take home recipes and will be able to explain and impact on grocery shopping.
ÉCOLE PROVENCHER	Chaque class va choisir une recette de valeur nutritif. Au moi de mai ou juin, l'école va prendre une marche au parc allons avoir un pique-nique. Chaque classe va manger leur propre monture et ils vont partager les différentes fruits (Valeur nutritive comment ils l'ont préparé.
ÉCOLE VARENNES	Healthy Cookies - Gr. 1to 6 will take part in a cooking class on how to use healthy items when baking; they will compare ingredients used in store-bought cookies and discuss advantages of making own; recipe will be taken home to share and be able to explain the health benefits of choices when grocery shopping.
GEORGE MCDOWELL SCHOOL	"Kids in the Kitchen" Cooking Club for Gr. 3-8 after school with different ethnic healthy foods.
HASTINGS SCHOOL	Exploring Foods with Aboriginal Culture-different foods traditional to aboriginal culture with content and prep considerations will be explored; will be serving the food to the students and community members during various school events and will be on-going.
HIGHBURY SCHOOL	Small Group Baking/Cooking-students to plan a basic menu with all food groups cook the meal and then sit down and eat using proper etiquette. Group will rotate using Gr. 2-7 students.
J.H. BRUNS COLLEGIATE	Healthy Eating Advertising Campaign-billboards set up showing positive food choices between fast foods with nutritional and caloric charts; Human Ecology Action night - to sample cooking from Gr. 12 with healthy ingredients for example Brownies with lentils or zucchini muffins.
MARION SCHOOL	School Nutritious Picnic-Each classroom will discuss and draft recommendations for picnic, then staff will review and select the most appropriate nutritious snack.
MINNETONKA SCHOOL	Grade 6 Baking/Cooking Club once a week. Students purchase, prepare and serve the food to their classmates. Two-three students at a time and all will have the opportunity to participate. Students would like to organize a "cultural" formal banquet at the end of the year to celebrate and involve parents to assist. As well all staff are invited.
NELSON MCINTYRE COLLEGIATE	Healthy Food and Drink: "Pennies for Heaven" campaign. Students donated money and received s healthy food item. January exams fruit, juice and water to students on exam days. Next the school will raise money for Haiti using the same procedure as the " Pennies for Heaven" campaign. The school competes with surrounding fast food businesses.
NIAKWA PLACE SCHOOL	Healthy Lunch Week-to promote and record data about items packed from home; information will be sent home and recipes shared on the bulletin board to share; students can purchase healthy lunch once/week usually on Fridays.
NORDALE SCHOOL	Healthy Eating Bake Sale-to research nutritional recipes for healthy choices bake sale with proceeds to go to Haiti or Winnipeg Harvest.
SAMUEL BURLAND SCHOOL	Team Canada Nutrition and Healthy Eating: Will invite a Team Canada athlete from the Esteem Team to talk about the importance of healthy eating in their importance. Will also invite a Dietician to talk to the students after on how they can make healthy choices.
SHAMROCK SCHOOL	Hot Potato Day - special day to focus on nutritional value of potatoes with facts, posters, etc. All students will be served a baked potato with the fixings and a visit from Mr. and Mrs. Potato Head to each class
VICTOR MAGER SCHOOL	Healthy Snacks-To purchase healthy snacks with discussions of the benefits/importance of eating healthy.
WINDSOR PARK COLLEGIATE	The school has removed all pop and replaced the machines with water, milk and real juice. The school will no longer serve any deep fried foods or allow junk food. During March (nutrition month) will set up large displays in the hallways which will educate and remind the students to eat healthier. Will purchase "rubber food" portion sample sizes to show in the Physical Education classes when learning about nutrition.
WINDSOR SCHOOL	K-4 Field Day: Physical activity stations and would like to add a nutrition station and posters with fun facts about healthy food choices. Will supply the students with healthy snacks to give them energy for the activity stations.

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Mountain View School Division

School	Description
ÉCOLE MACNEILL	Milk Spirit Week-bulletin boards with "What's in your Lunch" display to help classes examine their lunch by using the info. Classes will create healthy lunch and eat it; last day to include physical activity in the gym to promote physical fitness and healthy eating.
ETHELBERT SCHOOL	"Food Fair"-awareness of junk food vs. healthy food choices; reading labels; provide info with healthier choices; provide healthy recess snacks; presentation by Heart unit; wrap up with scavenger hunt using info posters.
GILBERT PLAINS COLLEGIATE INSTITUTE	Students "caught" with healthy lunches, containing two or more of the food groups from Canada's Food Guide. Will have their name entered into a draw to win a prize.
GILBERT PLAINS ELEMENTARY	Pancake Breakfast-for all of students/parents and staff to encourage healthy eating by purchasing fruit to put in pancakes and to encourage public relations with community members while parents are viewing science projects at the same time.
GOOSE LAKE HIGH	Healthy Stats, Healthy Snacks: Will announce and post statistics about Healthy Eating around our school for a week at the end of the week and will provide all staff and students with healthy snacks at the break (fruit, veggies and granola etc).
GRANDVIEW SCHOOL	Enhancing Nutrition in Phys. Ed (Gr. 10-12) to show students healthy snacks that are quick to prepare, in the Home Ec class, then present and put together recipe book to take home.
HENDERSON ELEMENTARY	Kids Cooking Club - To make healthy/hot foods for students that will learn basic cooking skills and making nutritious choices.
LT. COL. BARKER V.C. SCHOOL	To provide a breakfast program and healthy snacks at recess time in am/pm.
MACKENZIE MIDDLE SCHOOL	To inform students of the variety of vegetables available, teach them about the health benefits of eating vegetables and to experience preparing and enjoying; research on where they come from, how far travelled and local grown; Dietitian to speak on servings according to Canada's Food Guide.
OCHRE RIVER SCHOOL	Wellness Wednesday-Offer all students a healthy snack; to purchase food for students and staff.
ROBLIN ELEMENTARY	Winter Carnival Lunch: to provide every student in our school with fruit as part of their lunch on Winter Carnival Day.
SMITH-JACKSON SCHOOL	What's In Your Lunch? Every Monday for a Month, students will look thru their lunch to see if it meets at least 3 of the food groups and then given a ticket for a weekly draw; Each class will be given variety of food to prepare the best tasting salad, and after contest, will be eating their own salad they prepared.
WHITMORE SCHOOL	Milk Spirit Week-to purchase supplies for first day of learning how to make butter, prepared with whole wheat crackers and promote eat natural, not over processed food when choosing food, other activities held throughout week regarding a healthy lifestyle.
WINNIPEGOSIS COLLEGIATE	To supplement providing students with a nutritious breakfast everyday after 40-45 minute travel to school.
WINNIPEGOSIS ELEMENTARY	Food for Fun and Fantastic Four Taste Testing: Focus on the four food groups. Students will work in groups and create pizza toppings that will consist of meats, veggies and cheese as well as healthy smoothies. A game of Nutrition Bingo. Prizes yogurt/granola bars/fruit /veggies/milk.

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School District of Mystery Lake

School	Description
BURNTWOOD ELEMENTARY	Bulletin Board display on healthy eating; school snack with healthy foods (K-4); Class door decorating contest (Gr. 5-8).
DEERWOOD SCHOOL	To purchase nutritious snacks for rewards/prizes; Information and presentations on healthy eating; Milk program for all students as drink machines have been removed.
RIVERSIDE SCHOOL	"Food Inspector" every Friday to check for healthy foods in lunches and snacks, if so, then a \$2 voucher to snack attack; also for nutritional snacks at Jump off for Jump Rope for Heart.
WESTWOOD ELEMENTARY	Healthy Cooking Classes: Students participate in cooking classes with a visit to the local grocery store to learn how to purchase and prepare food. Grade 3 has been studying various countries with food tasting activities. Office provides healthy snacks/food for students who may not have had breakfast.

