



# Sask Camps Presentation 2023

Beyond Menu Planning: Providing a Positive Food Experience

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**Healthy People, Healthy Saskatchewan**

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



## Vision, Mission, Values and Philosophy of Care

**VISION**

Healthy People, Healthy Saskatchewan

**MISSION**

We work together to improve health and well-being. Every day. For everyone.

**VALUES**

- **SAFETY: Be aware.** Commit to physical, psychological, social, cultural and environmental safety. Every day. For everyone.
- **ACCOUNTABILITY: Be responsible.** Own each action and decision. Be transparent and have courage to speak up.
- **RESPECT: Be kind.** Honour diversity with dignity and empathy. Value each person as an individual.
- **COLLABORATION: Be better together.** Include and acknowledge the contributions of employees, physicians, patients, families and partners.
- **COMPASSION: Be caring.** Practice empathy. Listen actively to understand each other's experiences.

**PHILOSOPHY OF CARE:** Our commitment to a philosophy of Patient and Family Centred Care is at the heart of everything we do and provides the foundation of our values.



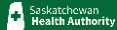
### SHA Treaty Land Acknowledgement

We would like to acknowledge that we are gathering on Treaty 2, 4, 5, 6, 8, and 10 territory and the Homeland of the Métis.

Recognizing this history is important to our future and our efforts to close the gap in health outcomes between Indigenous and non-Indigenous peoples.

I pay my respects to the traditional caretakers of this land.

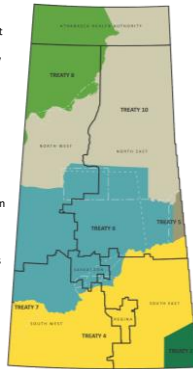
[www.saskhealthauthority.ca/trc](http://www.saskhealthauthority.ca/trc)



**Treaty Territories and Saskatchewan Health Authority Areas**

Depictions of Treaty boundaries are subject to variation. These boundaries are usually not surveyed and are estimated based on written descriptions.

This map displays the Pre-1975 Treaties (Historic Treaties) in colour, as provided by Crown-Indigenous Relations and Northern Affairs Canada. The grey lines indicate alternate boundaries compiled from various sources.



# The Camp Food Experience



### Reflection Question

Can you remember a positive and/or negative experience you had with food growing up?



# Relationship With Food



## Take a positive and inclusive approach to food and eating

- Focus on exploring food with neutral exposures and promoting curiosity
- Avoid activities that sort foods into “healthy” or “unhealthy” categories.

<https://healthyschoolsbc.ca/teach-food-first/>



## Take a positive and inclusive approach to food and eating

- Embracing that eating looks different to everyone
- Celebrating all the ways that food supports not only our physical health, but also our social, mental, and spiritual well being



## Positive Camp Experience (and beyond)

- Small group cooking activities
- Gardening-based activities
- Foraging-based activities
- Recipe cards
- Context behind meal (i.e. chef’s fav)
- Special event with a menu
- Traditional/cultural foods applied in a familiar meal
- Conversation cards at a meal
- Mindful eating activities



# “A Good Eater”



## A “Good Eater...” is a Competent Eater

### Eating Attitudes

Have positive attitudes about food and eating

### Food Acceptance

Be comfortable with food; able to learn to like new foods

### Internal Regulation

Intuitively eat as much as needed for energy and growth

### Food Management Skills

Plan, prepare and eat regular meals and snacks (later)



## Division of Responsibility for feeding and eating

### Adults Decide

- When to eat (e.g. lunch time)
- Where to eat (e.g. at desks or tables)
- What to offer to eat (e.g. food provided in nutrition program or sold in cafeteria/canteen/fundraising, etc.)

### Children/Youth Decide

- Whether or not to eat
- How much to eat
- In what order to eat

<https://healthyschoolsbc.ca/teach-food-first/guiding-principles/>



## Which of the following uses a DoR?

Eat your veggies before you have the cookie

Finish your sandwich before you go outside

Sit down while you eat your meal

You should try just one bite, you might like it

I'm excited to try this lasagna recipe with you, it's my grandma's recipe

Yay! You ate all of the tofu!



# Balanced Nutrition



## Canada's Food Guide



<https://food-guide.canada.ca/en/food-guide-snapshot/>

When it comes to "eating healthy," the *pattern* of food that a person eats is more important to a healthy diet than focusing on single foods or individual nutrients



## Snack Time

- >1 Food Group
- Filling enough for the gap between meals
- Can include "treat" food choices with neutrality



# Weight Bias & Stigma



## Weight Bias Key Strategies

### Weight Bias at Home and School

#### REVIEW: KEY STRATEGIES

**Be Aware.** Be alert to incidences of weight bias, understand your own attitudes, and those of your children and/or students.

**Educate Yourself.** Understand the multiple complex causes of obesity so you don't make false assumptions about people who are overweight or obese.

**Avoid "Fat-Talk."** Be careful of how you discuss weight in the presence of children. Use sensitive and appropriate language.

**Intervene.** When you see teasing and bullying happen, intervene to stop the behavior. Encourage children to do the same and support their friends and classmates.

**Include Positive Role Models.** Identify role models with diverse body types and help children to understand that people of all shapes and sizes can be successful.

**Be Sensitive.** Avoid situations of potential embarrassment for overweight and obese children, where they may feel singled out or excluded.

**Advocate Weight Tolerance.** Be a role model by enforcing a zero-tolerance policy of weight-based teasing.

**Emphasize Health,** not appearance. Encourage healthy lifestyle habits for all children, regardless of their body size.

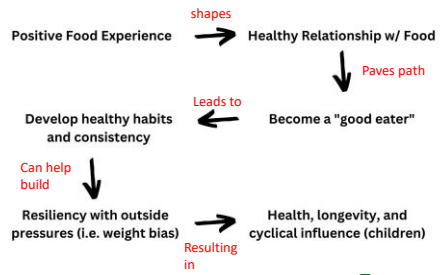
<https://media.ruddcenter.uconn.edu/PDFs/DiscussionGuideHomeSchoolVideo.pdf>

# Summary



## Summary

Point made?



# QUESTIONS

Contact Information:

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Want to connect with a public health nutritionist in your area? Let us know and we can help.

