



To: Parent/Caregiver

Re: **Vegetable and Fruit Lunchtime Class Challenge**

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 the *Fruit and Vegetable Lunchtime Challenge*, which requires that the students set a fruit and vegetable goal as a class. The class will agree on a goal (e.g. every student agrees to eat 1 serving of a fruit or vegetable at lunch every school day), and track their progress in class.

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.

This letter is to notify you of the *Lunchtime Challenge* and to request your support in your child's class goals. Please ask your child what fruit and/or vegetables s/he would like to pack for lunch during the Challenge.

Questions about specific activities should be directed to your child's teacher. Information about the provincial initiative can be found at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca).