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Park West School Division

School	Description
BINSCARTH ELEMENTARY	Various activities in the classroom to promote healthy nutrition. Healthy Foods Spotter program-rewarding students with healthy foods in their lunch. Food Group taste testing-Parent Group will provide students from K-8 to taste test healthy foods. Food A Rama-students will keep a log book of their favourite foods.
BIRTLE ELEMENTARY	Kickoff with classroom visits by the Community Dietician and Health Promotion Coordinator. (games, activities, displays and discussions) Poster competition and healthy eating challenge. The focus will culminate with an Intergenerational Activity Day where students, parents, grandparents and community members share sports and recreational opportunities, healthy snacks and visit displays showcasing what the learned about Healthy Eating.
DECKER COLONY SCHOOL	Gr. 7-12 currently working on a community health plan as well as personal health plans; when complete students will present to community, provide information and a healthy snack.
HAMIOTA COLLEGIATE	Snow shoe hike for 2 1/2 miles, cook lunch over open fire with Grade 6.
HAMIOTA ELEMENTARY	Celebration of Learning-Family event for students and parents, for students to share their learning experiences and then to provide a healthy snack of fruit and crackers.
KENTON SCHOOL	Breakfast-To provide 4 healthy breakfasts in March/Nutrition month prepared and planned by student council.
MAJOR PRATT SCHOOL	Pleasant eating environment/Educational materials-to purchase "what's in your lunch" poster board from Manitoba Milk Producers that is educational and colourful.
ROSSBURN COLLEGIATE	To create posters to show healthy breakfasts, lunches or snacks based on Healthy Schools feeds and Canada's Food Guide.
ROSSBURN ELEMENTARY	"A Healthier Me"-During national nutrition month, students will create posters, stories, skit, oral presentations that are age/grade appropriate. Older students will also lead daily exercises for younger students and an all school ski trip planned for March 10.
STRATHCLAIR COMMUNITY SCHOOL	Gr. 9-12 PE will create nutrition plan and a recipe book "Healthy nutrition when you move away from home"; Gr. 11-12 to facilitate early years class based on nutrition and exercise; Life skill program will grow own patio gardens and learn to preserve in healthy ways; Early yrs Breakfast for Learning; spread the message thru assemblies.

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Pembina Trails School Division

School	Description
BEAVERLODGE SCHOOL	"Be a healthy eater"-Celebration with fruits and veggies as the 'stars'; To encourage students to get the required servings every day and introduce foods they may not normally try.
HENRY G. IZATT MIDDLE SCHOOL	To create and implement a Nutritional Policy for whole school; to expand vermin-composting to include more classes and may start a vegetable garden; Kid's Cooking Club-to prepare healthy meals/snacks following Canada's Food Guide.
LINDEN MEADOWS SCHOOL	Milk Program-To develop/create a milk program for K-4 and Gr. 5-8 purchase milk through school deli program.
PACIFIC JUNCTION SCHOOL	School Wide Rally: For Nutrition Month the school will highlight healthy eating and at home. Operation Donation for Winnipeg Harvest to highlight the need for healthy food for those less fortunate. The grade 6 students will perform a play entitled "Stone Soup during their Empty Bowls evening on March 23 as well as a school wide rally to encourage students to bring healthy lunches. Classroom discussions and a nutrition display will be set up.
RALPH MAYBANK SCHOOL	To promote and provide healthy snacks for K-6 students at Ralph Maybank once a week for the month of May. Will teach nutrition label reading and provide comparisons between current student's choices and our snack combos. Will provide parents and students with cost comparisons, as well as the long term benefits of healthy choices. Will educate the students of drinking water during the school day.
RIVER WEST PARK SCHOOL	"Eyes on your Lunchbox"-week long activity to promote healthy lunches. Prizes given for certain healthy items in their lunchboxes, different items each day
WESTDALE JUNIOR HIGH	All students will be invited to a school wide breakfast where nutritious foods will be served of smoothies, juice, whole wheat pancakes, and fruit toppings. School and Divisional Nutritional policies will be followed. All students will have a previous presentation of the policies in P.E and Home Ec. classes. Nutrition policies are followed in our canteen.
WHYTE RIDGE ELEMENTARY	To promote a healthy learning environment with non-food rewards with presentations, nutrition tips each day over P.A., posters, create food placemats with Four Food Groups.

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Pine Creek School Division

School	Description
AUSTIN ELEMENTARY	The school runs a milk program and only some of the students buy milk so we are going to provide milk for all students and staff for a day.
CASCADE COLONY SCHOOL	Prepare a Healthy Evening for students to learn and present to the community; to learn how to prepare a healthy diet; purchase multimedia and other resources.
FOREST HOME SCHOOL	School Vegetable Garden and Composting project-plot and plant own school garden and water/weed, etc. To be used for parties/recess breaks instead of junk food. The scraps will be scattered on a compost pile and used later for fertile soil for the garden.
GLADSTONE ELEMENTARY	School Nutrition Picnic Lunch: students will be provided a milk and fruit item while students and staff enjoy a picnic lunch together.
MACGREGOR COLLEGIATE	"Wear Green for a Dream" fundraiser - to purchase Friday snacks that are green - grapes, broccoli, green smoothie-Speaker at school assembly on Nutrition Facts/Benefits.
MACGREGOR ELEMENTARY	Currently operate healthy Monday program where local churches send groups to help deliver a nutritious breakfast dependant on funding; to provide a more sustainable program.
MULLER SCHOOL	Healthy snacks to end a teaching unit on the brain and how what we eat helps us develop our brain. Funding will help supply the snacks as well as resource material for the unit.
WEST PLAINS SCHOOL	Nutrition Challenge-Tasting a variety of vegetables & cheese with whole grain crackers, nutritional dips and nutritional snack ideas.
WILLIAM MORTON COLLEGIATE	Wellness Fair-Variety of guest speakers on eating disorders, drug awareness, mental health, etc. A nutrition break will include nutritious choices.

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Portage La Prairie School Division

School	Description
BRANTWOOD COLONY SCHOOL	Parents Day Display-To purchase bulletin Board Display for school entrance on Parents Day.
BRENNAN SCHOOL	Fruit Tasting/Mother's Day Tea. Annual Mother's Day Tea serving exotic fruit. Students and community members will have an opportunity to discover new foods and nutritional values.
ÉCOLE ARTHUR MEIGHEN SCHOOL	Each month, students will be given a healthy snack, to expose to choices not previously considered to be a healthy snack.
ÉCOLE CRESCENTVIEW SCHOOL	Healthy Snack Day: Teachers will purchase healthy snacks for their classrooms and will spend some time discussing the benefits of healthy snacks. Will encourage the students to try some more healthy options for choosing snack foods as many students bring pre-packaged snacks would like to offer and alternative.
FORT LA REINE SCHOOL	We will offer our students healthy snack days twice a month until the end of the school year.
LA VERENDRYE SCHOOL	Healthy Snack opportunity-usually at special events, but these funds would continue initiative with "at risk" students to try healthy snacks they may have not had the opportunity to try and to learn.
NORQUAY COLONY SCHOOL	Will discuss the 4 food groups and monitoring dietary intake and quantity. Will discuss moderation and display what was learned through a poster contest at the end of the unit.
NORTH MEMORIAL SCHOOL	Healthy Living Symposium-classrooms to choose a topic and have a display set up in the gym on subject. Healthy food will be available to participants and parents/pre-school children will be invited.
NORTHERN BREEZE COLONY SCHOOL	20 Nutrition Breaks-students to bring favorite healthy snack recipe to prepare/eat and then create a cookbook with nutrition facts and Canada Food Guide to be sent home.
OAKVILLE SCHOOL	School-wide Lunch: Students will go across the street to the Community Hall to enjoy a lunch provided the support staff. Will consist of: whole grain pastas, homemade tomato sauce, fresh baked buns and a green salad. After lunch: sports activities and healthy food choices presentation.
SOMMERFELD COLONY SCHOOL	Promoting healthy snacks at school that will carry over to home with nutrition unit and end with 'veggie' party inviting parents.
WESTROC SCHOOL	To provide healthy snacks at afternoon recesses and make placemats which show case tasty, nutritional alternatives to candy.

