

SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
PROGRAM

+ MILK

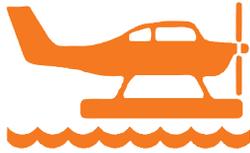
The BC School Fruit & Vegetable Nutritional Program

Includes +MILK Pilot for Grades K to 5



THE BC SCHOOL FRUIT & VEGETABLE NUTRITIONAL PROGRAM + MILK

9 PLANES & COMMERCIAL BARGES



GROWERS **526**

PROFESSIONAL DRIVERS **378**

DAIRY PRODUCERS

500

FERRIES **17**

8.2 million servings

SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM Celebrating 10 YEARS OF BC GOODNESS

97 GROCERY STORES



1,241 VOLUNTEERS

50 CROSS DOCKS & SUPPLIERS/PROCESSORS



SCHOOL SERVINGS **549,822**



SCHOOLS **1,464**

MILK SERVINGS **84,167**



The BC School Fruit & Vegetable Nutritional Program + MILK (BC SFVNP +MILK)

**A collaborative program, with funding and support from the
Government of British Columbia**

Administered by

BC Agriculture in the Classroom Foundation (BCAITC)

Partners in Distribution of BC Fruits, Vegetables and Milk

Save-On-Foods/PriceSmart Foods/Overwaitea Foods/ Cooper's Foods
Bulkley Valley Wholesale/Saputo BC

Please Contact

BC Agriculture in the Classroom Program Office

Toll Free 1-866-517-6225

Abbotsford (local) 604-854-6064

Fax 1-877-825-6068

www.aitc.ca/bc

Acknowledgements

Thank you to the Advisory Committee for their contributions in the initial development of this program in 2005.

Program Implementation Advisory Committee

LISA FORSTER-COULL – Provincial Nutritionist, Population Health and Wellness, BC Ministry of Healthy Living and Sport, Victoria BC
 BRENT WARNER – Industry Specialist, AgriTourism / Direct Farm Marketing, BC Ministry of Agriculture and Lands, Victoria BC
 KEN CORRAINI – Senior Manager, Food Industry Unit, Industry Competitive Branch, BC Ministry of Agriculture and Lands, Victoria, BC
 HELEN MYERS – Manager, Diversity, Equity and School Health Unit, BC Ministry of Education, Victoria BC
 DWAYNE MCCOWAN – Healthy Schools Coordinator, Initiatives Department, BC Ministry of Education, Victoria BC
 LARRY COPELAND – Director, Food Protection Services, Center for Disease Control, Vancouver, BC
 LYNN WILCOTT – Food Safety Specialist, BC Center for Disease Control, Vancouver, BC
 ANTHEA KENNELLY – Community Nutritionist, Community Nutritionists of BC, Courtenay, BC
 GERRY KASTEN – President, BC Agriculture in the Classroom Foundation, Abbotsford, BC
 LINDSAY BABINEAU – Executive Director (former), BC Agriculture in the Classroom Foundation, Abbotsford, BC
 JULIE DICKSON – Director, Public Relations and Communications, Overwaitea Food Group, Langley, BC
 MARLENE DERGOSOFF – Assistant Superintendent, Saanich School District, Saanich, BC
 BRYNA KOPELOW – Executive Director, Action Schools! BC, Vancouver, BC

Informational Materials Writing Committee

Lead Writer:

MARY GALE SMITH, PHD – University of British Columbia/Surrey School District, Vancouver, BC

Advisory Committee:

SHERYL GIUDICI – Community Nutritionist, Interior Health Authority, Kamloops, BC
 GERRY KASTEN – Public Health Community Nutritionist, Fraser Health Authority, Port Moody, BC
 SHANNON HANSFORD – Community Nutritionist, Interior Health Authority, Kamloops, BC
 ARELI HERMANSON – Community Nutritionist, Vancouver Island Health Authority, Victoria, BC
 VICKY PAWLOWSKI – Corporate Dietitian, Capers Community Markets, Vancouver, BC
 SYDNEY MASSEY – Director of Nutrition Education, BC Dairy Foundation, Burnaby, BC
 CAROL ANNE CAULFIELD – Consulting Dietitian, Coquitlam, BC
 HEATHER MCCOLL – Corporate Dietitian, Overwaitea Food Group, Langley, BC
 WENDY MA – Vice-Principal and Grade 2 Teacher, Brentwood Elementary, Saanich, BC
 BRENDA NOWAK – Intermediate Teacher, Dunach Elementary, Abbotsford, BC
 BRENT WARNER – Industry Specialist, AgriTourism / Direct Farm Marketing, BC Ministry of Agriculture and Lands, Victoria BC
 LINDSAY BABINEAU – Executive Director (former), BC Agriculture in the Classroom Foundation, Abbotsford, BC

Table of Contents

Welcome to The BC School Fruit & Vegetable Nutritional Program	1
Objectives	1
Key Messages	1
Background	1
Product Supply and Delivery	2
Role of the In-School Coordinator	3
Duties and Responsibilities	3
Program Products	7
Fruit & Vegetable Storage Guide	9
Product Log Sheets	10
Top 20 Questions and Answers	11
The BC School Fruit & Vegetable Nutritional Program +MILK for Grades K to 5	15
Background	15
Role of the In-School Coordinator	15
Milk Allergies and Intolerances	17
+MILK FAQs	18
Basic Milk Facts	20
Product Log Sheets	10
Top 10 Poster	Inside Cover

Welcome to The BC School Fruit & Vegetable Nutritional Program

The BC School Fruit & Vegetable Nutritional Program (BCSFVNP) is part of a provincial government initiative to improve the health of BC children and families. The program is a first in British Columbia. Similar programs in the UK and US have been very successful and positively received by students, parents and teachers. Your school is part of this innovative program that provides fresh fruit and vegetable snacks to classrooms in your school.

