

HEALTHY SCHOOLS

Food For Thought - Canada's New Food Guide

Canada's new food guide was released in January of this year and if you have seen it, you may have noticed it looks quite different from the previous one.

What to eat

The food group rainbow from the last guide has been replaced by a colourful plate that uses proportions rather than a recommended number of servings. Think $\frac{1}{2}$ plate fruits and/or vegetables, $\frac{1}{4}$ plate protein foods and $\frac{1}{4}$ plate whole grains. When it comes to beverages, water is highlighted as the drink of choice. Other everyday drink choices include milk and unsweetened fortified plant-based beverages. Fruit and vegetable juices as well as flavoured milk are no longer recommended as part of a healthy eating pattern due to their sodium and/or sugar content.

The protein foods on the plate reflect a combination of the foods that used to be in the 'Milk and Alternatives' food group and the 'Meat and Alternative food group'. Protein foods include: nuts and seeds, beans, peas and lentils, unsweetened fortified soy beverages, tofu, soy beans and other soy products. In addition, eggs, lean meats, poultry, fish and shellfish, and lower fat dairy products are also included in this category.

Consider the following tips for how to apply Canada's new food guide to planning meals and snacks:

- For children two years of age and older, offer a variety of foods during the day and over the week to provide different nutrients.

- Plan meals that include vegetables and/or fruits, protein foods, and whole grain foods. For example, stir fried vegetables (vegetables) with chicken or shrimp or tofu (protein food) and brown rice (whole grain). Serve with water, a glass of milk or unsweetened fortified plant-based beverage.
- For snacks, include a vegetable or fruit with a protein food or whole grain. For example, an apple (fruit) served with cheese (protein food), or frozen berries (fruit) with whole grain cereal (whole grain food) and yogurt (protein food). Another snack option could be veggie sticks (vegetable) and hummus (protein food).

How to eat

The new guide also highlights the fact that healthy eating is about more than just the types and amounts of food you eat. It is also about where, when, why, and how you eat.

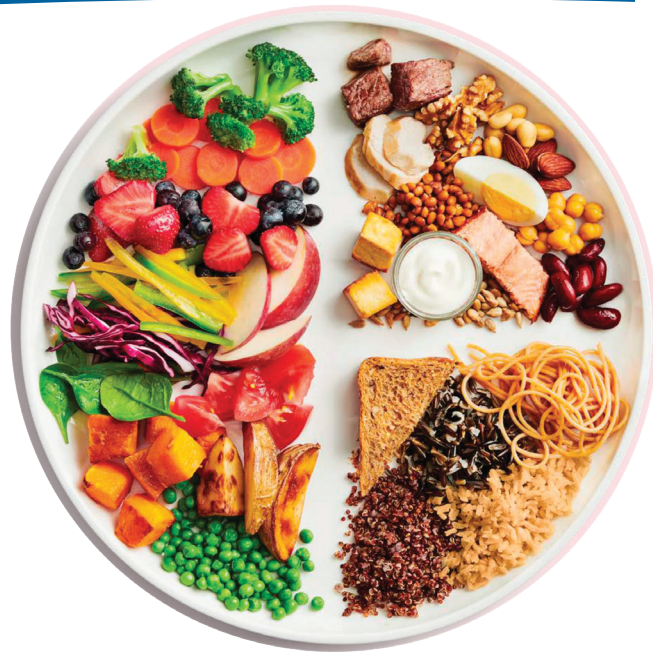
Some recommendations from the guide, and how to apply these recommendations at home, include:

Be mindful of your eating habits.

- Teach your child to be aware of their hunger and fullness cues.
- Trust them to decide what and how much to eat from the foods that you provide.

Cook more often.

- Involve your child in planning and preparing meals including snacks and lunches for school.



Enjoy your food.

- Share family and cultural traditions about food with your child.

Eat meals with others.

- Set a goal to sit down and eat meals together as a family throughout the week. If this isn't part of your daily routine start by picking one or two days a week to eat together.

(continued on next page)

INSIDE THIS ISSUE

Canada's New Food Guide cont'd	2
Healthy Student Bodies Grants Award to Four Local Schools ..	2
Rabies Reminders	3
Attention Parents: All Schools & School Properties are Smoke and Vape-Free	4
Tips for Talking with your kids about tobacco, cannabis and vaping ...	4

Canada's New Food Guide (cont.)