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Prairie Rose School Division

School	Description
CARMAN COLLEGIATE	To provide different healthy food choice samples to students free of charge to experience healthy options; track feedback for possible menu additions to current canteen menu.
ÉCOLE SAINT-EUSTACHE	Entire month to promote eating 5-10 servings of fruit and vegetables per day; Kick-off assembly to explain goals of the month; Gr. 5-6 to present "Veggie Tales"; contests "catching" students who bring healthy lunches/snacks; on Friday's teachers will introduce new fruit/veggie to students; "fun cooking lessons" for children to learn how to prepare fruits/veggies.
ELM CREEK SCHOOL	To support "Nutritious Choices" day at canteen on Earth Day to subsidize healthy snacks by offering at a lower price; Parent Advisory Council attended Healthy Schools conference and changing canteen menu and fundraising policy to reflect nutritious choices.
GRAYSVILLE SCHOOL	Students will partner and receive one common lunch item such as a fruit roll up or granola bar and list the ingredients and calories. The items often thought to be healthy, making the students come up with an alternative after sharing with the class. A healthy snack will be served at the end.
MAPLE CREEK SCHOOL	To purchase supplies to commit to physical activity and healthy lifestyle by serving a healthy snack on our field day in June.
ROLAND ELEMENTARY	Healthy Snack Week-To provide healthy snack to all students and staff at morning recess everyday for a week, prep and serving of healthy recipes are in our monthly newsletter and foods are healthy and a variety of different snack choices.
ST. FRANCOIS XAVIER COMMUNITY SCHOOL	To promote healthy eating by providing snacks to all students, after classroom discussion on nutritious snacks and then survey to determine the types of snacks offered.
ST. PAUL'S COLLEGIATE	"Drop Everything and Snack" surprise event-snack distribution to classes with info on healthy eating and connection to brain engagement; "Random Acts of Snacking" Reward Draw-students will be entered for a draw when spotted eating healthy snacks.

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Prairie Spirit School Division

School	Description
BALDUR SCHOOL	Development of on-going hot lunch program - To purchase a grill to prepare hot lunch 2 to 3 times per week. Other donations by Parent Advisory Council and Student council.
BOYNE VALLEY SCHOOL	To purchase a variety of foods from the Canada Food Guide food groups that include foods students would not encounter in their daily diet within the community.
CARTWRIGHT SCHOOL	Meet & Eat-April to June when parents come to the school at lunch time and eat with their children and play after. To purchase equipment for the students, parents and staff to use.
ÉCOLE SOMERSET SCHOOL	Nutrition Promotion at canteen-to purchase supplies to keep the Healthy Eating choices on a daily basis; the action group cooks and prepares soups and make poster to promote healthy choices and the Canada Food Guide is visible throughout.
EVERGREEN COLONY SCHOOL	We are baking with our students throughout the year. Our grant would help pay for our baking supplies. We will also use the money to provide healthy foods after our winter fun day.
HOLLAND ELEMENTARY	Classroom nutrition-guest speaker to do sessions on healthy eating/snacks; to prepare and enjoy eating healthy snacks; incorporate healthy snacks into weekly hot meal program; Cookbooks of students' favorite recipes from home.
MANITOU ELEMENTARY	Healthy Snack once/week delivered and prepared by student council and continued discussions about healthy eating and habits throughout the year.
STE. MARIE SCHOOL	Gr. 4-8 involved in monthly cooking classes where healthy snacks are prepared, then can go home with recipe. Parents involved with planning and setting goals for healthy snacks at school.
TREHERNE COLLEGIATE	Breakfast Program-To purchase equipment and supplies for the breakfast program and to provide students in need with coupons.
TREHERNE ELEMENTARY	Purchase food preparation tools - soup pot, knives, cutting boards, etc. to facilitate programs already in place - Fruit/veggie Thursday's; soup days; healthy lunches.
VALLEYVIEW SCHOOL	Winter Olympics including healthy snacks. The entire school will participate and the funds will be used towards healthy snacks to finish off the day.
WILLOW CREEK COLONY SCHOOL	To provide information about and samples of "Made in Manitoba" products for healthy snacks and a visit by the Rural Food Initiatives.
WINDY BAY SCHOOL	Will start a "spot me eating healthy campaign where staff will give random age appropriate prizes to those who are seen eating healthy snacks more than 23 times a week.

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Red River Valley School Division

School	Description
DOMAIN ELEMENTARY	Promote Healthy Eating at School: Early year's class has been studying China and specifically Chinese New Year. They will be holding a celebration where they will invite their parents and middle years share what they have learned about China. They will end the celebration with a healthy lunch of traditional Chinese foods typically eaten during Chinese New Year which include long noodles and dumplings (Dim Sum) as well as persimmons, another orange fruit.
ÉCOLE SAINT- MALO SCHOOL	Life Skills Program-students to prepare healthy snacks for breaks/recess; create recipes to introduce new foods; expose students to new foods.
J.A. CUDDY ELEMENTARY	Gr. 4-5 will create placemats that showcase all four food groups in Canada's Food Guide; School Wide Food Event promoting Healthy Eating on June 4th.
LOWE FARM SCHOOL	School Goal-Promoting Healthy Living; Twice a month provides nutritious lunches for students who shop and prepare with parent volunteers.
MORRIS SCHOOL	Spring activity times-after activity to serve healthy snacks alternating the four food groups as with winter activity day.
ROSENORT SCHOOL	To purchase some resources for healthy eating and bring in a nutritionist; to provide healthy snacks when participate in Jump Rope for Heart day.
STARBUCK SCHOOL	To provide a nutritious snack and beverage to students participating in Memory Run/Walk, a fourth year event put on by the community in the Community Hall.
SUNCREST COLONY SCHOOL	Will plan and execute a school community garden with help from the community and parent advisors. Will purchase materials and have guest speakers' lecture on soil, weather and proper crops for our region.
VERMILLION COLONY SCHOOL	Nutrition Month - Wk 1: Nutrition Challenge Kick-off with guest speaker, Shelly Robson/Public Health; Wk 2: Food Guide placemats; Wk 3: Research a country's food and green snack day (Mar 17); Wk 4: Cookbook & Nutrition Activity Day

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River East Transcona School Division