Objectives of The BC School Fruit & Vegetable Nutritional Program

Participants in this program will:

- Increase the acceptability of, exposure to and willingness to try fruits and vegetables
- Increase awareness of local fruits and vegetables
- Increase awareness of safe handling practices for fresh produce
- Increase the availability of local fruits and vegetables in BC schools
- Support the local economy through business for farmers and distributors
- Build relationships with produce and industry partners

Key Messages

- Pick and enjoy the taste of a variety of colourful, local fruits and vegetables
- Enjoy eating 5 to 10 servings of fruits and vegetables every day
- Wash hands before eating
- Wash fruits and vegetables before eating



Background

Most British Columbians are not consuming even the minimum recommended daily amount of fruits and vegetables. For example:

- The *Adolescent Health Survey IV* conducted by The McCreary Centre Society in 2008 reported that only a quarter of BC youths ate the recommended number of servings of fruits and vegetables ¹.
- *The Heart and Stroke Report Card on the Health of Canada's Kids, (1999)* reported that only 1 out of 5 Canadian children (20%) aged 6 to 12 ate the recommended daily minimum of 5 servings of fruits and vegetables ².
- The *BC Nutrition Survey* of adults (2004) recommended that people increase their intake of fruits and vegetables ³.

1 www.mcs.bc.ca/2013_AHS_Reports

2 www.heartandstroke.ca

3 www.health.gov.bc.ca/library/publications/year/2004/bcnutritionsurvey

Consumption of fruits and vegetables is essential for good health, and eating habits established in childhood are important for long-term health. Eating Well with Canada's Food Guide recommends eating 5 to 10 servings of fruits and vegetables each day.

A serving is:

- A medium-sized piece of fresh fruit
- ½ cup (125 mL) raw, cooked, frozen or canned fruits or vegetables
- 1 cup (250 mL) raw leafy vegetables
- ¼ cup (60 mL) dried fruit
- ½ cup (125 mL) fruit or vegetable juice

Product Supply and Delivery

The BC Agriculture in the Classroom Foundation is working with Save-On-Foods, PriceSmart Foods, Overwaitea Foods, Cooper's Foods, Bulkley Valley Wholesale and independent grocers to deliver fruits and vegetables to school communities. All fruits and vegetables will be BC grown where possible.

Fruits and vegetables will be delivered to your school by Saputo BC or an independent courier or grocer. In some instances, we have arranged through your school principal for a volunteer driver to pick up and deliver your fruits and vegetables. All product is to arrive prior to 3:00 pm on your scheduled delivery day. Delivery times will vary from school to school, so please check with school personnel to determine a delivery schedule.

Each school will be provided with distribution bins to assist with delivery of the fruits and vegetables to classrooms. The bins can be easily cleaned after each use and are equipped for convenient stacking and storage.

Note: Fruit and vegetable crops are susceptible to many outside influences (i.e., weather, temperature and handling) that may affect their quality upon delivery. We allow for approximately 5% to 7% spoilage/unexpected damage per shipment depending on case quantities (i.e., 1 case apples = 15 bad apples, 1 case cucumbers = 9 bad cucumbers).



Role of the In-School Coordinator

The In-School Coordinator is vital to the success of the BCSFVNP in the school. As the In-School Coordinator you will be responsible for distributing and delivering fruits and vegetables to classrooms in your school, as well as working with BCAITC to monitor and record successes and challenges.

Questions/Concerns:

- Email help@aitc.ca
- Call 1-866-517-6225 between the hours of 8:00 am and 4:30 pm Monday to Friday
- Consult website: www.aitc.ca/bc/myschool/login
 - On your school login you will find all of the information you need to successfully run the BCSFVNP in your school including product listing, product information sheets and product reporting log sheets, delivery dates, scheduling, and product-serving sizes

Duties and Responsibilities

Ensure Food Safety:

- Plan operations with BCAITC and your school's FOODSAFE Level 1 certified designate
- Submit a copy of your FOODSAFE Level 1 certified designate's Level 1 FOODSAFE certificate to BCAITC
 - Schools will not receive product until the FOODSAFE Level 1 certificate has been received
- Ensure the FOODSAFE Level 1 certified designate for your school is present when the cases are opened and when preparation and distribution of the product takes place

Communicate:

- Oversee implementation, coordination and operation of the BCSFVNP
- Communicate information between your school's primary contact and BCAITC
- Submit your school's Annual Renewal Form online to the BCAITC Program office in June
- Involve staff and students in a whole-school approach; share the tasks of preparing and distributing fruits and vegetables
- Ensure parent permission forms go home every September for new students. Your school is responsible for creating and distributing the forms—samples available on the BCSFVNP website at www.sfvnp.ca/running-the-program.html
- Record product information on the BCSFVNP product log sheets found on the school login page www.aitc.ca/bc/myschool/login
- Report any problems or concerns with the fruits and vegetables to BCAITC. If the product is not suitable for consumption, take a picture of the product, its box, the bar code and the product expiry date. Report your findings and upload the product photos, via the school login
- Participate in the evaluation of the BCSFVNP as feedback from BCSFVNP participants and stakeholders is key to assessing how we may improve the Program

Distribute the Product:

- Anyone at the school can receive the product at the time of delivery, however, please ensure that it is refrigerated right away, if required. (For Storage and Refrigeration Specification, please see table on page 9)
- Handle the acceptance and delivery of fruits and vegetables according to FOODSAFE specifications:
 - Wash hands for at least 20 seconds in warm soapy water
 - Dry hands thoroughly using clean paper towels or another single-use device, as our hands can spread bacteria
 - Have clean clothes and hair controlled
 - Ensure serving containers are washed according to FOODSAFE standards
 - Check all produce before it is delivered to classrooms
- In-School Coordinators or volunteers with open cuts, or suffering from diarrhea or vomiting, must be excluded from food contact activities
- Wash all fruits and vegetables provided in the BCSFVNP prior to consumption
 - This can be easily achieved right in their packaging, with the exception of sealed sliced products, which are ready to eat
 - Also, have students wash their hands before eating

Communicate Importance of Hand Washing Procedures

Hand washing is also especially important:

- Prior to preparing or handling food
- After going to the washroom
- After blowing your nose, coughing or sneezing
- After touching your mouth, face or hair
- After smoking
- After eating
- After handling raw meat, poultry, fish, eggs or unwashed vegetables
- After handling dirty dishes
- After touching boxes or garbage
- After handling animals, birds, fish or reptiles

