



## Welcome

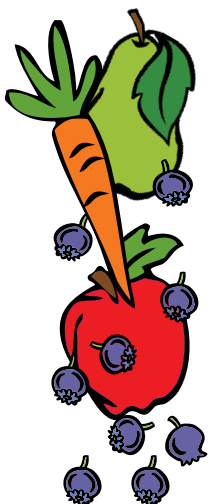
The **BC School Fruit and Vegetable Nutritional Program** is brought to your school by the *BC Agriculture in the Classroom Foundation* – a non-profit organization, dedicated to “working to bring BC’s agriculture to our students.” The Foundation works with local farmers and distributors to bring fresh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

The BC School Fruit and Vegetable Program is supported by the Province of British Columbia and the Provincial Health Services Authority. **+Milk** is provided by a partnership between the BC Dairy Association and the provincial government.

**For information visit: [www.bcaitc.ca](http://www.bcaitc.ca)**

# WHY Fresh Fruits and Vegetables?

Fruits and vegetables are essential for good health. Canada's food guide recommends people of all ages eat plenty 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 Grade K to 12 students 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 & vitamin D that are good for your bones, and is included within Canada's food guide as a nutritious protein food that can be consumed regularly.

## HOW does it work?

Every Grade K to 5 student at participating schools in our 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.bcaitc.ca](http://www.bcaitc.ca)