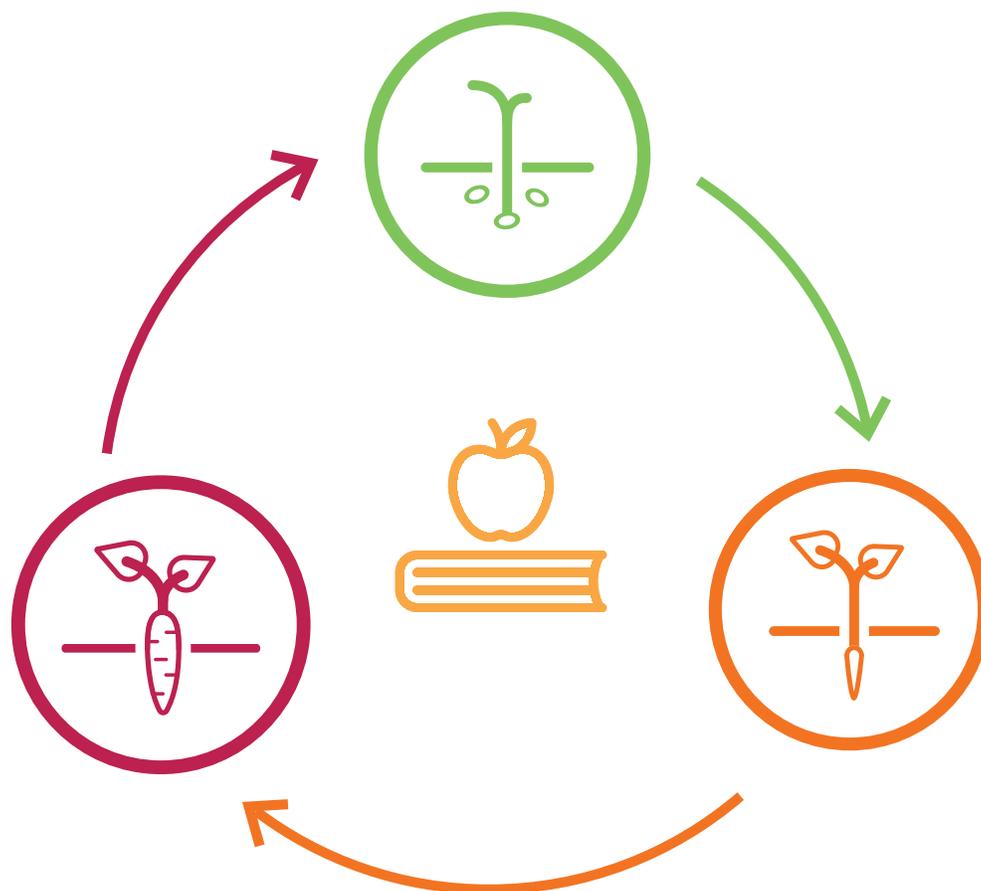


Improving access to healthy, local and environmentally responsible food in Quebec schools



1

Get started

- Define the project and its goals
- Assemble your team
- Identify your needs
- Consider health and hygiene measures
- Find local suppliers
- Create nutritious, local and environmentally responsible menus
- Get inspired by others
- Make your game plan

2

Consolidate

- Establish processes for food preparation and distribution
- Ensure the sustainable management of food surpluses and waste
- Get the students involved
- Promote the project

3

Make it sustainable

- Think long term
- Measure results
- Document your experience
- Promote your project
- Involve and mobilize the entire school team and community



1 Get started

Projects and goals

- Determine the type of project
- Establish clear, measurable and realistic goals
- Make the project accessible
- Increase the amount of local food

Your team

- Rally an enthusiastic school team
- Bring together community partners

Needs

- Identify a location
- Make a list of equipment
- Establish a detailed and realistic budget

Health and hygiene

- Consider health and hygiene measures
- Obtain the proper training and permits
- Adapt to the COVID-19 situation

Local suppliers

- Establish a portrait of what food is currently available
- Determine your purchasing criteria
- Choose your procurement method
- Consult resources
- Establish win-win partnerships

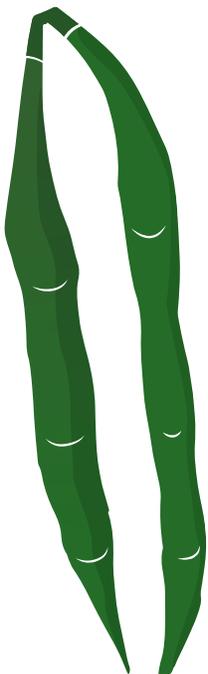
Healthy, local and environmentally responsible menus

- Encourage sustainable food
- Plan according to the seasons
- Transform your practices for long-term savings
- Offer a variety of colours, shapes and textures

Champion institutions

- Be inspired by others
- Establish the winning formula

Make your game plan





2 Consolidate

Food preparation and distribution

- Find the right formula
- Get the students involved

Environmentally responsible management

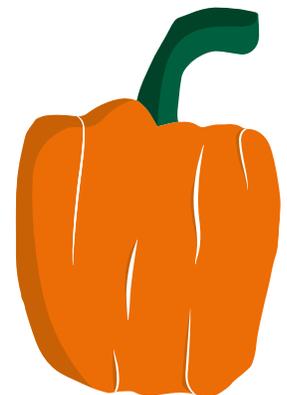
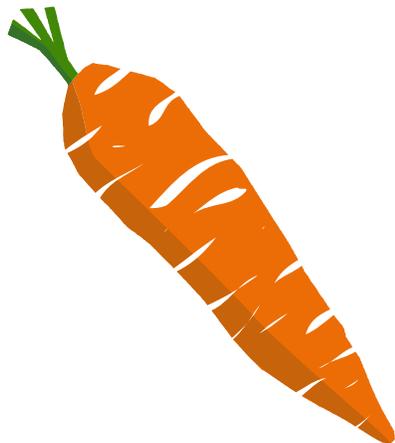
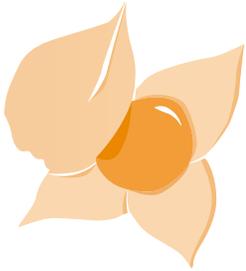
- Plan and assess any food surpluses or waste
- Avoid waste

Student involvement

- In class
- In the school yard
- In the garden
- In the kitchen
- In managing the project

Project promotion

- Update the school community about the progress and success of the project
- Be creative





3 Make it sustainable

Long term planning

- Aim for self-financing
- Find additional resources

Measuring results

- Measure stakeholder satisfaction
- Make adjustments
- Quantify the proportion of local food

Documenting the experience

- Pass on knowledge and expertise to others
- Prepare a report

Giving the project visibility

- Create a communications plan
- Tell your story

Mobilizing the school team and community

- Integrate the project in the educational program
- Involve the community