Take Care of Serving Trays:

- Each school will be provided with classroom distribution trays equipped for easy stacking and storage
- The trays must be cleaned following FOODSAFE standards before each use
- Place the appropriate amount of fruits or vegetables for the classroom in each tray and then deliver to classrooms
- When snack time is over you will need to collect the classroom trays and wash them following FOODSAFE standards
- Ensure that these trays are kept from year to year to run the program
- Do not allow use of the trays on non-delivery weeks

Distribute Extra Fruits and Vegetables:

- You may have left-over produce because we do not break case lots of produce for food safety reasons. If you have 90 students in your school, you may receive a case of apples with 110 pieces.
- Utilize leftover produce however your school sees fit. For example:
 - Place a basket at the office so that students can help themselves
 - Distribute it to sports teams
 - Package it up and send it home with students who are in need



Manage School Information and Login

Upon acceptance into the BCSFVNP, each person who has been registered as a contact for the Program is able to use their email address when signing into the school login. Each contact is responsible for setting up and maintaining their password. We recommend bookmarking the school login page and accessing it once a week to check:

- List of deliveries
- Product log sheets
- Delivery policies and FAQs
- Product Case/Serving Size document (available to download)
- Information Sheets (Early & Middle Scoops) for each product (available to download)
- Available resource materials

Update School Information

You can submit changes to your school's information using the appropriate online form on your school login:

- Changes to general school information **NOT** related to the BCSFVNP, such as principal, student population, school address, etc., can be made directly on the home page. Simply click on the appropriate "Edit" button, underneath the information that you wish to change.

- For changes **specific to the BCSFVNP**, such as In-School Coordinator, FOODSAFE designate, Do Not Deliver Dates, allergies, etc., there is a separate online form. Click on the “My Info” link in the BCSFVNP section to get to the page that shows your school’s list of deliveries. Then, to make your change, click on the link “Edit My Info” located in the upper right corner.

Monitor Risk of Food Allergies:

Allergic reactions to fruits and vegetables are common. About 5% of the population have allergies to fruits and vegetables. Priority allergens include: eggs, milk, mustard, peanuts, seafood (fish, crustaceans and shellfish), sesame, soy, sulphites, tree nuts, and wheat.

Not all severe allergic reactions can be predicted or avoided, but to protect students with severe allergies, the BC Ministry of Education has put into action, the British Columbia Anaphylactic and Child Safety Framework, and the Anaphylaxis Protection Order. For more information visit: www.aai.ca/en/activity-BCAnaphylacticStudentProtectionAct.htm

School administrators, teachers and parents can work to create a safe environment for students with allergies and have access to resources to assist them. The In-School Coordinators should be aware of any school procedures to promote a safe environment for students with severe allergies. The school procedures may affect how the program is offered in the school.

To register an allergy, visit the school login. Registering an allergy will cancel the school’s order for that item. It is recommended that In-School Coordinators receive training in the following areas:

1. How to help prevent food allergens from getting into the produce
2. How to clearly label produce that is brought into schools

Some important information about how to help prevent allergens from getting into foods:

- If an allergen has been brought into the school, it is important that no traces of the food be found on anybody’s hands or other surfaces
- Wash your hands after eating and thoroughly clean all equipment, utensils and surfaces that you use to handle and prepare the fruits and vegetables

Cleaning Hands

The best way to get rid of all traces of food allergens (such as peanut butter) from your hands is washing with liquid detergent, bar soap or anti-bacterial sanitizers. Anti-bacterial hand sanitizers are not as effective at removing some allergens as washing with soap and water. Using just water, or dish soap alone does not remove all traces of allergens.

Cleaning Surfaces

Use common household cleaning products, such as Formula 409® (Clorox), Lysol® Disinfecting Wipes and similar cleaners with bleach, to help get rid of traces of food allergens from surfaces.

Program Products

The following is information on a selection of the fruits and vegetables served on a rotational/seasonal basis. Due to weather changes during the growing season, the distribution schedule of fruit and vegetable deliveries products available may vary.

We have created classroom information and activity sheets for each of the fruits and vegetables provided in the BCSFVNP. Encourage teachers to go to the Teacher Resource section of our website to download and use these sheets in their classrooms. See www.sfvnp.ca/program-resources.html.

Plums

Plums are a tree fruit with a smooth skin and a stone or pit in the centre. Prune plums have dark blue skins with yellow flesh. Other plums can be red, golden or black on the outside and red or yellow on the inside. Prune plums have a natural powder-like haze covering the fruit, referred to as the “bloom.” This is produced by the fruit for protection, has no flavour and does not wash off easily. The plums are safe to eat with the bloom and are very delicious.

Checking for Freshness:

Look for evenly-coloured, smooth fruit. Ripe fruit yields to gentle pressure.

Pears

Pears are a tree fruit. The outer skin can be light green, yellow or even reddish or brown. They have a core in the middle like an apple.

Checking for Freshness:

Look for firm, well-shaped fruit. Use fully ripe fruit for immediate use. Minor scars and blemishes do not affect flavour.

Cucumbers

Cucumbers grow on vines and belong to the same family as pumpkin, zucchini, watermelon and other gourds. We serve greenhouse-grown cucumbers that do not need to be peeled. The sweet, crunchy skin is rich in fibre.

Checking for Freshness:

Look for firm, well-shaped bright green cucumbers. Discard soft, over-mature or yellowing fruit.



Apples

An apple is called a “pome fruit,” because it has seeds in the middle protected by a core. There are many varieties of apples, each with a slightly different shape and colour. Some common apples grown in BC are: Red and Golden Delicious, McIntosh, Royal Gala, Fuji, Ambrosia, Jonagold and Spartan. We serve both whole apples and sliced apples. The sliced apples are pre-washed, cut, packaged and ready to eat in portion sizes.

Checking for Freshness:

Look for well-shaped, smooth skinned fruit that is free of bruises. Brownish freckled areas on the skin are natural and do not affect flavour.

