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**MEDIA RELEASE**

**Tuesday, September 14, 2016**



Ontario Society of Nutrition  
Professionals in Public Health

La société ontarienne des professionnel(le)s  
de la nutrition en santé publique

**TAKE A BITE**

**-A new program that celebrates small steps schools take toward a positive focus on food and eating-**

(ONTARIO) – The school nutrition environment has just gotten brighter, all thanks to a new program launched by the Ontario Society of Nutrition Professionals in Public Health (OSNPPH).

Teachers know that students enjoy eating nutritious food that looks appealing and tastes good in a relaxed and pleasant setting. BrightBites ([www.brightbites.ca](http://www.brightbites.ca)) has tools, resources and success stories to guide and inspire teachers and other school leaders to create this environment at their school “one bite at a time”, and recognizes them for their efforts!

[BrightBites.ca](http://BrightBites.ca) has something for everyone interested in boosting school nutrition; from insightful blog and Facebook posts, inspiring tweets and helpful Pinterest boards to easy-to-follow project ideas (badges) to involve students and have fun with food and nutrition!

Recognition comes in the form of fun badges that represent bite-size efforts of individual classes, School Councils, student groups or Healthy Schools Committees toward improving the school food environment or culture. Badges appear on the BrightBites Hall of Fame and can be shared through social media. Schools and classes can compete to see who can earn the most badges.

The program was pilot tested this spring. “One school has already earned seven badges” says Sandy Maxwell, Registered Dietitian and lead for the project. “Students at this school were asking for more vegetables and fruit at their snack program, community dinners and in celebrations. I can’t wait to see what they will do next”.

The program aligns with the Ontario Ministry of Education’s Foundations for a Healthy School framework and promotes student well-being; one of the renewed goals for education in Ontario to achieving student success. It is available in English and French and is designed to work on all types of devices including smartphones, tablets and smartboards.

BrightBites is developed and maintained by Registered Dietitians of the [Ontario Society of Nutrition Professionals in Public Health](http://Ontario Society of Nutrition Professionals in Public Health) who are the nutrition experts in public health units/departments across the province. This project was made possible through the financial contributions of many health units/departments and a grant from the Ontario Ministry of Education.

Teachers and school leaders from across the province can create a team and start earning badges now at [BrightBites.ca](http://BrightBites.ca).

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For media inquiries, contact:

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