



To: Parent/Caregiver

Re: **Healthy T Days**

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 activities is called Healthy T Days.

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.

Healthy T Days encourages students to bring a healthy snack to school for recess on Tuesdays and Thursdays.

We invite you to support your child in participation in *Healthy T Days* by providing him/her with a healthy snack on Tuesdays and Thursdays. For healthy snack ideas, refer to the attached list of recommended *Super Snacks*.

Healthy T Days will start in our class on _____. Please remember to send a healthy snack on this day.

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

