



## BC School Fruit and Vegetable Snack Program School Year 2021/2022

Our school will apply to participate in the BC School Fruit and Vegetable Snack Program this year as do many of our MPSD schools. Students will receive a free snack approximately twice a month. This snack is not meant to replace food normally consumed at recess or lunch. The goal is to increase fruit and vegetable consumption. Fruits and vegetables contain vitamins, minerals, phytochemicals, antioxidants, and fibre that promote health and prevent disease. Studies show that Canadians in general are not eating enough fruits and vegetables. Eating one more fruit or vegetable a day can make a difference. The fruit will be delivered to the school already washed and ready for consumption. In conjunction with this program, 2% milk will be delivered to K-5 students. Soy milk is also available. Please indicate if your child requires this lactose intolerant substitute. More info is available on the Stave Falls website.

There is no cost to have your child participate in this wonderful program. We do however ask that you complete the bottom of this form and return it to the school as soon as possible. Please check all that apply. The delivery list is on the back of this permission slip, but there could be minor changes due to harvest considerations.

Sincerely,

Tricia Alderson  
Principal

### **BC School Fruit and Vegetable Snack Program**

I give permission for my child \_\_\_\_\_ in Div. \_\_\_\_ to participate in the BC School Fruit and Vegetable Snack Program being offered Stave Falls Elementary

\_\_\_\_\_ No, my child does not have any food allergies or milk allergies.

\_\_\_\_\_ Yes, my child has food allergies, which are: \_\_\_\_\_

\_\_\_\_\_ Yes, my child would like soy milk in place of regular milk

\_\_\_\_\_  
Parent/Guardian name  
(please print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date