Use food labels.

- Food labels can help compare one product to another as well as help determine what ingredients a product contains. For example if you are trying to consume more whole grains, look for the word 'whole grain' in the ingredient list.

Limit foods high in sodium, sugars and saturated fats.

- When talking to your child about healthy eating remember that all foods can fit. Encourage children to choose 'everyday foods' like whole fruits and vegetables, whole grains and protein foods most often. Avoid labeling food as 'good' or 'bad', instead use language such as 'everyday' or 'sometimes' foods.

Be aware of food marketing.

- Food marketing can influence our food preferences and choices. Talk to your child about the forms of food marketing. Decide whether a food item is for you and your family by using food labels rather than relying on marketing messages alone.

It is important to remember that there is no 'one-size fits all' approach to healthy eating and nutrition. The Food Guide is meant to be just that, a general guide. If you or your child has a medical condition or special dietary needs it is best to work with a Registered Dietitian who can provide individualized nutrition recommendations and support. To speak with a Registered Dietitian for free, call Telehealth Ontario at 1-866-797-0000.

The new Food Guide, as well as additional resources such as tips for healthy eating, recipes, and free downloads in both French and English, can be found online at www.canada.ca/FoodGuide.

Healthy Student Bodies Grants Awarded to Four Local Schools

Over the past few years, the Haldimand-Norfolk Health Unit has been offering 'Healthy Student Bodies' grants to local schools to encourage them to make their students, staff and school environments healthier. To be eligible for a grant, the schools had to select a priority health topic and their plan needed to satisfy a number of criteria, including student engagement, sustainability and making healthy behaviours more integrated into regular school days.

A number of schools submitted applications, and after the proposals were reviewed the Health Unit awarded \$500 grants to four area elementary schools (highlighted below), who coincidentally all selected physical activity as their priority topic. Three secondary schools (Cayuga Secondary School, Holy Trinity Catholic High School and Waterford District High School) also received grants. Congratulations to all the grant recipients, and thank you for making the effort to improve the health and well-being of your school community!



St. Joseph's School

The goal of St. Joe's Healthy School Committee is to enhance their school property by giving students some new, active options at recess. The school is planning to use stencils to paint some new game outlines on their playground asphalt, and to teach students how to play simple games on the new designs that will keep them moving and having fun.



Rainham Central

Students at Rainham are going to be moving and grooving more once their plan is in place. Students will be trained as daily physical activity (DPA) leaders to run activities with other classrooms, students caught being active will be recognized and celebrated at assemblies, schoolwide morning movement announcements will set the tone for the day, and a Zumba instructor from the community will lead sessions in the school, and film some short videos so staff can keep their class moving in between visits.



Delhi Public School

Delhi Public's Healthy School Committee is taking a multi-faceted approach to getting their student body moving. A sample of the planned initiatives include: training older students to run games for younger students at recess through the P.A.L.S. (Playground Activity Leaders in Schools) program, a classroom DPA challenge with active, outdoor prizes, a bike rodeo in the spring, physically active fundraisers and school-wide Zumba on cold winter days.



St. Frances Cabrini School

Members of the Healthy School Committee at St. Frances decided they wanted to make their school more bike-friendly, and encourage students to choose cycling as a healthy, active way to get to and from school. The school is planning to purchase and install a new bike rack, conduct a bike rodeo to educate students about safety when cycling, and promote a physically active lifestyle through morning announcements, school-wide events and contests.

Rabies Reminders

There have been a number of raccoons testing positive for the rabies virus over the past few years within Haldimand and Norfolk counties. While the risk to the public remains low during this outbreak, prevention is the best way to reduce transmission of the rabies virus.

What is rabies?

Rabies is a viral disease that attacks the nervous system of all warm-blooded animals, including humans. Rabies commonly affects raccoons, foxes, skunks, bats, cats, dogs and cattle. If you are bitten or scratched by an animal, it is important to seek medical treatment right away.

How is rabies transmitted?

An infected animal has the rabies virus in its saliva and can transmit it to a person through biting. In rare cases, an animal can spread the virus when its saliva comes in contact with a person's mucous membranes (moist skin surfaces, like the mouth or inner eyelids) or broken skin such as a cut, scratch, bruise, or open wound.

