

## Opportunities for School Trustees to



### Through governance:

- Make sure that student nutrition and school food are **represented on a relevant school board advisory committee** (e.g. an existing 'wellness committee'). If no relevant committee exists, establish a health and wellness committee to make sure that physical activity, mental health, food and nutrition, and other important student wellness issues are being addressed.
- Encourage your school board to **develop school food policies**, such as a healthy and local food procurement policy, that can support healthy school food environments.
- **Support an evaluation of the current Student Nutrition Program model** to ensure a universal program that provides high-quality meals and that aligns with a broad vision for school food.

### Through training opportunities:

- Encourage your school board to **provide teacher training education relating to food literacy or partner with community educators to provide professional development**.

### Through funding and in-kind support:

- **Encourage your board to fund school coordinators and/or community partners to work with school and Student Nutrition Program staff.** These dedicated staff can champion and support food programs and work to achieve goals relating to comprehensive school health. Some Ontario school boards have funded Education Assistants to support programs. Individuals could also be hired at the board level to work across schools.
- **Support the establishment of gardens, composters and food skills programs** in schools.
- **Ensure that schools allocate budgets and time towards school food programs**, including providing release time for teachers to attend training.

### Through partnership building:

- **Provide forums for stakeholders to better understand each other and work together.**
- Ensure that your board **provides a stable contact person for food-related programming.**

### By championing school food:

- **Visit and learn about programs.**
- **Forward community partner bulletins** to teachers, principals and other staff.
- **Support logistics between schools and community partners** (e.g. for water access for gardens).
- **Advocate for funding for all Ontario schools to run a Universal Student Nutrition Program.**