



To: Parent/Caregiver

Re: Action Schools! BC Healthy Eating Initiative

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.

Throughout the year students will have the opportunity to be involved in fun classroom and school with healthy eating activities. These may include:

- Learning Activities
- Tracking Activities
- Tasting Activities
- Snacking Activities

We invite you to support your child in participating in the activities by asking them to share with you what they have learned and how you can help them.

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