Tomatoes

Tomatoes are the fruit of a vine plant. They have an edible skin that protects a juicy flesh. Most tomato varieties are red when ripe, but some are yellow and orange. We serve the following vine-ripened BC Hot House mini tomatoes varieties: strawberry tomatoes, cherry tomatoes, grape and concerto grape tomatoes.

Checking for Freshness:

Look for smooth, well-formed, firm tomatoes that are uniform in colour.

Carrots

Carrots are a root vegetable. We serve ‘Sweet-Bites’ and ‘Sugar Snacks’ baby carrots. These are special varieties of sweet carrots that have been peeled, cut and rounded off.

Checking for Freshness:

Look for firm, clean, bright orange carrots that are well shaped. Peeled carrots may have a white discolouration called ‘carrot blush’. Although completely safe to eat, it can be easily rinsed off.

Oranges

Mandarin oranges are citrus fruits. They have orange skins like navel oranges, but the skin is loose and easy to peel. Mandarin oranges do not grow in BC, but for many years BC residents have looked forward to this seasonal winter treat imported from Asia.

Checking for Freshness:

Look for plump fruit that is a uniform, bright orange in colour and free of blemishes.



BC SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM

FRUIT & VEGETABLE STORAGE GUIDE	
 <p>Unless I need to ripen keep me in the fridge!</p> <p>4°C FOODSAFE</p> <p>help@aitc.ca 1-866-517-6225</p>	<p>* READ <u>ALL</u> STORAGE & HANDLING INFORMATION LOCATED ON PRODUCT CASE</p> <p>* KEEP SCHOOL REFRIGERATOR AT 4° C</p> <p>* FOR PRODUCTS THAT MAY REQUIRE RIPENING (I.E.) PEARS, ENSURE CASE & PLASTIC LINER ARE OPENED TO ALLOW PRODUCT TO BREATHE</p>

FRUIT / VEGETABLE	ROOM TEMPERATURE STORAGE 20° to 22° C	REFRIGERATOR STORAGE 4° C / 40° F	SPECIAL TIPS
APPLES, SLICED	Do not store at room temperature	2 weeks from date packed (check package expiry date)	Apples will absorb odours from potatoes, onions and other fragrant produce.
APPLES, WHOLE August - January	No - apples tend to soften 10 times faster at room temperature	2 months	
APPLES, WHOLE February - July	No - apples tend to soften 10 times faster at room temperature	2 to 3 weeks in perforated plastic bag in crisper	
BLUEBERRIES	Do not store at room temperature	10 days, loosely covered	Store in shallow container.
CARROTS	Do not store at room temperature	2 weeks from date packed (check package expiry date)	Carrots absorb odours from apples and pears.
CELERY	Do not store at room temperature	2 weeks	Celery will absorb odours from apples, carrots, onions and pears.
CUCUMBERS Hothouse	3 days; store at 10° C	If not serving within 3 days, store for up to 1 week	Hothouse products are happiest at the 5°C/41°F temperature
GRAPES	Do not store at room temperature	5 days	Grapes will absorb odours produced by leeks and green onions.
KIWIFRUIT	Store loosely until ripe	1 to 2 weeks (ripe)	
MANDARIN ORANGES	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag	Oranges produce odours that are absorbed by meat, eggs and dairy products.
PEACHES	Store loosely until ripe	1 week; store uncovered in a single layer	
PEARS	Store loosely until ripe (Note: Ensure case and plastic liner are opened to allow pears to breathe!)	2 to 3 days; store uncovered in a single layer	Pears are ripe when flesh around stem gives to gentle pressure.
PEARS, SLICED	Do not store at room temperature	2 weeks from date packed (check package expiry date)	
PEPPERS Hothouse	3 days; store at 10° C	If not serving within 3 days, store for up to 1 week	Hothouse products are happiest at the 5°C/41°F temperature
PLUMS	Store loosely until ripe (Note: Ensure case and plastic liner are opened to allow plums to breathe!)	Once ripe, 3 to 5 days	Grey bloom on plums is natural and indicates freshness. This does not have to be washed off.
STRAWBERRIES Hothouse	3 days; store at 10° C	If not serving within 3 days, store loosely in shallow container for 1 to 2 days	Hothouse products are happiest at the 5°C/41°F temperature. For optimal flavour allow strawberries to reach room temperature before eating.
SUGAR SNAP PEAS	Do not store at room temperature	1 to 3 days; store loosely in plastic bag	
TANGERINES	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag	Tangerines produce odors that are absorbed by meat, eggs and dairy products.
TOMATOES Hothouse	3 to 4 days, uncovered, out of direct sunlight, until ripe; when ripe use in 1 to 2 days	No; stops ripening and affects flavour	Hothouse products are happiest at the 5°C/41°F temperature. Refrigerate only when well ripened, but will affect flavour.

Source: Canadian Produce Marketing Association (CPMA), BCSFVNP Suppliers
 Information about storing fruits and vegetables can be found on the CPMA website at the following link:
http://www.cpm.ca/Files/CPMA_HomeStorageGuide_English.pdf

Issued by BC Agriculture In the Classroom
 Updated: January 2015

Product Log Sheets

To assist you in managing the Program and provide us with valuable feedback, we have created online log sheets that allow you to track, rate and comment on details of each of the products delivered to your school.

- Access the online product log sheet through your school login at www.aitc.ca/bc/myschool/login. The log sheet shows a summary of the products by name, delivery date and status. Click on “Complete Log” next to a delivered product to open a log entry for that product.
- Submit completed reports online through your school login.

Example of a Product Log Sheet:

[my school](#) [my resources](#) [sign out](#)

Delivery Log Entry

All fields are required, unless otherwise noted.

