



School Food For All:
Nourishing Futures



L'alimentation scolaire pour tous :
Nourrir l'avenir



Embedding Food Literacy in School Food Programming: Opportunities for Greater Integration

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Wednesday June 3

10:50 am -12:10 pm



Équiterre



Overview of Today's Session

- Presentations unpacking the current context and opportunity in Canada
- Discussions:
 - Connecting with others
 - Exploring the opportunity to better integrate food literacy in school food together



What is food literacy?

A multidimensional concept including two core dimensions:

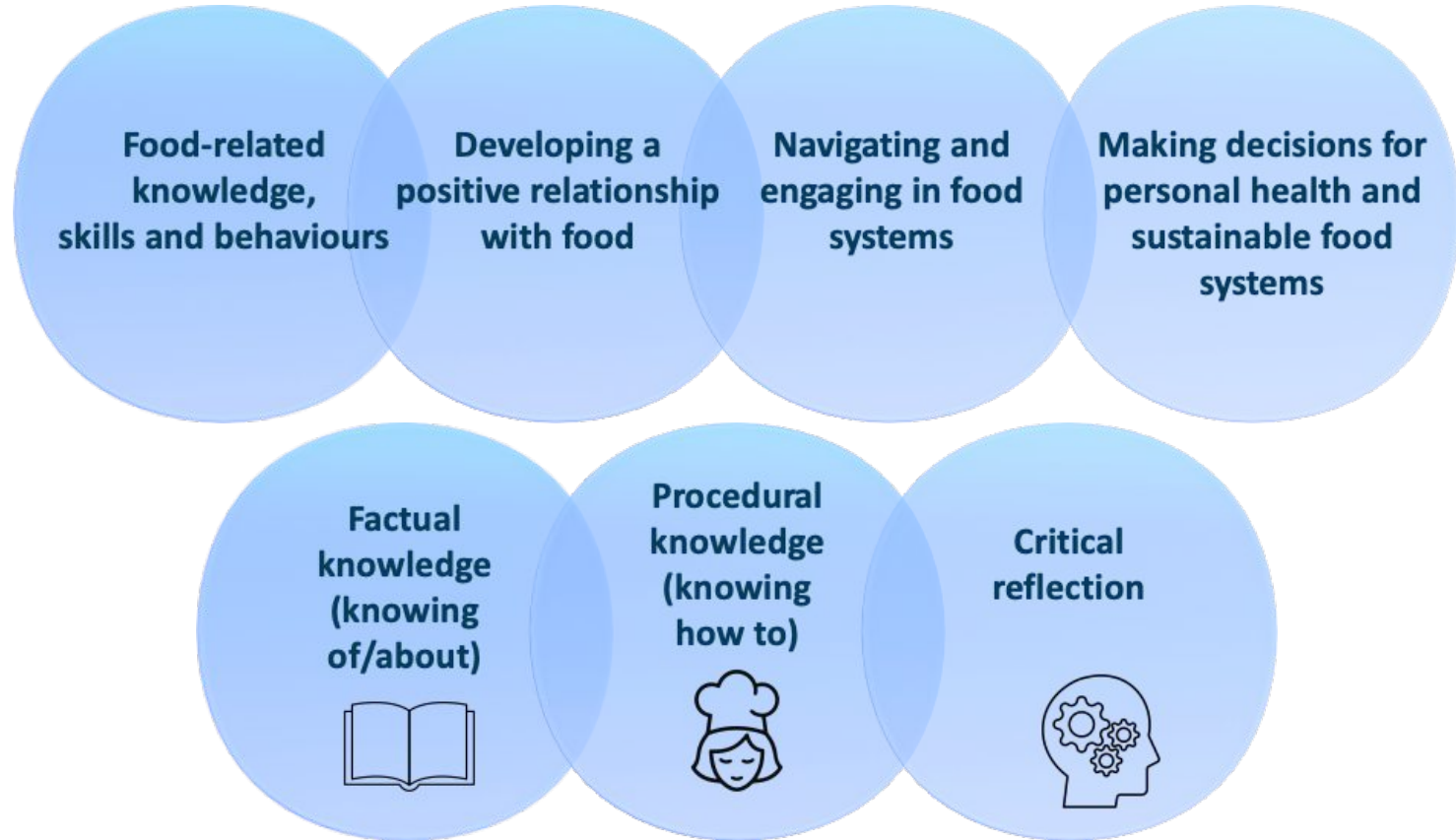
1. Health and Well-being
2. Food systems and Sustainability

