



# FOODS THAT FIT

Wednesday, May 10, 2017  
 5:00 — 8:30 pm  
 Education Services Centre  
 2121 Lonsdale Ave, North Vancouver  
 The View, Fifth Floor

Presented by:  
 Vancouver Coastal Health, North Vancouver  
 School District, and North Vancouver Parent  
 Advisory Council



***This free, interactive workshop is designed for all school principals, teachers, and parents at North Shore schools. Participants will sample menu items that “fit” the “Guidelines for Food and Beverage Sales in BC Schools” and will learn to plan healthy fundraisers.***

AGENDA		
Time	Speaker	Topic
5:00-6:30 pm	Lunch Supplier Exhibition	Visiting vendors and tasting products
6:30-6:40 pm	Dr. Mark Lysyshyn, Medical Health Officer, VCH	Introduction
6:40-7:00 pm	Helen Yeung, Public Health Dietitian, VCH	“Guidelines for Food and Beverage Sales in BC Schools” – what schools need to know. Planning menus that “fit” the Guidelines.
7:00-7:20 pm	Charlene Wood, Environmental Health Officer, VCH	Offering safe foods to students
7:20-7:30 pm	Jenn Meilleur, Coordinator, North Shore Table Matters	Healthy and sustainable food systems related to schools, <a href="http://tablematters.ca/">http://tablematters.ca/</a>
7:30-8:00 pm	Small Group Discussions – break out into 6 groups & select two topics from the six listed	<ul style="list-style-type: none"> <li>• Healthy fundraisers</li> <li>• Reducing food waste in lunch programs</li> <li>• Retaining volunteers</li> <li>• Problem solving</li> <li>• Beyond meal programs—Healthy eating at school</li> <li>• Other topics?</li> </ul>
8:00 - 8:30 pm	Report back from all tables	Report back from small group discussions. Lunch Coordinators sharing successes.

Please bring your own beverage container

Water will be served at the workshop and suppliers will be providing samples of their products

**Register via Eventbrite** <https://www.eventbrite.ca/e/foods-and-drinks-that-fit-workshop-registration-31658859501?aff=es2>

For any inquiries, contact Helen Yeung, 604-418-2139, or email [helen.yeung@vch.ca](mailto:helen.yeung@vch.ca)

Thank you to the North Vancouver School District for the use of their facilities and NVPAC