

**SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
PROGRAM**

+ MILK



Welcome

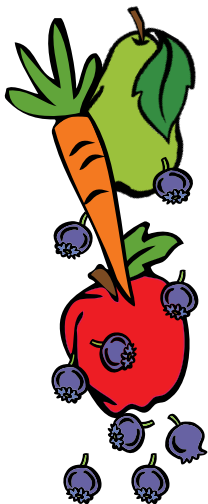
The **BC School Fruit and Vegetable Nutritional Program** is brought to your school by the *BC Agriculture in the Classroom Foundation* – a non-profit organization, dedicated to “Working to bring BC’s agriculture to our students.” The Foundation works with local farmers and distributors to bring fresh BC products to students in public and First Nations schools throughout BC.

This program is part of the provincial government’s healthy eating initiative that brings together government ministries, the health sector, and industry partners to deliver programs and services that encourage healthy choices for all British Columbians. Many of the fresh fruits and vegetables we provide are grown in BC. **+MILK** is provided by a partnership between the BC Dairy Association and the provincial government.

For information visit: www.sfvnp.ca

WHY Fresh Fruits and Vegetables?

Fruits and vegetables are essential for good health. They include many vitamins and minerals that are important in children's growth and development. Only 20 to 25% of children eat the recommended daily minimum of five servings of fruits and vegetables. Healthy eating habits established in childhood are important for long term health.



HOW does it work?

Every other week we deliver a fresh fruit or vegetable snack to the classroom of every student in Grades K to 12 in participating BC schools.

Students are offered the snack during class time. They make their own decision on whether they try the fruit or vegetable offered. It is not meant to replace the foods students normally eat at school.

WHY MILK?

Milk contains important nutrients like Calcium and Vitamin D that are good for your bones. As with fruits and vegetables, children aren't meeting the minimum recommended number of servings of Milk & Alternatives each day.

HOW does it work?

Every Grade K to 5 student at participating schools in our pilot program receives a small cup of milk with their fruit or vegetable snack.

Fortified soy beverage is available as an alternative.



For more program information visit www.sfvnp.ca

For information on healthy eating visit www.healthyfamiliesbc.ca