

## Eat Well and Live Well

Since its launch in 2016, the *Farm to School Canada Digs In!* initiative has enabled more than 55,000 students in 91 schools in 5 provinces an opportunity to grow, prepare, and eat healthy, local, sustainable foods at a school salad bar.

Based on preliminary feedback and evaluation, this initiative is intended to demonstrate how Farm to School aligns with the new Canada's Food Guide recommendations.

### Eat a variety of healthy foods each day

Farm to School salad bars are a self-serve lunch option that allow students to fill their plates with a variety of fresh, local foods of their choosing. The salad bar is intended to provide a full meal to students who participate.

*"I love coming to school when it is a salad bar day. Salad is the most underrated food out there! I had no idea how good it could be until I started eating it once a week."*

- Student

#### Have plenty of vegetables and fruits

Each salad bar offers at least 3 fresh vegetable and fruit options to choose from.

Students who ate at their farm to school salad bar consumed 34% more fruits and vegetables than students who did not eat at their school salad bar service.



#### Eat protein foods

Each salad bar service offers at least one protein option.

*"I have never tried a chickpea before... they're great!"*

- Student

#### Choose whole grain foods

Each salad bar offers at least one whole grain option.

Discover more about Farm to School at

[farmtocafeteriacanada.ca](http://farmtocafeteriacanada.ca)

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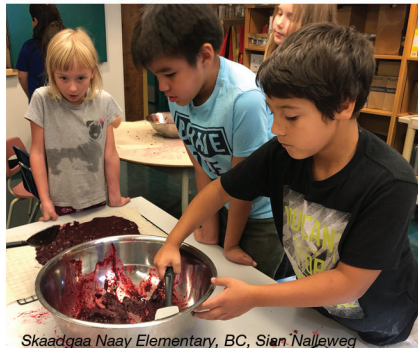
Farm to School is about more  
than what students eat for lunch...



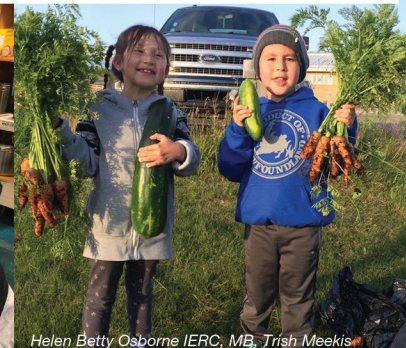
École Robb Road, BC

## Be mindful of your eating habits

*"Children whose plates were initially limited in their selection, are increasingly getting more colourful." - Teacher*



Skaadga Naay Elementary, BC, Sien Nalleweg



Helen Betty Osborne IERC, MB, Trish Meekis

## Cook more often

Food literacy is a pillar of the Farm to School Salad Bar model.

77% of schools indicated students are engaged in cooking and preserving at school. 80% are involved in growing in a school or community garden.

Garden too!



Waverley Elementary, BC, Trista Yuan

## Enjoy your food

*"I really love the salad bar! Because it is giving me protein and strength and it keeps us healthy and our school is really lucky for salad bar and every time I eat from the salad bar it makes me super happy. I am so thankful for the salad bar." - Grade 4 student*



École Robb Road, Comox, BC

## Eat meals with others

*"...students eating meals together brings a sense of community and equality that benefits student relationships to each other and to the greater school community..." - Teacher*



Huband Elementary, BC

## Limit foods high in sodium, sugars or saturated fat

98% of schools reported foods served in the salad bar are minimally processed or packaged and as fresh as possible.

*Students who ate at the salad bar consumed 16% less sodium, and 18% less sugar than students who did not eat at the salad bar.*