



### WHY a BC School Fruit and Vegetable Nutritional Program?

#### Improves children's health

- only 20 to 25% of children eat the recommended daily minimum of five servings of fruits and vegetables
- eating habits established in childhood are important for long term health
- fruits and vegetables contain many vitamins and minerals that are important in children's growth and development
- diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases (e.g. heart disease and diabetes)

#### Improves children's ability to concentrate

- children who eat healthy foods are more attentive and are able to focus more on their school work

*When everyone works together—home, school and community—everyone benefits.*

BC School Fruit and Vegetable Nutritional Program



### WHO is involved?

The *BC School Fruit and Vegetable Nutritional Program* is brought to your school by the BC Agriculture in the Classroom Foundation – a registered non-profit dedicated to “Working to bring BC’s agriculture to our students.” The Foundation is working with local growers and distributors to bring fresh BC products to the students at your school.

This program is part of the provincial government’s healthy eating initiative that works together with government ministries, the health sector and partners to deliver programs and services that encourage healthy choices for all British Columbians.

### WHAT are the objectives of the BC School Fruit and Vegetable Nutritional Program?

- to increase consumption of local fruits and vegetables
- to increase awareness of the health benefits of fruits and vegetables
- to increase the awareness of fruits and vegetables grown in BC
- to increase the awareness of the safe handling practices of fruits and vegetables

For more information on Healthy Families BC visit [www.healthyfamilies.ca](http://www.healthyfamilies.ca).



BC School Fruit and Vegetable Nutritional Program



### For more information on Healthy Eating

Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)

Dietitian Services at HealthLink BC  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)  
or call 811

Canada’s Food Guide (2011)  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

BC Ministry of Education Healthy Schools  
[www.bced.gov.bc.ca/health](http://www.bced.gov.bc.ca/health)

### For more information on Food Safety

Food Safety Network  
[www.uoguelph.ca/foodsafetynetwork](http://www.uoguelph.ca/foodsafetynetwork)

Canadian Partnership for Food Safety Education  
[www.canfightbac.org](http://www.canfightbac.org)

### For more information on BC Agricultural Products

BC Ministry of Agriculture  
[www.gov.bc.ca/agri](http://www.gov.bc.ca/agri)

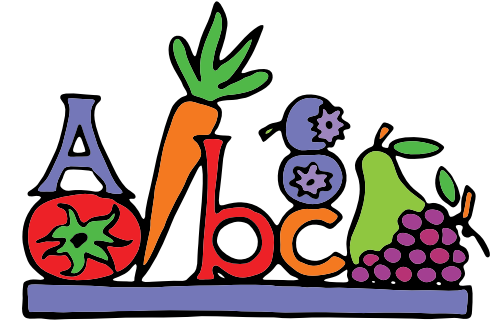
For more information about the BC Agriculture in the Classroom Foundation  
[www.aitc.ca/bc](http://www.aitc.ca/bc)

### References

1. Evaluation Report – Action Schools! Healthy Eating Quick Facts – Actions Schools! BC Pilot  
[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)
2. McCreary Society 2008 Survey – Nutrition Fact Sheet  
[www.mcs.bc.ca](http://www.mcs.bc.ca)



# BC School Fruit and Vegetable Nutritional Program



[aitc.ca/bc](http://aitc.ca/bc)



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

Students will receive a fruit or vegetable snack in the classroom. 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

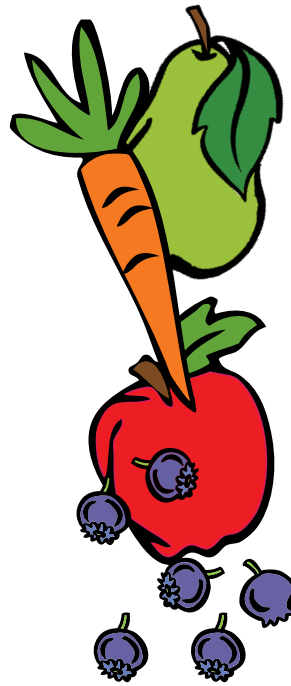
We recommend that the fruits and vegetables provided on the *BC School Fruit and Vegetable Nutritional Program* be washed prior to consumption. Throughout the *BCSFVNP*, the importance of safe food handling and washing will be emphasized.

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 and carrots.



- **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

community too. Our program will open up a whole new world of healthy food choices for your child, introducing them to the importance of eating food grown closer to home.

Fortified soy beverage will be available as an alternative. Please notify the school if your child has any food allergies. As well, notify the school if your child requires the fortified soy beverage alternative.

Each time milk is served, a new information sheet will be made available for teachers called the *Scoop This Week on +Milk*. Your child might bring home their *Scoop* to share with you. We encourage you to read it with them, play the games, answer the questions – you might learn something new about milk, too!

If you are interested in having milk available at school on a more regular basis, contact *BC Dairy Association* about *School Milk BC* ([schoolmilkbc@bcdairy.ca](mailto:schoolmilkbc@bcdairy.ca) OR <http://schoolmilkbc.ca> OR 1-800-242-6455.)

Check out and download the many *Scoops This Week on +Milk* at [www.aitc.ca](http://www.aitc.ca)

### Did you know?

Milk is natural—nothing is added to milk except for vitamins A and D. Every truckload of milk is tested for antibiotics to ensure that all milk meets the strict standards of no antibiotics in milk. No hormones are used with dairy cows in Canada.

For more information, consult: [www.bcdairy.ca](http://www.bcdairy.ca) and *The Truth About Canadian Milk* on YouTube.