School	Description
ANGUS MCKAY SCHOOL	Elementary Field Day: Will have a rest and refreshment station with fruit and water for the students. This year will include another food group and have dairy. Cheese strings and yogurt tubes will be available for the students.
ARTHUR DAY MIDDLE SCHOOL	Healthy Breakfast-Learning Assistance Room teacher and counselor will serve a healthy breakfast to the whole school including a lesson on why breakfast is the most important meal of the day.
BERTRUN E. GLAVIN ELEMENTARY	Folkdance Festival-invite students, staff, parents, and friends to participate in dances from different countries; to provide healthy fruits from other countries at the end of the afternoon.
BIRD'S HILL SCHOOL	Purchase healthy snacks for Spirit Week: For all students K-6 for a day during our Spirit Week. The entire week will highlight physical activity, healthy eating and leading a healthy lifestyle.
CHIEF PEGUIS JUNIOR HIGH	Wellness Week with number of events/activities during lunch hour; guest presenters with demonstrations; displays and bulletin boards; chance to win prizes for being spotted eating a healthy lunch.
DR. F.W.L. HAMILTON SCHOOL	Daily/Weekly health calendars to take home; Nutrition Month-milk promotion; Healthy Day during Spirit Week with announcements, prizes, poster contest, etc.
ÉCOLE CENTRALE	Nutrition week planned every week in May. Each child is asked to bring a healthy snack to enter their name in a classroom draw to win a prize. At the end of the month, a school-wide celebration on healthy eating will be held and provide a healthy snack.
ÉCOLE MARGARET-UNDERHILL	Nutrition month in April will encourage healthy lunches by getting draw tickets to win daily prizes; Healthy Eating 'Super Hero' will make regular appearances to check students' lunches.
EMERSON ELEMENTARY	Focus on "Heart Smart activities" with food and exercise, while studying the Canadian Food Guide. Poster contest will also be running for Early and Middle Yrs.
HAMPSTEAD SCHOOL	"Livin it up Nutrition" Program: Modified version as per WRHA Nutritionists for grade 5 female students. Topics: Canada's Food Guide, Calcium for healthy bones, Fibre and Healthy Eating and a healthy snack will be prepared.
JOHN DE GRAFF SCHOOL	Gr. K-focus on apples and apple snacks; Gr1-porridge breakfast; Gr2-Fruits & Lunch; Gr. 3-Canada Food guidelines & how food makes us grow; Gr. 4-5 Display of nutrition; Assembly to provide a healthy snack for audience.
JOHN W. GUNN MIDDLE SCHOOL	Serve Healthy snacks to the student body. A healthy snack will be chosen that requires simple prep and can later be sold in our school canteen as a healthy snack choice for students. A group of teachers from our Healthy Schools committee will shop for the snack and prepare it. It will be served on student activity day. To introduce and encourage trying something new.
PRINCE EDWARD SCHOOL	Kids Cooking Club - to be offered to Gr. 3 to use the Kids in the Kitchen kits and offer breakfast/some lunches.
PRINCESS MARGARET SCHOOL	Funds to be used to provide students that are in need with necessary lunch provisions, should they come to school without lunch. Purchases would include crackers/cheese, juice boxes, fruit leather and other healthy alternatives that are pre-packaged. This initiative would support our lunch program by providing for students that have come to school without lunch.
SHERWOOD SCHOOL	"Kids in the Kitchen" - after school club to learn new healthy recipes, try new foods, enhance curriculum study and encourage healthy eating habits; "Community Reference Instruction" - Special needs and at risk students in weekly class focusing on healthy eating to be settled and ready to learn, will make healthy snack for school and share recipe with school, family and in newsletter.
SPRINGFIELD HEIGHTS SCHOOL	School's Annual Tabloid Day-To provide a healthy snack and water/healthy drink at an activity Break Station during the progression of the Tabloid Day (Sports Day).
SUN VALLEY SCHOOL	Nutrition Challenge-Create placemat from the Canada Food Guide and provide a healthy snack.
TRANSCONA COLLEGIATE	Healthy Eating Challenge-to follow plan for a month by recording food intake from the Canada Food Guide; Each week a written reflection on how they feel and if they noticed any changes in themselves; If complete, will be entered into a draw for prizes at the end of the month.
VALLEY GARDENS MIDDLE SCHOOL	Pancake Breakfast-to serve before 'O Canada' and a day of activity at school track meet.
WAYOATA SCHOOL	The school has a school wide Nutrition Policy in place for the last four years. All classroom parties features nutritious snacks. Monthly bulletin board displays the benefits of healthy eating. Our bi-monthly school newsletter features a "Nutrition Corner" with recipes and news promoting healthy lifestyles. Every month a food group is featured, draw tickets are given to students who "Get Caught" with a food from that food group in their lunch. At the end of a month there is a draw. Every class has several winners and the number of draw tickets is increasing. Funds will be used for the prizes.
WESTVIEW SCHOOL	This year we will be offering healthy selections at our year end Track and Field. We will offer watermelon, yogurt tubes to the students at the refreshments station.

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Rolling River School Division

School	Description
DOUGLAS ELEMENTARY	Healthy Snack Day-includes fruit, veggies and whole grain snacks for all students; students with well balanced lunch will be in a draw for prizes (soccer ball, basketballs or other fun/activity based prizes.
ELTON COLLEGIATE	Girl Talk Conference-School organized full day activity for girls with speakers focusing on body image, nutrition, personal safety; To provide a healthy lunch and snacks.
ERICKSON COLLEGIATE INSTITUTE	Sub/Wrap Sandwich Bar in School Canteen: In Foods and Nutrition class "make your own sub week". Students will create a healthy sandwich with the fewest amounts of calories and fat. The sub bar will be operated by grades 9-12.
ERICKSON ELEMENTARY	Making a school cookbook to be shared as a fundraiser with the community.
FORREST ELEMENTARY	Milk Awareness Blitz Week-bulletin board with fun milk fact with activity ideas, promotion in newsletter/website; promote thru canteen with free milk day; handing out prizes to "caught drinking milk" students; introduce "Sip and Skip" program that tracks calcium intake and bone density building.
MINNEDOSA COLLEGIATE	Daily health announcements in mornings. Will include nutritional facts about food, calorie content etc.
OAK RIVER COLONY SCHOOL	School will host a Mother's Day Tea where we will be providing nutritious snacks and our students will present information on nutrition and physical activity with posters and collages they have created.
OAK RIVER ELEMENTARY	Free Breakfast for all students as a part of our milk spirit week activities; Gr. 7-8 will prepare and serve.
ONANOLE ELEMENTARY	"Cooking and Eating Healthy Day" Grade 7-8 leadership to research recipes and ingredient labels to present to younger students. After presentation, groups will cook some recipes and have a "healthy buffet".
RIVERS ELEMENTARY	To provide fresh fruit for all students each morning during March, this is organized by students to promote Nutrition Month.
TANNER'S CROSSING SCHOOL	School wide Sip & Skip Week-program from Osteoporosis Canada that keeps track of food intake and physical activity which points for prizes will be given.

