

# TIPS FOR BEING SUCCESSFUL WITH YOUR SCHOOL NUTRITION GRANT APPLICATION

Use the following tips in planning your nutrition initiative and include them in your grant application for a better chance at success.  
Click on underlined text in this document to visit webpage for more information.

1. **Gain approval and support from your principal.** See if anyone else in the school is interested to help.
2. **Start a school health action team or nutrition committee** made up of students, school staff, admin, parents, and community partners. [This team](#) can help make goals and carry out action plans throughout the year. The more people on board and helping out, the more chance you have for long-term success.
3. **Review your division's nutrition policy/administrative procedure (AP).** Make a plan for how the foods you want to offer will meet the guidelines set out. See if there are any other areas highlighted in the division AP that you can also include in your plan.
  - Not sure if your division has one? Ask your principal or check your division website.
  - [Nourishing Minds—Eat Well—Learn Well—Live Well](#) is a great resource to help in developing or updating one
  - **Use the SK School Food Guidelines—[Healthy Foods for my School](#)** - to help determine what foods to offer.
4. **Connect your nutrition goal with other identified needs** and outcomes in your application such as academic achievement, attendance, mental health, environmental sustainability, etc. Not sure where to find out? Ask your principal. Check to see if your school participated in the OURSchool or other student health surveys and review the results. Review the Saskatchewan Education Plan or your Division's strategic plan.
5. **Include students in your plan—[Involve students](#)** in planning, carrying out the plan and evaluating its success. Include strategies to provide students with opportunities to learn food skills and enhance [food literacy](#). Work with teachers to develop class assignments related to the food. E.g. creating posters to advertise menu items, developing a simple survey to evaluate acceptance of a new food program or menu item, developing a strategy to prevent waste associated with lunches and snacks, using food to learn about culture and food traditions, etc.
6. **Engage with families, community partners and organizations.** Is there anyone else that can lend their support or resources? E.g. nutritious food, equipment or cash donations, volunteer time, etc.. Do a call out for requests. This may help with sustainability and longevity of the program or initiative.
7. **Share the plan with the rest of the school staff, students and families** – gain excitement around what you hope to accomplish, and celebrate successes along the way.
8. **Connect with your local Public Health Nutritionist** for support and ideas along the way. See email below.



For more information Contact:

Email: [PublicHealthNutrition@saskhealthauthority.ca](mailto:PublicHealthNutrition@saskhealthauthority.ca)

**Healthy People, Healthy Saskatchewan**

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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