**BC Fruit and Vegetable Nutritional Program + Milk**

**Delivery Schedule 2013-2014**

September 7, 2013

| **Date** | **Product** |
| --- | --- |
| Sep 12th | Blueberries |
| Sep 26th | Pears, Bartlett |
| Oct 10th | Grapes, Blue |
| Oct 10th | Milk (+ soy substitute) |
| Oct 31th | Pears, Anjou |
| Oct 31th | Milk (+ soy substitute) |
| Nov 21th | Carrots, Baby |
| Nov 21th | Milk (+ soy substitute) |
| Dec 5th | Mandarin Oranges |
| Dec 5th | Milk (+ soy substitute) |
| Jan 16th | Kiwifruit |
| Jan 16th | Milk (+ soy substitute) |
| Jan 30th | Apples, Mixed Organic |
| Jan 30th | Milk (+ soy substitute) |
| Feb 20th | Apples, Fuji |
| Feb 20th | Milk (+ soy substitute) |
| Apr 10th | Tomatoes, Grape |
| Apr 10th | Milk (+ soy substitute) |
| Apr 31th | Cucumbers, Mini |
| Apr 31th | Milk (+ soy substitute) |
| May 15th | Apples, Sliced |
| May 15th | Milk (+ soy substitute) |
| Jun 5th | Cucumbers, Baby |
| Jun 5th | Milk (+ soy substitute) |

Dear False Creek Families,

Once again, False Creek PAC is pleased to oversee the BCFVNP. At right is the delivery schedule for this year. You’ll notice that new this year is the addition of MILK. Students not wishing to have milk may substitute the soy product available in our PAC fridge in the gym.

Products will be delivered **Thursdays before recess.** While the produce has been washed, it will be rinsed again and teachers will ask students to wash their hands before consuming.

If your child has a fruit, vegetable, milk or soy substitute allergy, please complete the form on the reverse – ONLY if your child has an allergy. If they do not, you are not required to return the form.

Thanks,

Larissa Warrington

Chair, False Creek Elementary PAC