Food literacy consists of:

- Knowledge & Skills
- Attitudes and behaviours
- In relation to food and food systems.



What is food literacy?



Food Education in Canada

- Growing, planning, preparing, serving, eating
- Learning about how to improve food systems
- Food traditions from different cultures
- Local farms, producers, organizations
- Learning from the land and water
- Reducing food waste and composting



Food Education in Canada

When:

- During mealtimes, in class time and in extra-curricular activities.

Who:

- School-level:
 - Educators, culinary arts, school champions
 - Community organizations
- Regional-level:
 - Board-level & Non-profits
 - BC [Association of culinary arts](#)



The Opportunity in Canada

- School food programs offer an opportunity to not only eat food, but to learn about it too!
- Right now, rare that school food & food literacy are integrated at scale



The Opportunity in Canada

- Canada's National School Food Policy includes the goal of building food literacy:
 - Positive food-related behaviours and attitudes,
 - Hands-on learning on food, nutrition & food systems to build knowledge & skills,
 - Strengthen connections between food and health, culture, and environment,
 - Infrastructure to grow, prepare, serve.
- All P/Ts have signed onto working towards



Regional & P/T Examples

- **Maskwacîs FN, AB:** 10 schools - Culinary, land-based and language learning
- **Yukon FN:** 30 schools - Traditional food systems in school & land-based
- **PEI School Food Inc.:** Exploring more food education & PD training
- **APPLE schools, BC Farm to School,** and others!



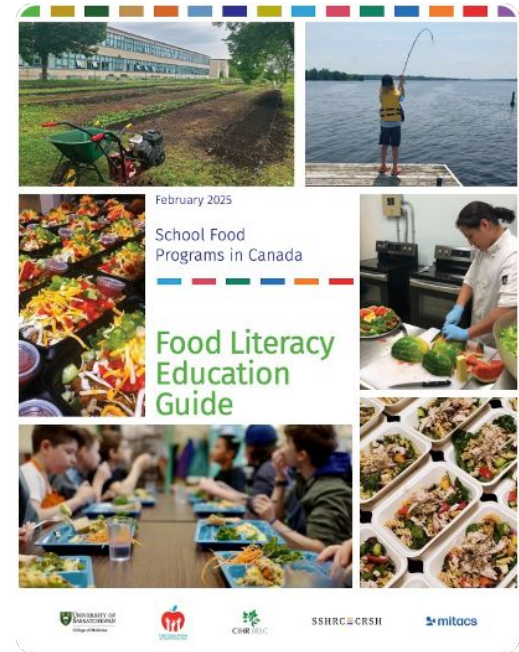
School Food & Food Education: Global Leaders

- **Finland:** *“The meal, like everything else at school, is for learning; students learn about the meal, eating together, what Finnish food culture is, and how a sustainable, good workday is organized”.*
- **Japan:** Student involvement in lunch program & embedded in curriculum
- **France:** Adult facilitators support tasting, food culture, social skills.



Involving Students: Ideas & Resources

- Many resources available (see appendix)
- Build your own stations (salad bars, breakfasts, snacks)
- Ask students to serve & clean up food
- Discuss where ingredients come from and how they relate to culture and traditions
- Allow time to connect during mealtimes



Goals for today's session

- Explore how we can integrate food literacy education into school food programming
- Get inspired by examples from throughout Canada
- Continue to build momentum post workshop
 - Resources in Appendix

