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## Healthier Food Choices for High School Students

*High School Grant Program to Improve Student Nutrition*

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Ontario is helping high school students eat more nutritious meals to improve their health and help them learn more effectively.

Through the province's new Healthy Eating in Secondary Schools program, high schools and school boards can apply for one-time grants of up to \$50,000 to support innovative projects that encourage students to eat healthier. Projects will begin rolling out this September and can include partnerships with postsecondary institutions or non-profit organizations that promote healthy eating.

Examples of projects that could be eligible for funding include:

- A training program run by a chef school to help cafeteria staff create healthier food options.
- A healthy eating club for students.
- A partnership with farmers to provide healthy, local Ontario foods to students.
- An updated cafeteria space that incorporates healthy eating information or an urban garden.

Improving student health and well-being is part of the Ontario government's economic plan to invest in people, one of the three pillars of the province's plan to build modern infrastructure and support a dynamic and innovative business climate.

### QUOTES

" Students across Ontario deserve access to healthy food choices in their schools. These grants will help students opt for healthier choices while creating innovative projects and partnerships in our communities."

- Liz Sandals

Minister of Education

### QUICK FACTS

- The province is investing a total of \$2.2 million in the Healthy Eating in Secondary Schools Grants.

- Through its Healthy Kids Strategy, the province recently invested an additional \$3 million in Ontario's [Student Nutrition Program](#) to create more than 200 new breakfast and morning meal programs for about 33,000 elementary and secondary school students in higher-needs communities.
- Since 2003, Ontario has invested \$2.4 billion to build high school infrastructure, including 93 new schools and 101 additions and renovations.
- Eighty-three per cent of students graduated in 2011-12, up from 68 per cent in 2003-04.

## LEARN MORE

- [Healthy Kids Panel Report](#)
- [EatRight Ontario](#)
- [Foodland Ontario](#)

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