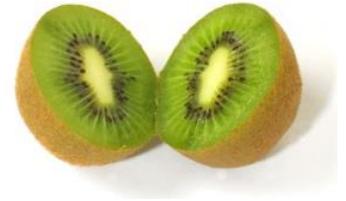


Healthy Canteen Ideas

There are many ways to offer healthier options in a school canteen.



You could:

1) Add new menu items. Here are some tasty ideas for snacks and meals:

Snacks	Meals
<ul style="list-style-type: none">• Whole grain pita wedges with hummus• Apple slices and a cheese stick• Fresh fruit pieces served with yogurt as a dip• Marble cheese and whole grain crackers• Whole grain pancake slices with applesauce as a dip• Kiwi sliced in half in a cup served with a spoon and a white milk	<ul style="list-style-type: none">• Breakfast burrito• Baked potato with beans, cheese and vegetable toppings• Roasted chicken breast sliders (mini burger) on whole wheat buns served with vegetable sticks• Chili with beans and vegetables• Fish cakes served with coleslaw

2) Slightly change foods you already serve. For example:

- Use fresh whole wheat buns instead of white buns
- Offer a side salad or fresh vegetables with all meals
- Try a healthier version of the same food such as baked chips instead of fried chips



3) Advertise and promote healthier foods and drinks. Try:

- Featuring them on a menu board with catchy names
- Making them clearly visible in your canteen and moving less healthy options to lower shelves or to the side
- Having a fresh fruit basket on the canteen's front counter
- Offering taste testers of new healthy items for students to try
- Pricing healthy foods and drinks the same or lower than less healthy alternatives
- Engaging students in promotions like a poster contest or voting on new healthy items to offer
- Celebrating your successful, tasty, healthy canteen in your school newsletter or website

Make water the #1 drink in your school. Work with the school community to update old water fountains to include bottle filling faucets. Aim to remove all sugar sweetened and artificially sweetened drinks from the school.

4) Commit to only offering healthy drinks:

- Encourage the sale of white milk and water in creative ways such as including in a meal deal
- Do not offer sugar-sweetened or artificially sweetened drinks such as punches, fruit drinks, energy drinks, vitamin waters, sports drinks, pop or diet pop



Refer to [Healthy Foods For My School](#) and [Nourishing Minds](#) on the Government of Saskatchewan website for more information.

Written by the Public Health Nutritionists of Saskatchewan (2018)

