



SCHOOL, MANAGEMENT AND GOVERNING BOARD

The role of school management is very important in the success of a program such as this. When changing students' dietary environment, the endorsement and enthusiasm of these key decision-makers is essential in order to influence the involvement of the whole school.

Today, daily intake of 5 fruit and vegetables & regular physical activity are the 2 main national concerns when it comes to obesity and chronic disease prevention.

Thus, the ***"5 fruit and veggies: My daily crunch!"*** program is well aligned with national goals, offering a positive and dynamic approach to increasing fruit and vegetable intake among youth.

This program is intended for all school staff, catering or cafeteria staff as well as parents in order to create environments that will encourage and promote daily intakes of 5 servings of fruit and vegetables.

INITIATIVES

You can make the ***"5 fruit and veggies: My daily crunch!"*** program the theme for your next school year. Activities based on this theme can be initiated throughout the whole year.

You could designate an area in the school as a display area for students. Each class could create a mural, a poster or another item representing the theme of the year to display. This area could be used to exhibit their work about fruit and vegetables. Refer to the section entitled *"Children - Projects and Challenges"* to find some suggested activities.

PARENTS

Involve parents in your fruit and vegetable related activities. Send them information on the subject regularly. The section entitled *"Parents"* includes more than 30 tips on fruit and vegetables you can add to the newsletters you send to them.

TEACHERS, PHYSICAL EDUCATION AND HEALTH TEACHERS AND DAYCARE PROVIDERS

Physical education teachers and daycare service providers may refer to the four sections entitled *"Children"* for suggested educational activities, physical activities, class challenges and school projects.

DIETARY ENVIRONMENT: CATERER, CAFETERIA, LUNCH

For an environment to be conducive to the consumption of fruit and vegetables, these must be readily available and accessible.

On next page is a policy or rule that we suggest you implement in your school to help you create an environment conducive to the consumption of fruit and vegetables.

<i>1st phase (optional): from August to December</i>	<i>2nd phase: starting in January</i>
Children's lunches (made at home or served at the cafeteria) should contain at least one serving of fruit or vegetables.	Children's lunches (made at home or served at the cafeteria) should contain at least two servings of fruit and vegetables. (e.g. vegetable juice and a canned fruit salad)

This policy could be adopted by the school board, added to the school agendas as a rule for healthy living and implemented by the caterer, the cafeteria as well as parents.

The section entitled "*Parents*" includes information that you can provide to parents to help them include two servings of fruit and vegetables in their children's lunches.

FUNDRAISING IDEAS

Many local retailers, supermarkets, and community groups (Optimist Clubs, Knights of Columbus, Lions' Club...) are receptive to sponsoring educational projects in neighbourhood schools. Ask them about donating fruit and vegetables for special activities.

Many activities proposed in this guide can serve as fundraisers. The money you collect may allow you to introduce new varieties of fruit and vegetables to students and their parents, for example during parent-teacher meetings or report card distribution evenings.