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Seine River School Division

School	Description
COLLÈGE LORETTE COLLEGIATE	Lunch Club- meets once/week to make a healthy lunch and discuss good eating and sanitary food preparation, will include guest speaker.
ÉCOLE ÎLE-DES-CHÊNES SCHOOL	Fruit platters to follow some of our Olympic Activities.
ÉCOLE LORETTE IMMERSION	To provide nutritious snacks after Walking club (Fridays during recesses in gym) and Running club during lunch hours outdoors.
LA BARRIERE CROSSINGS SCHOOL	Leadership Lunches-leadership group to prepare special healthy lunches every two weeks for student access; Healthy Lunch contest to inspect for all food groups to win a prize.
LA SALLE SCHOOL	Healthy Eating Day/Fair: Will hold a healthy eating day where students will receive prizes for bringing a healthy lunch. There will be planned activities in the classroom that involve learning about living a healthy lifestyle.
PARC LA SALLE SCHOOL	Healthy Lunch Contest: as part of the Health Unit: periodically spot check at lunch to see who has all 4 food groups in their lunch, students who qualify will be entered in a draw for prizes. Bulletin Board Display: students will create displays promoting healthy eating. Preparation of Healthy Snacks: each class will participate.
STE. ANNE COLLEGIATE	Cafeteria will feature one different nutritious item for each day of the week and will give out a healthy snack with nutritional value and why each is important part of diet; To purchase the food to give away.
STE. ANNE ELEMENTARY SCHOOL	To use the home economics room in adjacent high school to have all classes cook nutritious meals with ovens and microwaves.

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Seven Oaks School Division

School	Description
ARTHUR E. WRIGHT COMMUNITY SCHOOL	Breakfast Program: provides a nutritious start to the school day for many of our students. It encourages and promotes healthy eating habits and behaviours. Funds to be used to purchase food and supplies for our program and to invite a guest speaker to share information and resources about healthy eating. (A local Dietician/ a member of the Manitoba School Nutrition Support Team).
COLLICUTT SCHOOL	Nutrition Education- Gr. 1-3 will be Colouring Healthy Food Taste Great Characters, Take Off with Breakfast activity, Build Your Healthy Lunch and Gr. 4-5 will be learning about Canada's Guidelines for Healthy eating activity, What's the Serving Size? Activity, Six Kinds of Nutrients, exploring vitamins, minerals, and food choices, etc. (Same as Governor Semple School)
CONSTABLE EDWARD FINNEY SCHOOL	Cooking kits-to purchase utensils and children's cookbooks for classrooms to be used to facilitate on-going food, nutrition, health and community inquiries.
ÉCOLE BELMONT	"I Love to Read about Good Nutrition and healthy food choices"-to celebrate four food groups and healthy food choices with music and poetry, parent volunteers will assist in the prep of the healthy snacks provided.
ÉCOLE LEILA NORTH COMMUNITY SCHOOL	Nutrition Awareness Week: Informational posters on portion sizes, food groups. Daily nutritional fact announcements. Crunch and Munch Day contest- to see which class eats the most fruits and vegetables on that day. Try a new veggie/fruit day. Healthy Lunch Challenge and posting nutritional information of canteen food choices.
ÉCOLE RIVERBEND COMMUNITY SCHOOL	Commit to nutrition-Nutrition committee at school; area nutritionist presenting at Parent council and school BBQ; Newsletter inserts monthly on topic of nutrition.
ÉCOLE SEVEN OAKS MIDDLE SCHOOL	To combine Physical Activity Campaign event of 80 minutes of hip hop dancing-this will provide students with some refreshing fruit and a granola bar to reenergize.
EDMUND PATRIDGE COMMUNITY SCHOOL	Will develop an on-line recipe/idea/cookbook featuring healthy accessible and locally produced snacks, meals and lunchbox ideas. Staff and students will develop a variety of suggestions, tips, and steps for easy preparation and access to healthy food for healthy habits. Sampling and sharing in the classrooms. A selection process committee will oversee the final publication. The EPCS Healthy Eating Guide will be featured on the school website. Local grocers will be asked to advise those food items that are local, accessible and healthy.
FOREST PARK SCHOOL	Healthy Snacks-only raw, fresh fruit or vegetables - no prepackaged fruit cups; has been accepted by our students and parents.
GOVERNOR SEMPLE SCHOOL	Nutrition Education- Gr. 1-3 will be Colouring Healthy Food Taste Great Characters, Take Off with Breakfast activity, Build Your Healthy Lunch and Gr. 4-5 will be learning about Canada's Guidelines for Healthy eating activity, What's the Serving Size? Activity, Six Kinds of Nutrients, exploring vitamins, minerals, and food choices, etc. (Same as Collicutt School)
H.C. AVERY MIDDLE SCHOOL	Students will do a survey and meet with staff to add more healthy items to the school canteen and will review the School Nutrition Survey and Handbook.
MARGARET PARK SCHOOL	To provide a healthy breakfast, snack and lunch items; to purchase supplies to continue daily support to some students.
O.V. JEWITT ELEMENTARY	Healthy Breakfast Program: Purchase healthy breakfast foods: fruit, oatmeal, peanut butter, whole wheat bread, cheese. For the students who arrive at school without breakfast.
VICTORY SCHOOL	"Taste-Testing" of fruit from around the world; to purchase fruit and then expand learning, by researching country of origin, identify fruit on a platter, fact of the day, how to spell the names, etc.
WEST ST. PAUL SCHOOL	To purchase 5 sets of nutrition display boards from Milk Producers of Manitoba for parent/teacher conferences and other events.

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Southwest Horizon School Division

School	Description
DELORAINES SCHOOL	Grade 3-4 studying Nutrition and to create power point presentations to other students regarding Healthy Eating, snacks, balanced meals and reading food labels. Possibility of being in grocery store, medical clinic, etc.
HARTNET SCHOOL	The Breakfast of Champions-coincide with Olympic Festivities includes toast, fruit and milk; also students will be provided with healthy, nutritious breakfast in prep for Olympic competitions throughout the day.
MAPLE GROVE COLONY SCHOOL	Planning school vegetable garden to be used as school snack. Students to plant, weed and harvest vegetables.
NATURE VALLEY COLONY SCHOOL	To implement a "healthy morning snack" program before morning recess - Begin twice/week and expand to daily. Guest speaker invited to speak on nutrition at end of March.
SOURIS RIVER COLONY SCHOOL	Fruit & Vegetable Day-special day to learn about what is available, studying the Canada Food Guide and a visit from the health nurse.
WASKADA SCHOOL	The Home Ec class will learn about healthy eating and benefits then prepare a nutritious lunch for the school. To purchase supplies for the lunch.
WAWANESA SCHOOL	Lessons on Canada's Food Guide; winter activity day Feb 19; School ski trip March 5.

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St. James Assiniboia School Division

