**BrightBites Blog – Sept. 14, 2016**

**Welcome to BrightBites!  Boost school nutrition. Receive recognition. One bite at a time.**

Welcome to B[rightBites.ca](http://www.brightbites.ca) and a new school year! BrightBites is ready with tools, resources and success stories to guide and inspire teachers and other school leaders who are passionate about wholesome food and the enjoyment of eating to spread this passion throughout their school.

We believe that the way food is presented and discussed at school, as well as the eating experience – the surroundings, time for eating, etc., has a big impact on the physical health and mental well-being of students, staff and their families. We refer to this as the *school food culture* or *school nutrition environment*. We will explore this idea in future blogs and through Facebook and Twitter.

We are excited to sharethis innovative program that celebrates small steps that can make a big impact to improve the culture of good food and the enjoyment of eating at school. BrightBites is available in English and French and is designed to work on all types of devices including smartphones, tablets and smartboards.

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

Please Like us on Facebook and follow us on Twitter and email us through our website if you have any questions.