



Boost school nutrition. Receive recognition. One bite at a time.

brightbites.ca

An easy and free online program that helps boost school nutrition by earning fun, easy badges! Participate as a school team or an individual school group/classroom. Every badge you earn improves your rank in the online provincial Hall of Fame!



Continue to choose, earn and claim badges!

bright bites

Beginner Badges (5 points)



A Taste of Nutrition
Healthy Eating Campaigns



Paint Your Plate
Vegetables & Fruit Promotion & Lessons



Rise and Shine
Student Nutrition Programs



Zesty Lessons
Vegetables & Fruit Promotion & Lessons

Intermediate Badges (10 points)



The Big Day
Healthy Events



Pack it Up
Healthy Lunches



It's an Honour
Healthy Rewards



Reason to Celebrate
Healthy Celebrations



Water Works
Water Promotion

Expert Badges (15 points)



Bright Idea
Innovation



Green Thumb
School Gardens



Menu Makeover
Healthy Catered Options



Show Me the Money
Healthy Fundraising



Cook it Up
Increasing Food Literacy



Fresh it Up
Cafeteria Makeover



Sip Smart!™ Ontario
Education on Sugary Drinks