School	Description
ATHLONE SCHOOL	After visit from dietitian, classes will be given an option to make recipe books or placemats and sharing of cookbooks with gluten free, high fiber, low sugar and peanut free.
BROOKLANDS SCHOOL	Veggie Spotters-Lunch supervisors will look for students with fresh vegetables in their lunch, given draw tickets and prizes to be drawn at Monday assemblies, also healthy eating choices will be in students' health class.
BUCHANAN SCHOOL	Reading through Cooking-To purchase food supplies to prepare for students that do not bring food and snacks to school and develop reading skill development, math and social development and nutrition education.
ÉCOLE BANNATYNE	Fruit and Vegetable Tasting Event & Care own Food Guide - Gr. 4 will create own Food Guide online (Health Canada) to print and keep; Gr. 2-3 will participate in food tasting/sampling event and record what's liked and not liked. Results will be shared with the class and home to share with parents.
ÉCOLE ROBERT-BROWNING	Nutrition Facts and Canada's Food Guide: Student leaders that read the announcements every morning will provide a few nutrition facts to the students on a daily basis throughout the month of March. Learn about Canada's Food Guide in Phys. Ed Class.
HEDGES MIDDLE SCHOOL	Hot Lunch-last Wednesday of every month, students prepare healthy lunch and discussion about healthy living; Breakfast Club-bands meet students in morning at entrance and with healthy snack; Forgotten Breakfast/Lunch-each teacher equipped with well balanced healthy lunch/snack for students that did not eat.
HERITAGE SCHOOL	Kids in the Kitchen-opportunity to participate in the after school program and to have healthy eating choices, prepare a healthy snack and take home to share with their families.
JOHN TAYLOR COLLEGIATE	Music festival held every year and would provide a nutritious snack students may not have at home or have tried and to provide some healthier choices for frozen snacks.
LAKEWOOD SCHOOL	Healthy Living Symposium promoting healthy eating and healthy snacks with student/parent community; Healthy Living Promotional week for students only Mar 22-26.
LINCOLN MIDDLE SCHOOL	Health class will discuss lunch ideas, the food groups and fast food and then create posters to display around the school. Activities in the gym with healthy prizes to win.
LINWOOD SCHOOL	Teachers will discuss the advantages of healthy eating. Encouraging of healthy snacks are school and home. Each class will create a healthy eating collage, which will be posted in the student lunch room.
NESS MIDDLE SCHOOL	Kids Cooking Club-to hold in home economics room during March, will try variety of recipes and create posters for the school halls.
PHOENIX SCHOOL	"Tasting the Rainbow" event where students have the opportunity to try vegetables and fruits from each of the different colors of the rainbow and learn what nutritional benefits those color of foods give us. We also have "nutrition police" that hand out prizes to students caught with healthy items in their lunch/snack.
SANSOME SCHOOL	To support cooking club for students and emphasizes how to use simple, healthy ingredients to make healthy snacks.
STEVENSON-BRITANNIA SCHOOL	Students that participate in lunchtime intramurals and after school sport programs will receive a healthy snack at the end of the activity.
STRATHMILLAN SCHOOL	Students will prepare and eat healthy snacks. Target grades K-2. Goal of activity-making students aware of healthier snack choices, while teaching Canada's Food Guide.
STURGEON HEIGHTS COLLEGIATE	Healthy Breakfast Week: Every morning for a week the Phys. Ed department in conjunction with student council healthy food available every morning. Phys. Ed staff will focus on the importance of a healthy breakfast as many students show up at school without any breakfast.
VOYAGEUR SCHOOL	To supplement the costs for providing a healthy snack after participation in school wide "Sunshine Walk".

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Sunrise School Division

School	Description
ANOLA SCHOOL	To give students an opportunity to try some different healthy choices, an old fashioned picnic is planned for an afternoon in May/June (weather and grounds permitting). Included in the afternoon will be a chance to participate in active games, learn more about healthy choices and try some out, as well as strengthen relationships between the school and community.
BEAUSEJOUR EARLY YEARS SCHOOL	Healthy Schools Summer Fun Activity Break! Will hold an entire school summer activity break including low-organized games (i.e. soccer, baseball, Frisbees, 4-square), and a healthy snack outside. We would like to put the money towards serving the students a yogurt parfait (i.e. yogurt, granola, berries) as a nutritious snack. Promotion of healthy lifestyles by being active and choosing healthy snacks.
CENTENNIAL SCHOOL	Each class to purchase food and provide examples of healthy snacks for growing children will be connected to PE/Health curriculum and will take place during Nutrition Month.
ÉCOLE DUGALD SCHOOL	Nutrition Awareness Week-to plan activities like Healthy Lunch Spot checks, nutrition Relay Races, Healthy Meal logs and placemats to create nutritional awareness.
GILLIS SCHOOL	Healthy Snack Day: students will have the opportunity to sample items (that they would normally not have in their lunch) such as exotic fruits, cheeses and whole grain breads, bagels, and buns.
HAZELRIDGE SCHOOL	Healthy Eating Celebration. Building a healthy sandwich to teach about good food choices or healthy food sampling party during Nutrition classes or special events.
LAC DU BONNET SENIOR	Health & Wellness Day-for students and community members to look at booths set up - Heart & Stroke Health, Healthy foods, healthy eating.
POWERVIEW SCHOOL	Healthy snack ideas for students to try, new fruits -kiwi, mangos, etc. and new healthy foods to try.
SPRINGFIELD MIDDLE SCHOOL	Smooth Start at the Stairview Canteen-To prepare and serve fruit smoothies to students/staff for breakfast and snacks; to promote through newsletter to community.
SPRINGWELL COLONY SCHOOL	Kids cooking/preparing healthy snacks-to supplement the Healthy Snack program running for 3 years, 6 groups of students, fix a healthy snack/day for a week. Students also developed healthy snack cook book which is being used.
WHITEMOUTH SCHOOL	To provide healthy foods and beverages for our traveling sports teams and school activity days.

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Swan Valley School Division

School	Description
BENITO SCHOOL	Healthy fruit and snack program occurring at morning recess. The intent is that by providing our students exposure to a variety of different fruits and vegetables they will choose fruits and vegetables over other snack options. With your monetary aid we could add a bit more variety to our fruit and vegetable choices.
BIRCH RIVER SCHOOL	Kids in the Kitchen-5 students from each grade at 10:00am will prepare a nutritious snack for the student population; after prepared from whole fruits/veggies will pass out to school for all of March.
BOWSMAN SCHOOL	Healthy Lunch/Healthy Snacks session for parents and students with a dietitian to motivate to make healthy choices.
ÉCOLE SWAN RIVER SOUTH SCHOOL	Taste the Food-to purchase different fruit and vegetables for tasting unique foods like eggplant, fig, etc.
HEYES ELEMENTARY	Patio grand opening - to celebrate completion of outdoor classroom/patio area with healthy snacks provided.
MINITONAS EARLY YEARS SCHOOL	Healthy Living Week-each day a school wide brain break with activity in the gym; after gym activity a nutritious snack includes fresh vegetables, fruit and water to encourage good eating habits throughout the year and morning/afternoon snack and noon lunch milk program daily.
MINITONAS MIDDLE YEARS SCHOOL	Positive Living Skills Program-After school cooking skills focusing on healthy eating habits, balance, variety and moderation and meals provided to students, parents and themselves twice/week.
TAYLOR ELEMENTARY	School Tabloid Day. A day devoted to fitness activities and will have stations which will include healthy snacks.

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Turtle Mountain School Division

School	Description
CAN AM COLONY SCHOOL	Dietician visit - to talk about healthy food choices; Create a healthy eating cookbook-activity to extend the learning and to send home as gifts and to other community members.
HOLMFIELD COLONY SCHOOL	Healthy Eating Cookbook-students to bring healthy recipes from home on learning in health class and from the Canada Food Guide for the cookbook to be published at school and given to each family; School vegetable garden-to plant vegetables to be harvested and eaten by students and colony members as colony garden is next to school.
MAYFAIR COLONY SCHOOL	Nutrition Unit-in classroom theme to learn the benefits of making healthy food choices through activity centres.
MINTO SCHOOL	Pancake Breakfast - to be held during 'Spirit Week' on pajama day to serve a healthy breakfast with whole wheat pancakes, sugar free syrup, fruit slices and milk.
WELLWOOD SCHOOL	Nutrition and healthy eating week-groups will look at healthy choices, reading and understanding labels, meal planning and portion sizes. Wrap up week with plan and prepare healthy lunch for the whole school.

