

Building Healthy Environments

Providing healthy environments is important for everyone, especially for children as they grow to develop healthy habits. As a community, we must create environments where making a healthy choice is the easy choice.

What is your organization doing to make the healthy choice the easy choice for children and youth?

How to use this chart:

1. Read through the chart and use the legend to track how you have built a healthy environment and what you will continue to work on.
2. Set a goal to make improvements in one or more areas.
3. Involve parents, children, businesses and other organizations to help you to reach the goal.
4. Share the goal with the community to gain support.
5. Look for resources to support your goals on www.burlington.ca and www.iparent.ca
6. Revisit the chart often.



Building Healthy Environments in Community Agencies

(libraries, faith groups, after school programs, camps etc.)



Water Does Wonders	Choose to Boost Veggies and Fruit	Run. Jump. Play. Everyday.	Power Off and Play Reduce Screen Time	General Good Practices for Creating Healthy Environments
The importance of water and the reduction of sugar sweetened beverages is emphasized year round and actively promoted with children and parents.	The importance of vegetables and fruit is emphasized year round and actively promoted.	Through physical education programming introduce children/youth to all types of activity - focusing on physical literacy skills that allow them to participate in a variety of physical activities.	Rarely provide screen time as an activity.	Rewards are always non-food items and may involve opportunities to be physically active.
Drinking water is available and encouraged during program times.	Provide opportunities for children to learn about the importance of vegetables and fruit for our bodies.	Provide opportunities for children to learn why it is important to move our bodies everyday.	Limit idle time at screens in program space.	Replace junk food fundraisers with vegetable and or fruit sales or non-food fundraisers.
Cold drinking water is available at all hosted events, programs, meetings etc. either in jugs, pitchers or coolers.	Provide opportunities for students to learn about where their food comes from [i.e.. Farm trips, gardening, window sill growing].	Aim to hit the Canadian Society for Exercise Physiology movement guidelines. www.csep.ca	Provide opportunities for children to be outside for both learning and physical activity.	When serving food at activities or events, offer more healthy options than not.
Bottled water is available at events only where access to tap water is not possible.	Provide opportunities for children to learn how to grow food.	Engage children in active play outdoors and provide equipment.	Create a campaign for families to stay within recommended screen time limits, turn screens off at meals and before bed, replace screen time with other activities and for adults to be good role models of these behaviours.	Healthy food drives - encourage families to bring in items from the Healthy Food Drive List.
Sugar sweetened beverages, including 100% juice, are not available at any event where there are children. Water and or white milk are available.	Provide opportunities for children to prepare vegetables and fruit.	Ensure that physical activity allows for maximum participation - children/youth do not sit out as part of the game.	Create Power Off Zones for parents and youth during certain activities (eg. Play groups).	Provide training for staff on healthy behaviours.
Install water bottle refill stations to increase access to water.	Provide opportunities for children to try new vegetables and fruit.	Allow children and youth outside in all weather (while following guidelines).	Eliminate screen time during eating times. Encourage conversation and paying attention to what we eat.	Connect with parents about healthy behaviours through bulletin boards, events and electronic communications.
Staff role model healthy behaviours by drinking water in front of children and not sugar sweetened beverages.	Provide vegetables and fruit at every meal and snack served.	Make physical activity fun to increase enjoyment and participation.	Promote active, unstructured outdoor play.	Create policies about providing supportive environments around health. (e.g. screen time use, food and beverages at events, role modeling)
Sugar sweetened beverages are not made available at staff meetings or gatherings. Tea, coffee and water are available.	Staff role model healthy choices by choosing healthy foods in front of children.	Support and encourage active transportation.		
Register to be a BlueW location. www.bluew.org	Offer veggies and fruit at celebrations and reduce or eliminate celebrating with unhealthy foods.	Staff participate in activities where possible as good role models.		
		Offer training to staff and youth to introduce new games.		

Legend	Use the following markings to track where you are with each good practice.
Check Mark	We have implemented this good practice.
Circle	We are sometimes implementing this practice and are continuing to work on it.
X	We rarely or don't implement this good practice but would like to make changes in this area.

