

## **Fruit and Vegie Program**

The BC School Fruit and Vegetable Nutritional Program is part of ActNowBC, an initiative to improve the health of BC children and families.

Participation in this Program is at no cost to our school throughout the school year. Students and school staff will receive a fresh fruit or vegetable snack once a week every other week. Eating the recommended amounts of fruits and vegetables improves children's health and improves children's ability to concentrate. The fresh and nutritious fruits and vegetables to be served in the Program will be grown in BC, subject to availability.

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

If you would like to help out with the Fruit and Vegetable Program at the school, please contact [sppac@deltasd.bc.ca](mailto:sppac@deltasd.bc.ca)