After a bite, the rabies virus can spread into surrounding muscle, and then travel up nearby nerves to the brain. Once the virus reaches the brain, the infection is fatal in almost all cases.

How do I prevent exposure to rabies?

- Stay away from and do not touch unfamiliar animals, as well as animals acting strangely.
- Supervise children when they are around animals. Accidents do happen.
- Teach children to avoid touching animals unless permission is given.
- Pets such as cats and dogs should be vaccinated for rabies at the age of three months, and the vaccination should be kept up-to-date. It's the law in Ontario.
- Feed pets indoors. Feeding pets outdoors can attract other unwanted animals.
- Do not let pets roam free.
- Prevent pets from coming into contact with wildlife.

- Do not keep wild animals as pets.
- Keep your garbage securely covered.

What do I do if I am bitten, scratched or exposed to the saliva of an animal that may have rabies?

- Wash the exposed area with warm water and soap immediately for at least 15 minutes.
- Seek medical attention immediately.
- Do not try to capture a bat or wild animal that has potentially exposed you to the rabies virus. A professional should be contacted to capture the animal.
- Report the potential rabies exposure to the Haldimand-Norfolk Health Unit at 519-426-6170 or 905-318-6623. If the incident happens in the evening or on a weekend call 1-877-298-5888.
- If bitten by a domestic pet, obtain the pet owner's contact information if possible so that the Health Unit can investigate the potential rabies exposure.



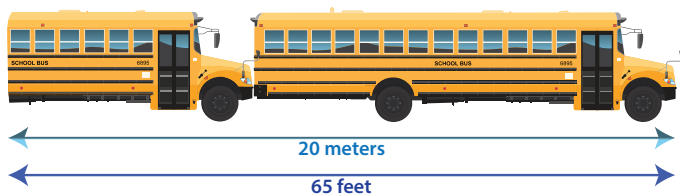
Follow Healthy Schools on Twitter!

The Haldimand-Norfolk Health Unit's School Health Team is now on Twitter! Parents, teachers, students and others are encouraged to follow @HNSchoolHealth for the latest news and photos of exciting things happening in local schools, and ideas about ways to make your school community a healthy place to learn and grow.

Attention Parents: All Schools and School Properties Are Smoke and Vape-Free!

A new law in the province is aiming to protect the health of the developing minds and bodies of Ontario's youth.

As of October 2018, smoking or holding lit tobacco or cannabis, or vaping any substance (e.g. using an e-cigarette), is not allowed on school grounds, nor is it allowed on public property within **20 metres of school property**.



According to the new law, a person would need to be about one and a half school bus lengths away from the edge of the school grounds before they are legally allowed to smoke or vape.

This law includes all indoor spaces and all outdoor areas like playgrounds and sports fields, and it's in effect 24 hours a day, seven days a week.

Students, school staff, parents and visitors must all follow the law, and the rules also apply to cars parked on school property or cars coming onto school property.

If you have any questions about the laws regarding smoking or vaping on school property, please contact the Health Unit at 519-426-6170 ext. 3407.

Tips For Talking With Your Kids About Tobacco, Cannabis and Vaping

Although at times it may not feel like it, as a parent or primary caregiver, you are one of the most powerful influences in your child's life. This is why it's important to start the conversation about drugs early, be open, and talk often. The most important thing is that your child feels safe talking openly. There is no perfect way to have the conversation, but here are some tips to help you:

- **Find a comfortable setting.** Announcing a sit-down meeting ("We need to have a talk") will usually be met with some resistance. Try having a more spontaneous, casual conversation. You can use things like social media, a newspaper article or a TV show that mentions drugs to start a conversation.
- **Be aware of body language.** If your child is sitting, you want to be sitting as well. Be mindful of finger-pointing and crossed arms. These gestures may make you seem closed off.
- **Have conversations, not lectures.** A lecture can cause your child to shut down, get angry or tune you out.
- **Ask questions, and avoid making judgments.** Be calm and relaxed. Take into consideration your child's point of view. This will have a positive effect on future discussions.
- **Be an active listener.** Make time for the conversation and make sure you are not distracted. Let your child know that you hear him or her. Show empathy and understanding.
- **Make it an ongoing conversation, not something you talk about once.**

For more tips on talking to your children about cannabis, visit drugfreekidscanada.org to download a free copy of the Cannabis Talk Kit.