School name	Your School Name here
Delivery	Mar 8th, 2016: Snap Peas BULK BAG ▼
Date received Did not receive this product or any replacement? Click here to report it.	<input type="text"/>
Date served	<input type="text"/>
If you received a substitute product, what was it?	<input type="text"/>
How would your school rate the quality of the product?	[Please select an option] ▼
How would your school rate the likeability of the product overall?	[Please select an option] ▼
Was the recyclable packaging manageable?	[Please select an option] ▼
Was there enough product to serve all students?	<input type="radio"/> Yes <input type="radio"/> No
Would your school like to see this product again?	<input type="radio"/> Yes <input type="radio"/> No
Are you sharing the Product Information Sheet “Scoops” with teachers?	<input type="radio"/> Yes <input type="radio"/> No
Comment (Optional)	<div style="border: 1px solid #ccc; height: 80px; width: 100%;"></div>
Submitted by (your name)	<input type="text"/>
Your email address	<input type="text"/>

For further questions regarding the log sheets, call the Program Office at 1-866-517-6225 or 604-854-6064

The BC School Fruit & Vegetable Nutritional Program FAQ's

Top 20 Questions Asked:

1. Q What do I do if there is a problem with the delivery?

A If there is an issue with the condition and/or quality of the produce, please take pictures and email them to help@aitc.ca before you call. This will enable us to look at the pictures while we're talking to you. Specifically, we need pictures of:

- the actual produce
- the outside of the boxes in which the produce arrived
- any expiry dates on the boxes or on the packaging inside the boxes

Call the BCSFVNP office's toll-free number as soon as possible after you've e-mailed the pictures and steps will be taken immediately to correct the problem. **1-866-517-6225**.

2. Q Which products need to be refrigerated?

A The following produce requires refrigeration at all times:

- blueberries
- carrots (baby or regular size)
- sliced apples

All other produce may be refrigerated if space permits. Please store any un-refrigerated produce in a cool room, out of sunlight. For a complete list of the refrigeration needs of all our produce, refer to our **Fruit & Vegetable Storage Guide** on page 9.

3. Q Are all the fruits and vegetables provided in the BCSFVNP grown in British Columbia?

A Yes, all of the fruits and vegetables provided in the BCSFVNP are grown in BC (with the exception of Mandarin oranges). There may be an occasion when a shipment is late and we are required to substitute other produce. Should this happen, our mandate is to supply Canadian produce if possible. There may be occasions when growing conditions affect our BC crops and we will need to utilize other sources, but we do our best to ensure top-quality BC produce whenever possible.

4. Q Is the produce used organic?

A Some of the produce we provide in the Program is organically grown. In BC, over 80% of our organic produce is imported from other countries. Many of the products we use are not certified organic, but are grown utilizing organic practices.

5. Q Is traditionally grown (non-organic) produce safe?

A Absolutely. BC boasts some of the safest growing practices in the world. The Canadian Food Inspection Agency regularly checks produce for pesticide residues, and our produce is considered some of the safest in the world. All of the fruits and vegetables used in the Program are HACCP certified. This means that the growers follow all the best growing practices, and packing and safety techniques.

6. **Q What do we do with left-over produce?**

A Each school has the ability to utilize leftover produce however they see fit. Many schools place a basket at the office so that students can help themselves. Some schools use leftover produce for sports teams, while others package it up and send it home with students they feel are in need. This is a school-based decision. You may have leftover produce because, for food safety reasons, we do not break case lots of produce.

7. **Q Do we have to prepare the produce before serving it (i.e., washing it, cutting it up)?**

A The fruits and vegetables provided in the BCSFVNP have been in transport and handled since their harvest at the grower, so it is always a good idea to wash them prior to consumption. In most cases, this can be easily achieved right in the packaging, with the exception of the sealed sliced products, which are ready to eat. Tree fruits have all been water bathed, but again, we recommend rinsing them prior to consumption. This is a good opportunity to emphasize with students one of the BCSFVNP objectives of safe food handling, no different than washing one's hands. The fruits and vegetables that we provide are easily consumed without slicing or dicing. Enjoy them whole!

8. **Q What is the best time to serve the produce?**

A Those fruits and vegetables listed under "Which products need to be refrigerated?" (Question 2) must not be left un-refrigerated for more than 3 hours. Other produce can be served in class at the teacher's convenience.

9. **Q What are the safety requirements for receiving, storing and handling produce?**

A The safety requirements for receiving, storing and handling produce are outlined in the In-School Coordinator's guidebook. Your school is required to have a FOODSAFE certified handler. All hand washing and safety procedures as outlined in the FOODSAFE guide must be followed. All produce should be checked for freshness before being delivered to the classroom. Any quality issues should be recorded on the monthly log sheet and reported to the designated lead in your school and our office (see Question 1, "What do I do if there is a problem with the delivery?").

10. **Q Where can we get more information on BC agriculture?**

A Please visit our website at www.aitc.ca or contact our office toll-free at 1-866-517-6225.

11. **Q Does the In-School Coordinator have to have FOODSAFE certification?**

A Not necessarily. As long as there is at least one person in the school with FOODSAFE certification who is inspecting the produce before distribution, then the In-School Coordinator does not need to have this training.

12. **Q Why is the produce sometimes under-ripe?**

A This is not uncommon. In order for you to have the highest quality produce, we order from our suppliers up to 6 weeks in advance of your delivery date. Since we don't want it to be over-ripe when it gets to you (thus inedible), we err on the side of caution, so the produce may be a little under-ripe. Under-ripe produce also endures the trip from the supplier to the schools much better than ripe produce. Please wait until your produce is ripe before you distribute it to students. If your produce is a little under-ripe, placing it out on the counter next to some bananas (which give off a natural ethylene gas) will help it ripen quicker.

