

Create a supportive school food climate. Foster positive relationships with food and bodies. **One bite at a time.**

What is it?

BrightBites.ca is a trusted, evidence-based website created by **Ontario Dietitians in Public Health**. It's designed to help educators create a **positive, inclusive school environment** where students can develop **healthy relationships with food and their bodies**.

Whether you're planning a lesson, organizing a school-wide initiative, or simply looking for guidance, BrightBites.ca supports you every step of the way.

What Will You Find on the Website

- **In the Classroom** - Grade-specific, curriculum-aligned activities with background info for educators and ready-to-use lesson ideas.
- **School Food Climate** - Ideas and tools for school-wide initiatives that support inclusive food practices and body confidence.
- **Resources** - Practical guides and real-life scenarios to navigate tricky situations with care and confidence.

Guiding Principles

Talk Positively about Food	● Celebrate food's role in well-being, culture, and connection. ● Avoid moral labels like "healthy" or "junk." ● Encourage curiosity, exploration, and eating together.
Respect Roles in Eating	● Families decide <i>what</i> food is provided. ● Educators decide <i>when and where</i> students eat. ● Students decide <i>whether and how much</i> they eat.
Promote Body Inclusivity	● Challenge body stereotypes and diet culture. ● Focus on qualities and abilities, not appearance. ● Address weight-based comments and bullying.

Discover BrightBites in action!

Watch this [short video](#) to see how this resource can support your work.