

# Memo Home



To: Parent/Caregiver

**Re: Action Schools! BC Healthy Eating**

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 individualized action plans to promote healthy living while achieving academic outcomes.

Goals of the initiative include increasing students' knowledge of healthy eating, encouraging healthy eating behaviours related to increasing consumption of vegetables and fruit, limiting sodium (salt) and sugary drink intake, and understanding the role that media plays in influencing eating and drinking habits.

Throughout the year students will have the opportunity to be involved in classroom and school-wide healthy eating 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.

Information about the provincial initiative and ideas for healthy snacks can be found at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca).

*Food Allergies*

Some activities related to this initiative may include food sampling (primarily vegetables and fruit). To ensure every child's health and safety during tasting activities, please fill in the bottom half of this form and return it to your child's classroom teacher.

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Child's Name: \_\_\_\_\_ Does your child have any food allergies?

**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: \_\_\_\_\_