

Take Action towards **Healthy Eating** in schools

Nutrition Websites

www.toronto.ca/health – Toronto Public Health

- Nutrition information under “A – Z” index; includes Nutrition Matters factsheets, hand washing poster
- Discover Healthy Eating! A Teacher’s Resource for Grades 1-8

www.healthcanada.gc.ca/foodguide – Health Canada

- Canada’s Food Guide, My Food Guide-the interactive tool that personalizes the Food Guide’s recommendations-and other tips on healthy eating

www.dietitians.ca – Dietitians of Canada

- Information related to healthy eating, body image, self-esteem and physical activity
- This site also includes EATracker, a tool that lets you track your day's food and activity choices and compares them to Health Canada’s guidelines

www.eatrightontario.ca – Ministry of Health Promotion

- Nutrition information and the Ask-A-Dietitian service (on-line and telephone)

www.teachnutrition.org – Dairy Farmers of Canada (Ontario)

- Teacher workshops, education resources, milk program, recipes

www.breakfastforlearning.ca – Canadian Living Foundation

- Resources and program materials

www.ophea.org – Ontario Physical and Health Education Association

- Physical and health education curriculum resources and more

www.heartandstroke.ca – Heart and Stroke Foundation

- “For Kids” section includes Heart Smart Family Fun Pack and Pumped Magazine for kids

www.canadian-health-network.ca – Canadian Health Network

- Health information, short videos on healthy lunches and interactive games for children

www.5to10aday.com – Canadian Produce Marketing Association

- Nutrition and other information regarding vegetables and fruit, recipes

