

WHO is involved?

This is a collaborative Program of ActNow BC with funding from the BC Ministries of Healthy Living and Sport, Education, and Agriculture and Lands. It is administered through the BC Agriculture in the Classroom Foundation, a non-profit association dedicated to working with educators to bring BC's agriculture to students.

The BC School Fruit and Vegetable Nutritional Program is part of ActNow BC.

ActNow BC is the provincial government's healthy 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 ActNow BC and to take the ActNow BC Healthy Living Pledge, visit www.actnowbc.ca.

For more information on Healthy Eating

Dietitians of Canada
<http://www.dietitians.ca>

Dial-a-Dietitian
<http://www.dialdietitian.org>
or call toll free 1-800-667-DIET

Canada's Food Guide to Healthy Eating
<http://www.hc-sc.gc.ca>

BC Ministry of Education Healthy Schools
www.bced.gov.bc.ca/health/

For more information on Food Safety

Food Safety Network
<http://www.foodsafetynetwork.ca>
Canadian Partnership for Food Safety Education <http://www.canfightbac.org>

For more information on BC Agricultural Products

BC Ministry of Agriculture and Lands
<http://www.agf.gov.bc.ca/aboutind/products>
<http://infobasket.gov.bc.ca>

For more for information about BC Agriculture in the Classroom Foundation and the BC School Fruit and Vegetable Nutritional Program

<http://www.aitc.ca/bc>

References

1. Adolescent Health Survey II. The McCreary Centre Society, 1999. <http://www.mcs.bc.ca>
2. Heart and Stroke Report Card on the Health of Canada's Kids, 1999. <http://www.heartandstroke.ca>
3. <http://www.foodinschools.org>
<http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/FiveADay>

BC School Fruit and Vegetable Nutritional Program



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 vegetables¹
- eating habits established in childhood are important for long term health²
- 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)²

Improves children's ability to concentrate

- children who eat fruits and vegetables are more attentive and are able to focus more on their school work³

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

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.

Picked, Washed and Ready to Enjoy!

This is the key message of the Program. The fruits and vegetables provided in the BC School Fruit and Vegetable Nutritional Program are washed and ready to eat. No preparation is required. Throughout the Program the importance of hand washing and food safety 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, blueberries, grapes, pears, mini cucumbers, several varieties of 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 to Healthy Eating 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