

HOW will the BC School Fruit and Vegetable Nutritional Program work?

Students will receive a fruit or vegetable snack in the classroom. In-School Coordinators in each school will prepare snack bins for every classroom.

Students will eat the snack during class time, not at recess or at lunch. This snack is not meant to replace the foods students normally eat at school. Students can make their own decision on whether to taste the fruits or vegetables offered.

Food-allergic children should only be offered food approved by their parents. Please notify the school if your child has any food allergies.

BC Grown Fruits and Vegetables

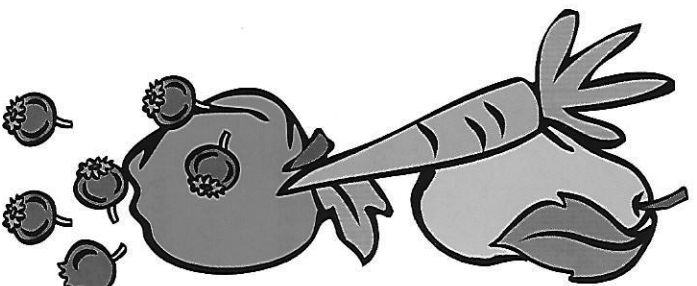
We recommend that the fruits and vegetables provided on the *BC School Fruit and Vegetable Nutritional Program* be washed prior to consumption. Throughout the *BCSFVNP*, the importance of safe food handling and washing will be emphasized.

The fresh and nutritious fruits and vegetables to be served in the *BC School Fruit and Vegetable Nutritional Program* will be grown in BC, subject to availability.

Serving BC grown fruits and vegetables

- enhances the market for locally produced food products
- contributes to the sustainability of rural communities and economies
- raises awareness of the importance of maintaining local agriculture as a source of food

Examples of the fruits and vegetables that may be included in this Program are: plums, apples, tomatoes, pears, carrots, kiwifruit, cucumbers, celery, grapes and peaches.



- **PICK** local fruits and vegetables.
- **PICK** a variety of colourful fruits and vegetables.

- **WASH** hands before eating.

- **WASH** fruits and vegetables before eating.

- **ENJOY** the taste of local fruits and vegetables.
- **ENJOY** eating 5 to 10 servings of fruits and vegetables every day.

The *BC School Fruit and Vegetable Nutritional Program* encourages everyone to pick, wash and enjoy fruits and vegetables as part of a healthy lifestyle.

Canada's Food Guide recommends 5 to 10 servings of vegetables and fruits every day.

WHAT counts as a serving?

- A medium-sized piece of fresh fruit
- 1/2 cup (125 mL) raw, cooked, frozen or canned fruits or vegetables
- 1 cup (250 mL) raw leafy vegetables
- 1/4 cup (50 mL) dried fruit
- 1/2 cup (125 mL) fruit or vegetable juice

Welcome to +Milk

The *BC School Fruit and Vegetable Nutritional Program* has expanded! We are pleased to provide an opportunity for schools with Grades K-2 to offer local milk, in addition to fruit and vegetables, as part of this innovative program.

Why +Milk?

As with fruits and vegetables, we know that children aren't meeting recommendations:

- 37% of children aged 4–9 do not meet the minimum recommended number of servings of Milk & Alternatives each day. Children this age need 2 Food Guide Servings/day. A Food Guide Serving is equivalent to 8 oz. or 250 mL.

The problem grows as children get older and as the need for Milk and Alternatives increases:

- 61% of boys and 83% of girls aged 10–16 fail to meet recommendations for consuming Milk & Alternatives. Children and youth in this age group need 3–4 Food Guide Servings/day.

Providing an opportunity to get a small portion of milk during the school day makes good sense. It also makes good sense to start building good habits with the youngest children. That's why +Milk is being offered to Grades K-2.

How does it work?

Participating schools receive small cups of milk for each child in Kindergarten, Grade 1 and Grade 2. Like the fruit or vegetable snacks, the milk will be delivered every week for 13 selected weeks throughout the school year.

Your child will have the opportunity to enjoy fresh, local 2% milk in their classroom while learning about healthy eating and agriculture. Your child will discover that drinking milk is not only good for them—it's good for their local farmers and