

BC School Fruit & Vegetable Nutritional Program-



Objectives:

1. Increase students' acceptance of, exposure to, and willingness to try BC grown fruits and vegetables
2. Increase students' knowledge and awareness of fruits & vegetables as nutritious foods to eat
3. Support the BC economy, local growers, producers and distributors

The BC Agriculture in the Classroom Foundation is working with Save-On-Foods to deliver the fruits & vegetables to our school. Every 2 weeks, the students will get a different fruit or vegetable. This is a good opportunity for kids to try some foods that they have never tried before or maybe try them again if they didn't like it the first time.

The deliveries will usually come on Monday mornings so parent volunteers will be needed to come into the school to help pre-wash, sort and deliver the fruits or vegetables to the classrooms.

Please sign up using the link below if you have a bit of time to spare in morning-

<https://www.signupgenius.com/go/5080f49a5ae23a5ff2-fruit>

***If anyone has Food Safe or would like to be certified for Food Safe, please contact the school.