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Turtle River School Division

School	Description
ÉCOLE LAURIER	Healthy snack and juice/water station to be set up during Jump Rope for Heart to promote healthy eating.
GRASS RIVER SCHOOL	Tabloid Day - variety of outdoor activities with a healthy snack provided at closing.
MCCEARY SCHOOL	Nutritious Snacks for Community Clean-up - School wide clean up day on Earth Day, Gr. 7-12 cleans on highway while K-6 clean school/community with a nutritious snack when complete.
PARKVIEW SCHOOL	Nutrition Fair Day-to show pitfalls of junk food and upside to healthy snacks and activity. To provide healthy snacks and active prizes for quizzes.
STE. ROSE SCHOOL	To add a kitchen/cooking component to health when foods & nutrition are covered in curriculum; hold contest for most creative/delicious healthy snack when nutrition is covered in the curriculum.

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Western School Division

School	Description
MAPLE LEAF ELEMENTARY SCHOOL	To provide monthly hot, healthy lunches while following no nuts & no eggs school policy by the Home & School Association.
MINNEWASTA SCHOOL	Kids in the Kitchen-To purchase food for 2 series of 6 sessions after school nutrition education on healthy foods, preparing/cleaning/eating; Earth Day Celebration-to provide a healthy snack after celebrations.
MORDEN COLLEGIATE	Awareness Week-videos related to healthy eating; guest speaker (dietitian) in health/PE class; trivia at lunch and breaks with prizes of fruit/vegetables; 1 week of altered vending items.

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Winnipeg School Division

School	Description
ADOLESCENT PARENT CENTRE	Celebrating Breakfast! To promote eating a healthy breakfast by every Friday introducing new choices and promote most important meal of the day to teen mom's.
ARGYLE ALTERNATIVE HIGH SCHOOL	"Taste of Argyle"-To develop tastiest-healthiest alternative to summer slurpee consumption by finding creative ways to incorporate a variety of fruit, vegetables and other natural foods to create one of a kind slurpee/icecap alternatives.
CARPATHIA SCHOOL	Salad Bar/Healthy lesson: Healthy Buddies (older students pair up with younger) to sample fruits and vegetables and foods new to them. Prior the teachers will give a lesson on nutrients. Readings to include: "Eating the Alphabet", a checklist to record likes and dislikes. Many lunches brought to school contain processed foods and unhealthy options. Will try to change this.
CECIL RHODES SCHOOL	Healthy Eating - Teach about healthy food choices and experience the taste of fruits and vegetables not accustom to eating these foods.
CHAMPLAIN SCHOOL	Nutrition Challenge-for all students with 5 stations to rotate through using Fact Boards and the last station will be a healthy snack station.
CHURCHILL HIGH	Food Tasting/ Cookbook Creation: All students will contribute to the cookbook. Recipes will be from all cultures and combine to create a school book for all. Food taste testing various foods from 4 food groups will purchased and prepared for the students. Food will be distributed to the homeroom classes. Students will be involved in preparation.
CLIFTON SCHOOL	Funds received will be used to promote healthy eating within the School. Material/supplies will be purchased to supplement nutrition kits previously developed at the school. Will purchase books that highlight the healthy dishes that are from the diverse cultures in the school.
DAVID LIVINGSTONE SCHOOL	Spirit Week-to provide Leadership students a healthy lunch for efforts in planning a spirit week.
DUFFERIN SCHOOL	Welcome to Kindergarten-evening for families with children entering K in fall of 2010; Will provide healthy meal and info/materials for families.
ÉCOLE LANSDOWNE IMMERSION	Olympic/Paralympics Activity Day: Hosted on March 4th for grades 1-6. Grade 7 and 8 lead 12 stations, one that focused on healthy food choices and athletic nutrition. Students provided with a snack of oranges for energy throughout the day as well as encouragement to drink plenty of water. (200 oranges were purchased).
ÉCOLE RIVER HEIGHTS SCHOOL	In order to educate middle year's students (ages 12-13) about nutrition and to ensure they eat a healthy breakfast will offer a healthy breakfast club.
ÉCOLE SACRÉ-COEUR	Nutrition Challenge, The Breakfast Club: During the Nutrition Challenge, students must bring at least 1 healthy item from each of the food groups for lunch. Every time they do, they receive ticket for the prize draw. Grade 7-8 students are invited to a morning homework club. As an incentive students are given a healthy breakfast.
FARADAY SCHOOL	"Got you eating a healthy snack" contest-during recess, lunch hour, special events; "Healthy snack"-Canada day celebration Jun 30th with fruit and vegetables; Develop "Healthy Meals" cookbooks; to purchase nutritional Healthy eating posters for each classroom.
FORT ROUGE SCHOOL	Research-Based Activity- To produce a healthy food and snack recipe book and provide to all families of the school; Students will partake of a healthy snack to launch the school cook book.
GARDEN GROVE SCHOOL	Through the before/after school and noon hour intramural program the school priority addressing healthy snacks will be reviewed with students. They will also be given opportunities to make or partake in healthy snacks. To support our healthy snack policy which restricts unhealthy recess snacks to Fridays only. This initiative is ongoing.
GENERAL WOLFE SCHOOL	Students from Native Studies, Health and Special Ed classes will be involved in activities to become aware of healthy eating choices by researching healthy eating options, make posters and learn about Aboriginal perspectives and promoting healthy eating and then prepare a nutritious snack for the whole school.
GEORGE V SCHOOL	Gateway Project: a school based activity at our local community club. Two days: 1-primary, 1-intermediate. Activity will include physical activity sports such as skating, skiing, soccer etc. according to age. The children will also receive healthy snacks and a lunch.
GLADSTONE SCHOOL	Passport to Learning-to purchase nutritious snack for event and materials/supplies to support Gr. 1-3 Nutrition curricular units.
GLENELM SCHOOL	To provide opportunities to prepare, sample and respond to a variety of healthy foods offered at snack/tasting events.
GORDON BELL HIGH	To provide a 'jump start' to day by offering a bowlful of healthy snack food i.e. apples, granola bars in each of the classrooms during the first period in the morning.
GREENWAY SCHOOL	Purchase Nutrition Education Resources from the Dairy Farmers of Manitoba. These resources will be used by classroom teachers to teach health outcomes, as well as active academic lessons by the Phys. Ed teacher.
GROSVENOR SCHOOL	As a Healthy School in motion, the Parent Assoc. assists with 3-4 healthy lunches/year at community kitchen to supplement student learning with cooking activities.
HARROW SCHOOL	Healthy and Nutritional Foods. Students will engage in planning special celebrations using healthy foods for i.e. create fruit/vegetable trays together, crackers and cheese, etc. Grade 1-2 will have a March 2nd soup making day to honor the "Empty Bowls" campaign and how to create healthy foods on a small budget. Multicultural feast in June with each classroom bringing in ethnic foods to discuss the nutritional value and ingredients of these foods and to compare their diets.
HUGH JOHN MACDONALD SCHOOL	Fruity Fridays - Gr. 9 Leadership to sell various types of fruit at lunchtime, each week will be a different continent; to subsidize price for access to all students
INSKTER SCHOOL	Dietician and healthy snack-Classrooms to invite dietician with activity on healthy eating and to provide students with a healthy snack.
ISSAC BROCK SCHOOL	Various classrooms (N-9) have an opportunity to choose a healthy snack considering the National Nutrition Month's theme of "Celebrating food...From Field to Table". Students will increase their knowledge of where our food comes from, responsible eating patterns, how to follow a recipe and moderation. Recipes will be posted monthly in our newsletter and families will be encouraged to try these recipes at home.
ISSAC NEWTON SCHOOL	Annual Coffee House on Apr 29/10 where a variety of foods are served.
J. B. MITCHELL SCHOOL	Healthy Snacks for Summer Fun Day-To purchase healthy, tasty, snacks to provide after physical activities to celebrate the beginning of summer.
KELVIN HIGH	Grade 10 PE students to create posters and other visual aids to be displayed around the school, including "Fast facts", "Mini-quizzes", "calorie comparisons" to encourage healthy diet choices.

