



Good morning! Today we are going to talk about Veggie & Fruit Month, which is taking place at *(insert school name)* this October!

Healthy Kids School Pledge

As part of the Healthy Kids Community Challenge, our school has taken the Healthy Kids School Pledge this year!



Current Focus Area...

**Choose to Boost
Veggies and Fruit**



As part of the Choose to Boost Veggies and Fruit theme of the Healthy Kids Community Challenge, our school has taken/renewed the Healthy Kids School Pledge this year. This pledge is an opportunity for us to demonstrate our commitment to promoting a healthy, supportive environment for students and staff!

The current theme of the Healthy Kids Community Challenge, and focus area for our Healthy Kids School Pledge, is Choose to Boost Veggies and Fruit! This theme focuses on the importance of making vegetables and fruit part of every meal and snack.

DID YOU KNOW?

Kids should be getting at least 5 servings of vegetables and fruit every day.

Offer kids vegetables and fruit at every meal and snack.

Choose to Boost Veggies & Fruit!

HEALTHY KIDS
COMMUNITY CHALLENGE
HASTINGS & PRINCE EDWARD
healthykidshpe.ca

As part of healthy eating, eating enough vegetables and fruit is essential to your health and helps you have enough energy to run, jump, play and learn every day! Canada's Food Guide recommends at least five servings of vegetables and fruit for kids everyday. The best way to meet this goal is to have vegetables or fruit with every meal or snack. You can choose fresh, frozen or canned vegetables or fruit to meet your daily servings.

This October, make it your goal to try to increase your intake of vegetables and fruit every day. Say yes to vegetables and fruit, Choose to Boost Vegetables and Fruit!



By taking the Healthy Kids Schools Pledge this year, we are going to be receiving lots of great material from the Healthy Kids Community Challenge, including a **new Healthy Kids Community Challenge lunch bag and a healthy snack for each of you!!** Your teacher will distribute these to you once they arrive.

What is Veggie & Fruit Month?

Veggie & Fruit Month will include:

- Posters
- Give-aways
- Classroom activities
- Announcements



By taking the Healthy Kids School Pledge this year, we are also going to be participating in Veggie & Fruit Month this October! Veggie and Fruit Month will be dedicated time to promoting veggies and fruit as a part of every snack or meal and learning all about vegetables and fruit.

This month, you can look forward to Veggies and Fruit classroom activities, morning announcements and some new posters in the school. We hope you will learn lots about where your veggies and fruit come from, what makes them so nutritious and some new recipes to try at home. Share what you learn about at school with your family and challenge them to eat more vegetables and fruit at home!



(please feel free to share any additional activities your school will be involved in as part of Veggie & Fruit Month)



Remember: Vegetables and fruit are part of a healthy diet and are a great choice to satisfy hunger any time of the day! Choose to Boost Veggies and Fruit with every meal and snack!