

SSNL Participation Nation Healthy Eating Policy

The foods we eat and our level of physical activity are shaped by the environments where we live, learn, work, and play. Supportive policies help create healthier choices and make them easier to access.

Our members have identified the cost of providing healthy food at events as one of the biggest barriers to offering nutritious options. To help address this challenge, the Healthy Eating Policy provides financial support to schools to offset these costs.

All Participation Nation event hosts are expected to comply with the Healthy Eating Policy.

Grant Criteria for Festival of Sports/Jamborees - after school or half day

- Schools must be a member in good standing with SSNL and have paid their membership fee.
- Limited funds are available annually and funds will be issued on a first come first serve basis per region.
- The sport or physical activity must be held in the extra curricular time slot and not during school time to receive a nutrition grant. The host school is eligible if a sport or activity starts in the school day but ends in the extra curricular time slot.
- Funding of up to \$1.50 per student will be allocated to pay for a fruit or vegetables. If there are 100 students expected to be in attendance, then \$150 is allocated to the event.
- 250 ml milk will be allocated per student and must be ordered, three weeks in advance of the event, online through the SSNL website and administered through the procedures outlined on the SSNL website.

Grant Criteria for Festival of Sports/Jamborees - full day

- Schools must be a member in good standing with SSNL and have paid their membership fee.
- Limited funds are available annually so schools are encouraged to pre-plan their jamborees in order to ensure the best opportunity the event will be funded.
- A one-day event, for a minimum of 6 hours, will be eligible to receive a healthy lunch for each participant and volunteer. A healthy lunch consists of a 250ml milk (free with school milk), a sandwich or wrap or soup and sandwich, and a piece of fruit. A maximum of \$6 per student will be allocated to pay. If there are 100 students expected to be in attendance, then up to \$600 is allocated to the event.

[Healthy Lunch and Snack Ideas](#)