



BC SCHOOL FRUIT AND VEGETABLE PROGRAM COMING TO FRASER HEIGHTS IN THE NEW YEAR!



WHO is Involved?

The BC School Fruit and Vegetable Nutritional Program is brought to our 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 our 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?

- 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

WHY a BC School Fruit and Vegetable Nutritional Program?

- Improves Children’s Health
- Improves Children’s ability to concentrate

HOW will the Program Work?

Students will receive a fruit or vegetable snack in the classroom. Prepared by our school’s coordinator. Students will eat the snack during class time. 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 students should only be offered food approved by their parents—parents have been asked to please notify the school if their child has any food allergies.

Examples of the fruits and vegetables that may be included in this Program are plums, apples, tomatoes, peppers and carrots.

