



To: Parent/Caregiver

Re: **Vegetable and Fruit Colour Tracking Activity**

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 *Veggies and Fruit the Colour Way* tracking activity in which students track the vegetables and fruit they eat from five colour groups. Included is a chart of the five colour groups and examples of vegetables and fruit from each of the groups.

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 tracking activity and request your support in your child's class activity. Please ask your child what fruit and/or vegetables s/he would like to pack for lunch for the *Veggies and Fruit The Colour Way* tracking activity.

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