13. **Q How should I distribute bulk items, such as blueberries and sugar snap peas?**
- A** One method that we've heard used by schools is to use paper cupcake holders for each student's serving. They are recyclable and inexpensive. Some schools choose to take the opportunity to emphasize the importance of hand washing before eating, and have all the students wash their hands before grabbing a handful of blueberries and/or sugar snap peas. Upon enrollment, each school in the Program is issued a one-time stipend to help with costs for distribution implements, such as bowls, spoons, paper cupcake holders, etc.
14. **Q Does my FOODSAFE Level 1 Certificate expire?**
- A** Up until June 29, 2013, none of the FOODSAFE Level 1 certificates had an expiry date. It was a one-time training. As of June 29, 2013, all new FOODSAFE Level 1 certificates issued in BC have a 5-year expiry date. Existing FOODSAFE Level 1 certifications will be valid until June 29, 2018. To help existing certificate holders keep their food safety knowledge up to date, there is an inexpensive and short 3-hour refresher course. For accurate information on this topic, please contact the FOODSAFE Authority in your area through www.foodsafe.ca.
15. **Q Why doesn't my school get our fruits and vegetables delivery on a day when students aren't in session (i.e., Pro-D Days, District Closure Days, etc.)?**
- A** Deliveries that conflict with any day where the students are not in session are automatically cancelled. As long as your school has notified us that there will be no one at the school to accept a delivery on these days, we cancel the delivery. If you know that someone at your school will be willing and able to accept our delivery on a day when students are not in session, then we do not need to be advised of (or cancel) that date. To make changes to the not in session dates for your school, please have your principal sign into your school login page, and submit these changes via the "Update School Details" online form. Once submitted, these changes will move seamlessly into our database. Please remember—we require a minimum of 3 weeks' notice in order to reinstate or cancel a delivery.
16. **Q How much is too much bad produce in a delivery?**
- A** Fruit and vegetable crops are susceptible to many outside influences, such as weather, temperature and handling. Any variation in these influences can affect how quickly or slowly they ripen. A delivery with 5% (or less) spoiled produce is considered normal. If more than 5% of your delivery is bad, please refer to Question 1 ("What do I do if there is a problem with the delivery?") for instructions on reporting the problem.
17. **Q Are the individual plastic bags recyclable?**
- A** Yes, they are 100% recyclable #7 or #5 plastic. If your city or town does not pick up recyclable plastic bags from your school, there are drop-off locations where you can recycle the #5 plastic bags free of charge through West Coast Plastic Recycling. For drop-off locations, please contact them through their website at www.westcoastplasticrecycling.com.

18. **Q Why is FOODSAFE certification so important?**

A The main reason to take FOODSAFE training is to protect the public from foodborne illnesses.

The #1 cause of foodborne illness outbreaks is improper cooling. It is estimated that there are between 11 - 13 million cases of food-related illnesses in Canada every year. Many of these illnesses could be prevented by following proper food handling and preparation techniques (Health Canada, 2006).

It is our responsibility to ensure that the fruits and vegetables are safe to eat before they leave our supplier. It is the school's responsibility to guarantee that they have a FOODSAFE Level 1 certified person inspecting all produce before it is distributed to students.

19. **Q Is wax added to the whole apples?**

A Unless the apples are organic, a wax coating is added to whole apples. When apples are still on the tree they have a natural protective coating that slows dehydration and seals in moisture, but after they are picked the natural coating is removed. They are waxed to keep them fresh and looking fine.

The wax that is used is vegetable based, completely edible, utterly safe and approved by Agriculture and Agri-Food Canada. It is used very sparsely—a single gallon of wax will coat 5 tons of apples!

It's not just apples that are waxed. Citrus fruits, rutabagas, cucumbers, many tomatoes, melons and peppers also go through this same waxing process.

20. **Q What is the \$250 cheque that my school received upon enrollment in BCSFVNP?**

A A \$250 one-time stipend was provided upon enrollment in BCSFVNP, to be used to cover costs that may be incurred to administer the Program in your school. Some schools use the funds to purchase cups, toothpicks and other materials that assist them in the distribution of produce to the students, according to FOODSAFE requirements. As long as the stipend is used in a manner that supports the implementation of the Program in your school, use of the funds is at the school's discretion.

Replacement funds will not be issued for lost or stale-dated stipend cheques. For more information, see www.sfvnp.ca/faqs.html.

The BC School Fruit & Vegetable Nutritional Program +MILK

A Pilot for Kindergarten to Grade 5 Students Only

Thank you for choosing to add milk to your distribution of fruits and vegetables. You'll find that much of what you already do applies to the handling of milk. If anything, it's easier, as there is no washing required.

Why +MILK?

Background

As with fruits and vegetables, we know that children are not meeting their daily milk and alternatives intake recommendations:

- 37% of children aged 4 to 9 do not meet the minimum recommended number of servings. 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 increase:

- 61% of boys and 83% of girls aged 10 to 16 fail to meet recommendations. Children and youth in this age group need 3 to 4 Food Guide Servings/day.

Providing an opportunity to serve 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 students. That's why +Milk is being offered to grades K to 5 as a pilot.

Funding for +Milk is provided by a partnership between the BC Dairy Association and the provincial government.

Role of the In-School Coordinator

The role of the In-School Coordinator is vital to the success of +Milk in your school. As the In-School Coordinator you will:

- Plan how to operate +Milk with the BCAITC and your school's primary contact for the Program
- Work with your school's primary contact to communicate information between your school and the BCAITC
- Remind your principal to distribute the BCSFVNP +MILK parent brochures to all kindergarten to grade 5 students enrolled in +Milk in September
- Make a list or note of students who require a fortified soy beverage as identified by their parents on their Reverse/Consent Forms. Keep this list for reference throughout the year
- Plan how you will distribute milk in your school. (i.e. recruit student volunteers or parents to help with distribution; consider distribution of milk with fruit or vegetable snacks etc.)
- Ensure product is refrigerated as soon as it is received. Optimal refrigeration for milk is similar to fruits and vegetables at 4° C (40° F)

- Follow the British Columbia Anaphylactic and Child Safety Frameworks Order in the event of an allergy to milk (which are rare) , as mandated by the BC Ministry of Education. For more information visit www.aaia.ca/en/activity-BCAnaphylacticStudentProtectionAct.htm
- Report any problems or concerns, and feedback about the milk via the school login at www.aitc.ca/bc/myschool/login. If the milk is not suitable for consumption, then take a picture of the product, its box, the bar code and the product expiry date. Record your school name and contact information, and upload pictures via the online school login
- To help you remember essential duties, please be sure to display the poster provided: **Top 10 – What You Need to Know to Run the BCSFVNP +MILK in Your School**
- Instruct students to rinse the plastic milk cups when finished
- Submit your school’s Annual Renewal Form online to the BCAITC Program office in June to ensure a smooth transition to the following year. This online form is available via the school login at www.aitc.ca/bc/myschool/login
- Recycle or reuse your plastic cups for arts and crafts or other creative uses (for ideas, download **A Cow’s Tale Information and Activity Sheets** at www.sfvnp.ca/milk-program.html)

If you are interested in offering your students milk on a more regular basis, contact the BC Dairy Association about School Milk BC through their website at www.schoolmilkbc@bcdairy.ca or www.schoolmilkbc.ca or call 1-800-242-6455.

