

**FRESH** for **KIDS**



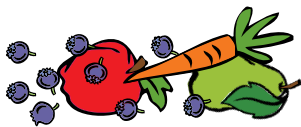
**NOURISHING BC's FUTURE**

## Welcome

The ***FRESH for KIDS Program*** is brought to your school by the *BC Agriculture in the Classroom Foundation* - a non-profit organization, dedicated to working to bring BC agriculture and food education to students throughout the province. The Foundation works with local farmers and distributors to bring fresh BC products to students in public, independent and First Nations schools throughout BC.



For 24 weeks of the school year, we deliver fresh healthy BC products to Grade K to 12 students in participating BC Schools. Students are offered the snack during class time, or it could be added to a meal. They make their own decision on whether they try the fruit, vegetable, dairy product or egg offered. It is not meant to replace the foods students normally eat at school.



**When the product is delivered, it includes teaching materials for classroom teachers** to enhance students' understanding of BC products, including their cultivation, production, and health advantages.

# Fruit, Vegetables and Protein products are Essential for Good Health



Canada's food guide recommends people of all ages eat plenty of **fruits and vegetables**. Healthy eating habits established in students are important for long term health. Milk and milk products and eggs contain important nutrients like calcium and vitamin D that are good for your bones, they are also nutritious protein foods that can be consumed for body strength.

**We hope the students enjoy BC products!**

We acknowledge the financial support of the Province of British Columbia through the Ministry of Agriculture and Food.

Additional supporters:



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[www.freshforkids.ca](http://www.freshforkids.ca)

