



To: Parent/Caregiver

Re: **Food Allergies**

Our school is involved in a school-based healthy living initiative called Action Schools! BC. Action Schools! BC is a best practices model designed to assist schools in creating individual action plans to promote healthy living. One of the goals of the initiative is to enhance knowledge, affect attitudes and influence eating behaviours in regard to vegetables and fruit amongst BC students.

In Canada, only 23.3% of youth aged 2 to 17 eat five or more servings of vegetables and fruit per day. Canada's Food Guide (2007) recommends five servings per day for children aged 4 to 8 and six servings per day for youth aged 9 to 13.

To ensure every child's safety during these tasting activities, please return the bottom half of this form and return to your child's classroom teacher.

Questions about specific activities should be directed to you child's teacher. Information about the provincial initiative can be found at www.actionschoolsbc.ca.

Child's Name: _____

Does your child have any food allergies that might prevent her/him from participating in classroom tasting activities?

No, my child does not have any food allergies that would prevent him/her from participating in classroom tasting activities.

Yes, my child does have a food allergy that might prevent him/her from participating in classroom tasting activities. S/he is allergic to the following foods:

Parent/Caregiver Signature: _____ Date: _____