



FOODS THAT FIT

Wednesday, April 18, 2018
 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 all 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.

A G E N D A		
Time	Speaker	Topic
5:00-6:15pm	Lunch Supplier Exhibition	Drop in to taste healthy items from vendors
6:15pm	Helen Yeung, Public Health Dietitian, VCH	Creating the supply and demand for healthy foods at school. Following the “Guidelines for Food and Beverage Sales in BC Schools”.
6:30pm	Dr. Mark Lysyshyn, Medical Health Officer, VCH	Introduction
6:35pm	Charlene Wood, Environmental Health Officer, VCH	Offering safe foods to students – What schools need to know about food safety
6:45-7:30	Panel discussion: Thanu Eagalle, Edible Garden Project; Margaret Broughton, NS Table Matters and VCH ; Samantha Gambling, Farm to School Vancouver Region; Wesley Hooper, LifeSpace Gardens; Luke Smeaton, NVSD Sustainability Manager	Collaborating to promote healthy eating and food literacy; connecting school gardens to student learning and sustainability; North Shore Table Matters
7:30-8:00	Small Group Discussions – break into groups & select two topics from the six listed	<ul style="list-style-type: none"> • Healthy fundraisers • Healthy eating at school • Reducing waste in lunch programs • Retaining volunteers • School gardens • Other topics
8:00--8:30	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-that-fit-workshop-2018-registration-43676122458?aff=es2> For any inquiries, contact Helen Yeung, 604 418-2139, or email helen.yeung@vch.ca

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