

ÉCOLE GLEN ELEMENTARY SCHOOL

3064 Glen Drive
Coquitlam, B.C., V3B 2P9
Tel: 604-464-6608 Fax: 604-464-4586
www.sd43.bc.ca/glen



2012 January 3



FRUIT & VEGETABLE SNACK PROGRAM

2012 January to June

~ A Glen PAC Sponsored Program ~



I am very pleased to announce our continued participation in the *Fruit & Vegetable Nutritional Program*. This is a collaborative Program of ActNow BC with funding from the BC Ministries of Healthy Living and Sport, Education, and Agriculture and Lands. It is administered through the BC Agriculture in the Classroom Foundation, a non-profit association dedicated to working with educators to bring BC's agriculture to students. The BC School Fruit and Vegetable Nutritional Program is part of ActNow BC. ActNow BC is the provincial government's healthy initiative that works together with government ministries, the health sector and partners to deliver programs and services that encourage healthy choices for all British Columbians.

The objectives of the BC School Fruit and Vegetable Nutritional Program are:

- to increase consumption of local fruits and vegetables
- to increase awareness of the health benefits of fruits and vegetables
- to increase the awareness of fruits and vegetables grown in BC
- to increase the awareness of the safe handling practices of fruits and vegetables

On behalf of our staff and students I would like to express our heartfelt appreciation and gratitude to our outstanding PAC for all of their time, effort and care in securing and coordinating this wonderful program for our school.

Sincerely,
Mr. D. Passaglia
Principal

What is the BC School Fruit and Vegetable Nutritional Program?

The BC School Fruit and Vegetable Nutritional Program is part of ActNowBC, an initiative to improve the health of BC children and families. Students and school staff will receive a fresh fruit or vegetable snack twice a week every other week. Eating the recommended amounts of fruits and vegetables improves children's health and improves children's ability to concentrate. The fresh and nutritious fruits and vegetables to be served in the Program will be grown in BC, subject to availability.

VERY IMPORTANT

If you **do not** want your child to participate in this FRUIT & VEGETABLE NUTRITIONAL PROGRAM, for any reason, please complete the attached 'reverse consent' and return it to your child's teacher.

SNACK SCHEDULE FOR 2012 JANUARY TO JUNE:

Product Delivery to Glen:	Distribution to Glen Students:
Mon, Jan 23, 2012	D'Anjou Pears
Mon, Feb 6, 2012	Ambrosia Apples
Mon, Feb 20, 2012	Mini Cucumbers
Mon, April 16, 2012	Grape Tomatoes
Mon, Apr 30, 2012	Sliced Apples (2 ounce bag)
Mon, May 14, 2012	Baby Bell Peppers
Mon, June 4, 2012	Mini Cucumbers

For more information please go to: <http://www.aitc.ca/bc/>

Please keep reading for more interesting information...

Some facts to be aware of...

- ✚ 61% of children in B.C. do not eat the recommended 5 to 10 daily servings of fruits and vegetables
- ✚ Children and adolescents who eat fruits and vegetables 5 or more times per day are substantially less likely to be overweight or obese than those whose fruit and vegetable consumption is less frequent

Did you know that children who eat healthy in school...

- ✚ make the healthy choice – the easy choice
- ✚ can influence the long-term health of children
- ✚ those who enjoy a diet high in vegetables and fruit have healthy weights and good health



Goals & Objectives of the FRUIT & VEGETABLE SNACK PROGRAM

- ✚ Encourage consumption of more B.C. fruits and vegetables
- ✚ Inform students and their families
 - that fruit and vegetables are important for health benefits
 - that fruit and vegetables are grown in B.C.



How does the produce get to Glen School?

- ✚ A major food retailer orders the produce at our negotiated cost
- ✚ Save-On-Foods/Overwaita/PriceSmart provides primary distribution throughout the Province to their retail stores and warehouses
- ✚ The produce will be delivered directly to our school ready to eat by a FOODSAFE certified distributor (Dynamex)

Food Safety is a Priority

- ✚ all participating schools need a FOODSAFE certified coordinator to deliver the program (our FOODSAFE certified PAC member is Luwanda Davies, our PAC Chairperson)
- ✚ snacks are stored according to recommendations
- ✚ where possible, have students wash hands before eating snacks
- ✚ when ill, it is important for there to be a replacement for our coordinator



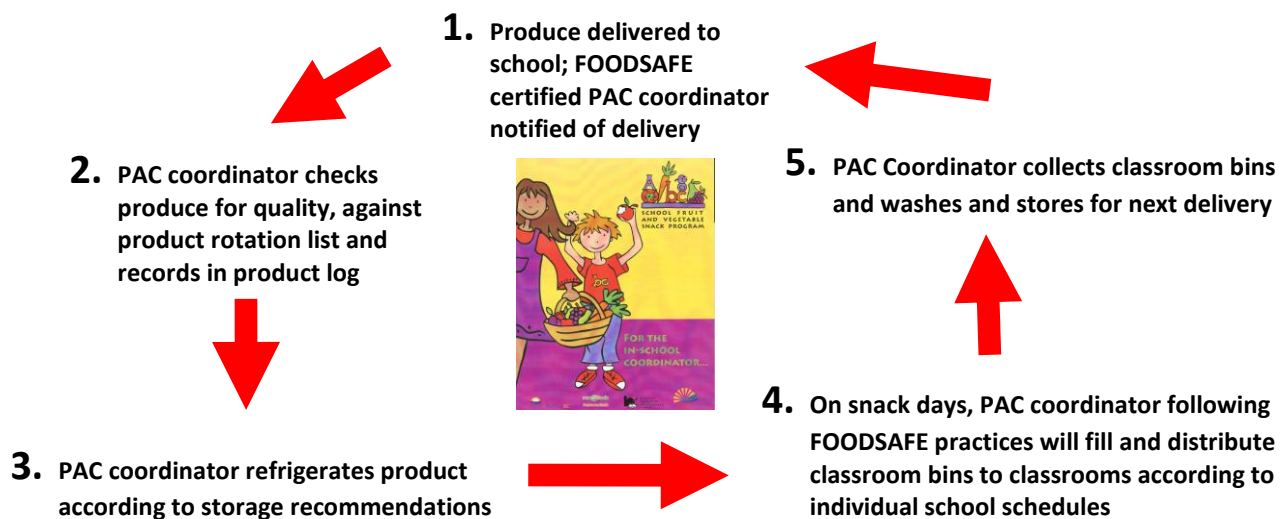
All of the products are BC grown

Experiencing New Foods

- ✚ students are more likely to eat the snacks if enjoyed by teachers
- ✚ eating and talking together creates a positive eating experience
- ✚ allow students to decide whether and how much to eat
- ✚ sometimes it takes several tries to enjoy a new food



In-school delivery ~ School Coordinator's role:



Classroom Delivery

1. Produce received by teacher from the FOODSAFE certified PAC coordinator and team



2. Teacher determines appropriate time for students to eat snack



3. Teacher encourages good hand washing practices with students



4. The *BC School Fruit and Vegetable Snack Program Teacher Guide* provides information to share with students on the produce.



5. Classroom bins are collected by a PAC volunteer

