

JCSH News and Resource Bundle for January 24 2019

Hello everyone

Here is the News and Resource bundle for this week. It may not be a surprise that this bundle focuses on food stories, particularly on those devoted to Canada's new [food guide](#).

Cheers

Susan

News Articles:

1) New food guide unveiled without food groups or recommended servings

One of the strengths of the new food guide – its advocacy of fresh and minimally processed foods – may be one of the challenges for groups that support those of lower financial means, including students who participate in after-school food programs. The Toronto Foundation for Student Success worries that the recommendations of the food guide may not be possible for the poor: "Fresh fruits and vegetables, nuts, whole grain products are just out of the reach financially," the executive director said. For others, including a professor of nutrition at University of Montreal who advised on Brazil's food guide, this Canadian guide supports many diverse populations: "It goes way beyond just nutrients and food and really adopts this much more holistic approach, which is much more appropriate," said [Jean-Claude Moubarac](#).

<https://www.cbc.ca/news/health/canada-food-guide-unveil-1.4987261>

2) Is it time to revive a national school food program?

Canadian nutrition researchers, including [Dr. Sara Kirk](#) of Dalhousie University and [Dr. Valerie Tarasuk](#) of the University of Toronto, are among those calling for the implementation of a national school food program in the wake of the release of the new Canada food guide. It is one that has been made for almost eight decades, since the deputy minister of pensions and health introduced it in 1942, saying "No single step could be more valuable for the health of Canadians of the future." A 2017 UNICEF [report](#) ranked Canada near the bottom — 37th out of 41 high-income countries – on children's access to nutritious food.

<https://www.cbc.ca/news/health/canada-food-guide-school-food-program-1.4975302>

3) Food guide recommendations to limit sugary drinks could influence school nutrition programs, expert says

The promotion of water and unsweetened plant-based beverages may impact school nutrition programs that now include white and chocolate milk and fruit juices. Nutrition experts welcome the change, saying this will impact the beverages that may be sold or served in schools. "I think this will absolutely influence school food policy," said Yoni Freedhoff, medical director of Ottawa's Bariatric Medical Institute, who writes about food policy on his blog, Weighty Matters. "This will provide public health advocates with a credible document to help influence change in their schools."

<https://www.theglobeandmail.com/canada/article-beverage-recommendations-in-new-food-guide-to-be-felt-most-by-young/>

4) Alabama school tweets lunch photos, nutrition information

As a new way to support healthy food for students as well as their entire family, the Child Nutrition program for Tuscaloosa County Schools in Alabama has set up Twitter and Facebook accounts so parents and guardians are able to see what the students are eating in the lunch room. “We can do a lot with pictures and a lot of people actually like to see things instead of just read about them,” said the program’s director. They’re also doing live feeds from lunchrooms showing how the food is being prepared and talking about the nutritional value it provides kids. “Nutritionally speaking, we know that what we do is very important for their children to be very successful in the classroom,” the director noted.

<http://www.wbrc.com/2019/01/11/tuscaloosa-co-schools-promoting-healthy-eating-habits-using-social-media/>

Resource: Here’s what food guides around the world look like

The [UN Food and Agriculture Organization](#) has compiled a list of almost 100 food guides from around the world, most with information and messages similar to Canada’s new food guide:

- Eat a variety of foods.
- Drink plenty of water.
- Get enough exercise.

And most tend to agree that eating more vegetables and whole grains is best, while consuming sugar and too much fat — especially processed fats — is to be avoided.

But countries can get pretty creative when it comes to getting that information across. The shapes and delivery of messages are worth a look.

<https://www.cbc.ca/news/health/canada-food-guide-international-guidelines-1.4962611>