

School Toolkit

Here are some ideas that your school can use to implement the Food Charter.

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Everyone has enough healthy food to eat.

- Look for opportunities within programming to raise awareness about [food insecurity](#) issues.
- Participate in “Grow A Row” where an extra row of produce is grown in your school garden to share with the school community.
- Create nutrition programs including student nutrition programs (meals & snacks) that are meant for all students. Advocate for student nutrition meal & snack programs available to all, at all times. [BrightBites Badge: “Rise and Shine”](#).
- Create opportunities for students, teaching and administrative staff and parent councils to provide input into what food is served and sold at school.
- Support school wellness programs to define & implement healthy eating efforts. Involve teachers, students, administrators, parents, food service & health unit staff.
- Provide healthy, affordable food choices to students daily, at special events, and for fundraising. Earn the BrightBites Badges: [“Show me the Money”](#) & [“Reason to Celebrate”](#).
- Contact the [Health Unit](#) for more information on how they can support school nutrition initiatives.

Everyone has the food skills and knowledge they need.

- Learn about the components of [Food Literacy](#).
- See [The Greenhouse at Sustain Ontario](#) for teacher resource collections Children and Youth and Food Literacy.
- Learn what 85 [Ontario youth](#) said about food literacy.
- Promote [safe food handling](#) including hand washing for food prep and food sharing.
- Earn badges for your classroom and school-wide healthy food efforts and share your successes using the [BrightBites website](#).
- Create barrier-free opportunities for food activities like gardening and cooking. [BrightBites Badge: “Green Thumb”](#) & [“Cook it Up”](#).
- Check out this great resource [Field to Table Schools at Foodshare](#).
- Have students help prepare food for student nutrition programs. [BrightBites Badges: “Cook It Up”](#) & [“Rise and Shine”](#).
- Reach out to your community. Include parents, local restauranteurs, caterers, food retailers, media and health professionals.
- Involve your school’s hospitality program.
- Use the [foodcoreLGL Food Inventory](#) and resources from the [Health Unit’s healthy eating in schools](#) page.

Our environment is healthy.

- Raise awareness about the importance of reducing food miles by buying local food.
- Raise awareness of the importance of safe, clean drinking water for all. Speak with a Public Health Inspector about [safe drinking water](#).
- Work to make LGL a plastic water bottle-free zone.
- Reduce waste by composting and recycling.
- Bring a vermi-compost into the classroom.
- Promote 'litterless lunch' events or contests to reduce both waste and consumption of processed foods and earn the ["Pack it up" BrightBites badge](#).

Our communities are healthy, economically diverse and resilient.

- Start seeds in the classroom. Send seedlings home or grow them at school on window sills, in gardens or using indoor growing systems. Check out the [BrightBites "Green Thumb" badge](#) as you plan your classroom or school-wide growing projects.
- Create a spring/fall school vegetable garden, a greenhouse or plant in containers. Consider doing this with other schools in your area. Your school could earn the [BrightBites Badge: "Green Thumb"](#).
- Consider selling some of the fresh vegetables and fruit from your school community garden. Go to [OMAFRA](#) for more information.
- Arrange a field trip to a local farm and learn where food comes from. Earn the [BrightBites Badge: "Zesty Lessons"](#).
- Use the curriculum and the community to increase food literacy. For example, arrange a field trip to a local farm. Or, look for opportunities within curriculum to teach about food and practice food skills. For example, budget for groceries in math class, work in the garden during physical education, discuss soil composition and nutrients in science class. Check out BrightBites ["Zesty Lessons"](#) and ["Paint your Plate"](#) badges.
- Here are some on-line resources to support classroom lessons:
[Tomatosphere: Farming in Space](#)
[Agriculture in the Classroom](#)
[Canadian Agriculture at a Glance](#)
[Foodland Ontario](#)
- Engage and empower students to improve the food culture of schools. Ask for their suggestions and ideas and earn the ["Taste of Nutrition" BrightBites badge](#).
- Offer a diversity of food products and flavours.

Food and farming are celebrated.

- Participate in local food fairs, festivals and events to celebrate the diversity of food.
- Promote healthy celebrations within the school community. See [BrightBites "Reason to Celebrate" badge](#) for more ideas.
- Use food to celebrate other cultures and link with the curriculum. Check out the ["Zesty Lessons" BrightBites badge](#).
- Prepare a special school-wide or grade-wide garden to table feast using food grown in the school garden or containers and earn [BrightBites "Taste of Nutrition badge"](#).

Our farmers, growers, producers, processors and retailers are supported.

