



nutrition innovation awards

**Thought about making some changes to nutrition at your school?
Have you already made some changes?**

Your school can win \$1,000

What is the award?

Up to 5 awards, of **\$1,000 each**, will be presented to selected schools from kindergarten to grade 12 in Alberta, in recognition of their creative nutrition initiatives. These schools will also receive a certificate for their achievements and will have their school name published on our web site.

Why is this award being offered?

Children spend over half of their non-sleep time at school. This is why it is important to ensure that the nutrition environment in schools is a healthy one. We want to recognize and support those schools that have implemented innovative strategies and programs to improve the nutrition environment of their schools.

Research published in 2006 on children's eating habits in Canada shows that they are not eating enough vegetables and fruit or getting enough milk and alternatives. Children are choosing nutrient-poor high fat and high sugar snacks at the expense of more nutritious foods. Nutrition initiatives in your school can help to improve students' eating habits.

How does a school enter?

Complete the application and background information form and email, fax or mail it to:

**Debbie Pietsch, RD, Nutrition Educator
Alberta Milk
1303 – 91 Street SW
Edmonton, AB T6X 1H1 Fax (780) 455-2196
nutrition@albertamilk.com**

When is the deadline?

Applications must be received by March 31, 2009 and winners will be announced on April 30, 2009.

Who will judge these awards?

Alberta Milk and partners from Dietitians of Canada, Breakfast for Learning (Alberta) and Canadian Cancer Society.

For more information

Visit our website at www.albertamilk.com/nutritioninnovationawards.

Previous year's award-winning applications can also be viewed here.

Don't Delay - All applications received by March 31, 2009 will receive a prize for entering!

Healthy Growth Through Nutrition

1303 - 91 Street SW • Edmonton, AB • T6X 1H1 • Phone: 1-877-361-1231



Nutrition Innovation Awards for Alberta Schools

Application Requirements

Note: Please use the format provided. Maximum two pages, not including supporting materials. Bullet points and/or brief sentences are encouraged.

Your two page application should include:

1. Description of School Environment before Implementing Change (10 points)

- a) Include information on vending options, cafeteria food choices, special event days, track and field days, birthdays, classroom parties, any fundraising done with food items, and any breakfast, lunch or snack programs your school has.

2. Description of your Project (50 points)

- a) Describe all the great changes that you have done to improve nutrition at your school, including how you increased the consumption of Vegetables and Fruits and Milk and Alternatives, the two most under-consumed food groups.
- b) Include information about how these changes have enhanced nutrition education and supported the existing curriculum.
- c) Who was involved in your project and what role did they play in making it a success (students, teachers, parents, community organizations and businesses, etc.)?
- d) Describe any roadblocks you encountered during the implementation of your nutrition changes?
- e) Describe how you overcame your roadblocks.

3. Results (25 points)

Provide information on the impact the changes have had on your staff and students.

- a) Explain how your student's knowledge and behaviors have changed since implementing the nutrition changes at your school?
- b) Have you done any evaluations since implementing the changes to gauge its effectiveness?
- c) How has the nutritional changes impacted your school community?

4. Future Plans (15 points)

- a) Provide information on how you plan to continue your initiative?
- b) How will you sustain these changes?

SUPPORTING MATERIALS

(Up to a maximum of 5 pages which is over and above the two page application maximum) If you require these materials back, please let us know.

Please send along any additional materials that you feel support your program and would enhance your application. Items might include but are not limited to menus, guidelines, policies, newsletters, surveys or evaluations done, pictures, media attention, special event descriptions, student work, quotes from students, staff, parents, community members, etc.

Note: All supporting materials will be returned once the application review process is complete.

**Nutrition Innovation Awards
for Alberta Schools
\$1,000 School Awards**

Background Information

Note: This page must be completed in full and accompany your application to be valid.

Name and address of school: _____

Name of your School Division: _____

Health Region: _____

Grade Levels at your school:

Elementary School (Kindergarten to Grade 6)

Junior High School (Grades 7-9)

High School (Grades 10-12)

Other (please specify): _____

Number of students attending the school: _____

Contact Person (name, email, phone number) _____

Please check the box that correctly reflects your project:

New initiative Building on existing nutrition changes

If you are building on existing changes, when did you start? _____

I give permission for the school's name, contact information and initiatives to be featured on the Alberta Milk website and on any print material.

I acknowledge that all the information in this application is correct and the events stated here did occur.
Please include two signatures, one of which must be a school administrator.

Print Name: _____

Signed: _____
Applicant's signature

Date: _____

Print Name: _____

Signed: _____
School Administrator's signature

Date: _____