School Information and Login

Upon acceptance into +Milk, each person who has been registered as a contact for the Program is able to use their email address when signing into the school login. Each contact is responsible for setting up and maintaining their password. We recommend bookmarking the school login page and accessing it once a week to check:

- List of deliveries
- Product log sheets
- Delivery policies and FAQs
- +Milk Classroom Information & Activity Sheets (available to download)

Updating School Information

You can submit changes to your school’s information using the appropriate online form on your school login:

- Changes to general school information **NOT** related to the +Milk, such as principal, student population, school address, etc., can be made directly on the home page. Click on the appropriate “Edit” button, underneath the information that you wish to change.
- For changes **specific to +Milk**, such as +Milk In-School Coordinator, grades K to 5 student population, allergies to soy (product of soy beans), etc., there is a separate online form. Click on the “My Info” link in the +Milk section, to get to the page that shows your school’s list of deliveries. Then, click on the “Edit My Info” link located in the upper right corner.

Milk Allergies and Intolerances

Milk allergies affect a very small number of children. These children usually outgrow their allergy, and with a doctor's approval, can often drink milk by age 3.

Lactose intolerance also affects a small number of children. It isn't dangerous, but can cause gas, stomach bloating, or diarrhea. For information on lactose intolerance, contact the BC Dairy Association at www.bcdairy.ca.

Fortified soy beverage will be provided as an alternative for all students who cannot drink milk. Fortified soy beverage is best served cold. Therefore, refrigerate prior to serving.

Storage and Refrigeration of +MILK

1. Keep it cold

Milk is a perishable food. Temperature control is the most important factor in maintaining its quality and freshness. Store milk at **4° C (40° F) or lower**.

Check the temperature of your refrigerator with a thermometer to make sure it is always at **4° C (40° F) or lower**.

Put milk in the refrigerator as soon as possible after it is picked up or delivered. Even short periods of time out of the refrigerator will increase growth of low temperature bacteria. Although not harmful, these may cause off-flavours and spoilage.

2. Check the best before date and consume milk before that date.

3. Leave milk in its original containers.

What to Do with Extra +MILK

You may utilize any additional milk servings however you see fit. Leftover servings may be distributed to sports teams or students you feel are in need. This is a school-based decision.

+MILK FAQ's

1. **Q Is there a cost to schools or parents to participate?**
A There is NO COST to schools or parents to participate.
2. **Q Where does the funding come from?**
A The Program is funded by a partnership between the BC Dairy Association and the Government of British Columbia.
3. **Q Is +Milk from BC?**
A All +Milk provided in the Program is supplied from BC dairy farmers.
4. **Q What kind of milk is it?**
A 2% white milk from our BC cows.
5. **Q Will a milk alternative be made available? Will it be flavoured?**
A Yes, a percentage of your +Milk delivery will include a fortified soy beverage. No, it will not be flavoured.
6. **Q What if I don't have adequate refrigeration for the fruits and vegetables and +Milk?**
A The Government of British Columbia is offering a fridge grant for any school that does not have adequate refrigeration in order to promote healthy eating in schools. This applies to the storage of the fruits and vegetables and +Milk delivered on the BCSFVNP. We recommend you refrigerate the fortified soy beverage only a short time prior to serving. If you would like to apply for a Fridge Program Grant, please email help@aitc.ca.
7. **Q How is +Milk being delivered to the school? Is it being delivered in refrigerated trucks?**
A It will be delivered on the same day, in the same refrigerated truck as the fruits and vegetables on the BCSFVNP.
8. **Q How is the fortified soy beverage being delivered?**
A Since fortified soy beverage has an extended shelf life, it will be delivered twice per school year; once in September and once in January. It does not require refrigeration for storage purposes, so does not need to be delivered with your +Milk delivery.
9. **Q How big are the containers? Are they single-serve or 4 litre jugs?**
A The +Milk comes in single-serve 120 mL foil top cups. One portion is provided per student. Each +Milk crate has 4 trays with 16 120 mL cups/tray. In total, each crate holds 64 120 mL cups of +Milk. Each crate weighs approximately 10.28 kg. The fortified soy beverage comes in a 250 mL/1 cup serving size. There are 24 units per case.
10. **Q Are the containers recyclable?**
A +Milk containers are #5 plastic, which is recyclable. If your city does not pick up recyclables from your school, there are drop-off locations where you can recycle the #5 plastic free of charge through West Coast Plastic Recycling. For drop-off locations, please visit www.westcoastplasticrecycling.com.
 The fortified soy beverage containers are recyclable at most bottle recycling locations.

11. Q How do I return +Milk crates?

A The school receiver and/or BCSFVNP +MILK In-School Coordinator will work with the driver to remove +Milk from the crates and ensure +Milk is put directly into your refrigerator. The driver will take away the crates.

12. Q What if I have a split class (i.e. grades 5/6)? Do the grade 6 students get +Milk too?

A Yes, all students in a split grade 5/6 class should receive +Milk. Please include these students in your population numbers that you provide to us on the online form.

13. Q What if there is a problem with our +Milk delivery?

A If there is an issue with the condition and/or quality of the +Milk, please record the issue and upload any pictures on the school login, via the "Complete Log" link next to the product in the delivery list. Follow up with a phone call to the BCAITC Program office at **1-866-517-6225**. Specifically, we need pictures of:

- the actual +Milk
- the outside of the boxes in which the +Milk arrived
- any expiry dates on the boxes or the packaging inside the boxes

Call the BCSFVNP office's toll-free number as soon as possible after you've uploaded the pictures and steps will be taken to correct the problem. **1-866-517-6225**.