- Raise funds using locally grown and produced items. See [Fresh from the Farm](#) and consider the ["Show me the Money" BrightBites badge](#).
- Go to [Farm to Cafeteria Canada](#) for funding and resource ideas.
- Learn about Community Supported Agriculture, farmers' markets, the Good Food Box program and other local food initiatives. [Visit the foodcoreLGL Food Inventory](#).
- Purchase and prepare foods grown locally. Get everyone on board to apply for the ["Cook it Up" BrightBites badge](#).
- Connect with local growers or the [Two Rivers Food Hub](#) to supply student nutrition programs.

Links:

School Toolkit

Agriculture in the Classroom: <http://www.aitc-canada.ca/en/ontario.html>

BrightBites: <http://brightbites.ca/>

Farm to Cafeteria Canada: <http://www.farmtocafeteriacanada.ca/>

Field to Table Schools at Foodshare: <http://foodshare.net/program/educator/>

Food Charter: http://www.foodcorelgl.ca/_resources/food-charter.pdf

Food Inventory: <http://www.foodcorelgl.ca/>

Foodland Ontario: <https://www.ontario.ca/foodland/foodland-ontario>

Fresh From the Farm: <http://www.freshfromfarm.ca/FAQ.aspx>

Leeds, Grenville & Lanark District Health Unit: www.healthunit.org/contact-us/

Healthy Eating in Schools: www.healthunit.org/for-professionals/educators/healthy-eating/

OMAFRA: <http://www.omafra.gov.on.ca/english/livestock/urbanagbib/sellingyourproducts.htm>

ODPH and Food Literacy: <https://www.osnp-ph.on.ca/food-literacy-1>

Safe Drinking Water: <http://www.healthunit.org/health-information/drinking-water/>

Safe Food Handling: www.healthunit.org/health-information/food-safety/

Statistics Canada. Canadian Agriculture at a Glance: <http://www.statcan.gc.ca/pub/96-325-x/96-325-x2014001-eng.htm>

Sustain Ontario: <http://sustainontario.com>

Tomatosphere: Farming in Space: <http://tomatosphere.org/>

Two Rivers Food Hub: <https://tworiversfoodhub.com/>

Food Charter

for United Counties of Leeds and Grenville and Lanark County

foodcore 

Leeds . Grenville . Lanark

Everyone has the right to food. Food contributes to physical, mental and emotional health and wellbeing. The food system includes everything from growing food, to processing, storing, transporting, selling, buying, preparing, eating food and managing food waste. From producers to eaters – we are all part of the food system.

Our Vision

Everyone in our community should have the means to obtain healthy food and safe water. We believe farmers, growers, producers, individuals, community organizations, businesses, institutions and local governments should work together to create and support a strong and healthy food system for all.

We envision a future in which...

Everyone has enough healthy food to eat:

- Everyone has access to, and can afford, safe, healthy, personally-acceptable food.
- Healthy food is available wherever people live, work, learn and play.

Our farmers, growers, producers, processors and retailers are supported:

- Farmers, growers, producers and all food workers have adequate incomes and safe work environments.
- Agricultural land and natural environments are valued, protected and enhanced.
- The production, processing, storage and distribution of locally-produced food are prioritized.
- Farmers and future farmers have access to land, education, mentoring, training, and equipment.

Everyone has the food skills and knowledge they need:

- People understand the connections between food choices, our environment and health.
- Educational opportunities are supported within the community for all ages to learn how to grow, purchase, cook and preserve healthy food.

Our environment is healthy:

- Ecosystems and biodiversity are valued, protected and enhanced.
- Surface and underground water resources are safe, accessible and protected.
- Farmers, growers, producers, processors and retailers use practices that maintain or enhance the environment (e.g. soil, air and water).
- More food is produced and consumed locally, thereby reducing transportation over long distances.
- Food waste is reduced and/or reused (e.g. composting).

Our communities are healthy, economically diverse and resilient:

- Farmers, growers, consumers, community organizations, businesses, institutions and local governments work together to create a food system that promotes community resilience.
- There are increased opportunities to buy, grow or otherwise obtain healthy foods in rural and urban settings.
- More food is produced, processed, stored and consumed locally, thereby creating jobs and stimulating the local economy.

Food and farming are celebrated:

- Community members can come together to grow, cook, share and enjoy food.
- We celebrate the historical, cultural and spiritual importance of food.

I/we endorse the Food Charter for United Counties of Leeds and Grenville and Lanark County

(Individual or Organization - will appear on foodcorelgl.ca)

(Phone and email - will be confidential)

For more information or to endorse - www.foodcorelgl.ca, foodcorelgl@gmail.com or 1-800-660-5853 and ask for "Foodcore"