KENT ROAD SCHOOL	Monthly themes focusing on health with an assembly and school wide activity; when focus on healthy body, each student will receive a healthy snack after the activity; balance will go towards fruit salad during Spirit Week-Hawaii Day.
KING EDWARD COMMUNITY SCHOOL	Milk Spirit Week-Monday is Mystery Mooer Day, Tues is poster contest with focus on milk and milk products, Wed is School Smoothie Day, and Fri is healthy snack day; to encourage healthy eating with focus on milk and milk products.
LAURA SECORD SCHOOL	Community Building Day-variety of activities that promote cooperation and respect for each other; Mixed teams of ages/grades will rotate through the day's activities with principles of healthy eating and living; Healthy snack to be provided.
LORD NELSON SCHOOL	Healthy Physical Activity Day including school-wide healthy snack. June 18th all students will participate. As part of the field day, there will be a healthy food choice station. Healthy snacks at recess have been implemented. Students will identify the four food groups and label the snack as part of the food groups and discuss leader nutrients provided by the snack.
LORD ROBERTS COMMUNITY SCHOOL	Focus on "Healthy Snacks" during last week of March; theme for each day with physical activity and a healthy snack; to purchase snacks for 5 days.
LUXTON SCHOOL	Funds will be used by individual classrooms to support healthy eating through food experience. Teachers purchase healthy foods for students to experience. Foods chosen related to curricular theme such as poetry writing.
MACHRAY SCHOOL	Kids Cooking-choose a recipe and prepare/serve the food to their classmates; recipes will be shared and put into newsletters.
MEADOWS WEST SCHOOL	Whole School Activity Day: Classes will be paired up and all staff will plan a cross grade activity for the afternoon: dancing, cooking, and baking. Students will have an opportunity to share their experiences with others as well.
MONTROSE SCHOOL	Montrose Munchies-Follow up from last years study of healthy snacks to promote alternatives from commercially produced snacks through online research and recipes to share in classroom and monthly newsletter.
MULVEY SCHOOL	Fruit Food Experience and Nutrition Education-11 classrooms will be delivered a basket of fruit, to learn and experience different types of fruit and then present at Monday Morning Assembly, also power point to introduce campaign.
NIJI MAHKWA SCHOOL	Weekly cooking classes for students at lunch time to learn to prepare healthy meals. Students will be involved in menu planning, grocery shopping, meal preparation and reflection about what they have learned.
NORQUAY SCHOOL	Health Fair-Variious community agencies set up interactive booths to educate students and parents about living a healthy life, then receive a healthy meal.
PRAIRIE ROSE ELEMENTARY SCHOOL	To purchase nutritious snacks for 3 special activity days throughout year (fall, winter, spring) in a nutrition station where healthy eating is demonstrated with nutritious snacks.
QUEENSTON SCHOOL	Nursery Nutrition-to purchase a variety of fruits and vegetables to introduce and identify as good for muscles or bones or teeth, etc.; the book "Eating and the Alphabet" will also be used.
R.B. RUSSELL VOCATIONAL SCHOOL	Students will be involved in designing, planting, maintaining and harvesting a garden of vegetables and fruit. Students will learn about vegetables/fruit/herbs and nutritional benefits. Companion/natural planting will be focused. Students will learn about the physical work and after harvest how to prepare healthy meals using their produce. All material waste will be composted and used in the fall to prepare for the following year.
RALPH BROWN SCHOOL	Month activity to have students present to their class about healthy eating, then goal set and keep track of choices at home and school, class that reaches their goal will win fun outdoor activity day like shoot the ball through the bagel, etc. To purchase prizes and supplies.
RIVERVIEW SCHOOL	"Friday Morning Breakfast Club"-special education students, their EA's and invited guests (other students/staff) involved in planning, preparing, serving, eating and cleaning up; also social skill development and kitchen safety are taught.
ROBERT H. SMITH SCHOOL	After School Cooking Club for Gr. 5 class 8-10 Wednesday's to learn how to make nutritional meals; Rewards for Eating Healthy N-6 will be acknowledged for their healthy snacks/lunches.
ROCKWOOD SCHOOL	Will hold a healthy eating campaign in conjunction with a healthy living event in March. Students will be encouraged to try healthy foods provided by the school. Focus will be on local and organic foods.
SARGENT PARK SCHOOL	Importance of vegetables and fruits in your diet as recommended by Canada's Food Guide. Will do a survey with the school population. Have a foods activity to encourage students to try vegetables and fruits prepared in a variety of ways, i.e. stir fry, baking, poaching fro different grade levels. Collect recipes and compile a favourites cookbook from each class.
SHAUGHNESSY PARK SCHOOL	Spring Break Breakfast for all students: Nutrition coordination by Leadership students: planning, preparation and presentation of the meal. Classroom teachers will review the components of the meal and lead discussions on importance of good nutrition and breakfast.
SISLER HIGH	Cooking classes introduced to composting thru cooking from garden created by students and return composting onto soil.
SISTER MACNAMARA SCHOOL	African Night Community & School Celebration-children with parents to prepare foods specific to their culture background and share at a community celebration.
ST. JOHN'S HIGH SCHOOL	Will host their first Health and Wellness Expo for all students in grades 7-12. The event will include a keynote speaker from 9:30-10:30 and 3 break out sessions that students can sign up for in the areas of interest, topics include: health, physical activity, and wellness. A healthy lunch will be provided for all participants and students will complete an evaluation form at the end of the day and receive a gift bag. Confirmed sessions on "Healthy Eating" Nutrition, How to Make Sushi, Sports and Nutrition and Diabetes-Awareness and Prevention. Funds will help cover the costs of nutritious lunch and supplies.
STANLEY KNOWLES SCHOOL	"Sharing Circle" Pow Wow Club- includes nutritional component to learn about healthy food choices; To provide a healthy snack for program running for 5 years
STRATHCONA SCHOOL	"Go Healthy Lunch and Learn" - Gr. 1-3 have morning activities around 4 food groups and provide healthy lunch including them; in afternoon to create own placemat and Healthy Food Bingo. Each child will write and share their learning in a discussion.
TYNDALL PARK COMMUNITY SCHOOL	Winter Fun Day & Summer Field Day - to promote healthy eating via nutritional snacks with physical activity by creating fun nutritional environments for both events
VICTORIA-ALBERT SCHOOL	Currently 3 Mondays/month each student is provided with white/chocolate milk snack, would like to expand to 1st Monday/month to kick off month-long nutrition and health themes.
WELLINGTON SCHOOL	School Field Day-whole school event to promote active living through stations; to provide healthy snack.
WESTON SCHOOL	Healthy Eating Program-provides opportunities from N-6 to learn about nutrition, Canada Food Guide and healthy lifestyle choices. Food experience lessons from teachers to try different food groups, to prepare foods for breakfast/lunch and snack time, and learn how to make bannock from the Comm. Worker and parents invited to share a favorite ethnic recipe from home.
WILLIAM WHYTE SCHOOL	To purchase food for School Field Day to promote a complete approach of connection of physical activity with healthy food choices.

WOLSELEY
SCHOOL

Spirit Week/Field Day-To purchase healthy snacks for school-wide events during both events in June.