If the +Milk is frozen, it is still good to drink. Just thaw it in the fridge. If it separates upon thawing, beat it with a rotary beater or have the students shake the containers a few times before consuming.

For more information go to www.bcdairy.ca/milk/articles/keeping-milk-fresh.

14. Q What do we do with expired +Milk?

A Throw out any expired +Milk and recycle the containers.

15. Q Do I need FOODSAFE certification in order to handle +Milk?

A No.

16. Q What are the safety requirements for storing and handling +Milk?

- A**
- keep milk cold
 - put milk in the refrigerator immediately after delivery
 - store milk in the fridge at 4° C (40° F) or lower
 - check the temperature of your refrigerator to make sure it is 4° C (40° F) or lower
 - check the best before date and consume milk before that date

Any quality issues should be recorded on the online Log Sheet on your school login and reported to the designated lead in your school and our office (see also Question 13, "What if there is a problem with our +Milk delivery?").

- 17. Q Why doesn't my school get our +Milk delivery on a day that students aren't in session (i.e., Pro-D Days, District Closure Days, etc.)?**
- A** Deliveries that conflict with any date when your school does not want or cannot accept them are automatically cancelled. As long as your school has notified us that there will be no one to accept and properly store a delivery on these days, we cancel the delivery. If you know that someone at your school will be willing and able to accept our delivery, then we do not need to be advised (or cancel) that date.
- 18. Q If my fruit and vegetable delivery is cancelled due to a product allergy in the school, will my +Milk delivery be cancelled as well?**
- A** No, your +Milk delivery will still arrive at your school on your scheduled delivery date. It's only the fruits and vegetables that won't be delivered on that date.
- 19. Q Where can we get more information on BC milk?**
- A** Please visit www.bcdairy.ca or call the BC Dairy Association at 1-800-242-6455. There are also +Milk information and activity sheets (A Cow's Tale) available to download on the BCSFVNP website at www.sfvnp.ca/milk-faq.html.

Basic Milk Facts

Where does milk come from?

Almost all milk in BC comes from dairy cows. There are about 500 dairy farms throughout BC. While the majority of dairy farms are in the Fraser Valley, there is quite a few in the Thompson-Okanagan and Vancouver Island regions, and a small number in the Nechako, Kootenay, Cariboo and Peace River regions.

What are some other ways you can enjoy milk?

Milk can be enjoyed hot or cold. Many people like to use milk with other foods, such as poured over cereal for breakfast. Milk is also a popular ingredient for cooking, such as in macaroni and cheese or seafood chowder. Milk is also used to make yogurt, cheese, buttermilk, cream and butter, to name a few dairy products.

Did you know?

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

For more information:

Visit the BC Dairy website at www.bcdairy.ca

Or watch this short video on YouTube: [The Truth About Canadian Milk](#).

All rights reserved. No part of this resource covered by the copyrights herein may be reproduced or used in any form or by any means—graphic, electronic or mechanical—without written permission from the BC Agriculture in the Classroom Foundation. A limited copyright is granted for the teacher who may photocopy the information contained within this resource for his/her own classroom use. These pages may be reproduced for their intended use only.

© First Printing 2005
Thirteenth Printing 2016
BC Agriculture in the Classroom Foundation
1767 Angus Campbell Road
Abbotsford, BC V3G 2M3

Funding and Support Provided by:
Government of British Columbia

save on foods

PriceSmart foods



Overwatea Foods

Cooper's Foods



BRITISH
COLUMBIA

BC
Agriculture
in the Classroom
Foundation
aitc.ca/bc



TOP 10

WHAT YOU NEED TO KNOW TO RUN THE BC SFVNP IN YOUR SCHOOL



SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
PROGRAM

+MILK

- 1** Ensure the BC Agriculture in the Classroom (BCAITC) Program Office has a copy of your FOODSAFE designate's certificate.
- 2** Refrigerate product upon its arrival at the school. Product must be eaten in the week that it arrives. When the product arrives, you are responsible for moving it to a FOODSAFE location in the school. Remember, unless it needs to ripen, all product must be refrigerated. This is especially important for milk, should your K-5 school be enrolled in +Milk.
- 3** Before preparing product for distribution to students:
 - Ensure a FOODSAFE Certified designate has checked that the product is safe to eat
 - Wash and dry your hands
 - Recommend rinsing of fruits and vegetables prior to consumption
 - Use only clean distribution bins
- 4** Parent Permission Forms must go home every September to every NEW student participating in the BCSFVNP. Your school is responsible for creating and distributing the forms. This also applies to those K-5 schools enrolled in +Milk.
- 5** Allergies and their management is the responsibility of the school. YOU must record the allergy via the school login if you want your school's delivery of a schedule product to be CANCELLED. Three weeks notice is required. For those K-5 schools enrolled in +Milk, a fortified soy beverage will be available as an alternative.
- 6** Delivery dates, product listing, product information sheets and product reporting log sheets are found on the BCAITC website www.aitc.ca/bc under Programs-BCSFVNP-school login.
- 7** If your order has not arrived by 3:00 pm on your delivery day, notify the BCAITC Program Office at help@aitc.ca or 1-866-517-6225.
- 8** Poor Quality Product - If the product is not suitable for consumption, take a picture of the product, its box, the bar code and the product expiry date. Upload the pictures on the school login, via the "Complete Log" link next to the product in the delivery list. Follow up with a phone call to BCAITC Programs Office at 1-866-517-6225.
- 9** Complete your product log sheets and submit online, via your school login.
- 10** Submit your school's Annual Renewal Form online to the BCAITC Program Office in JUNE to ensure a smooth transition to the following year.



PROGRAM INFO:

website: www.aitc.ca/bc

email: help@aitc.ca

toll free: 1-866-517-6225

toll free fax: 1-877-825-6068



Watch for this sticker on all product cases

The BC School Fruit & Vegetable Nutritional Program

