

# Healthy Students = Better Learners

## Nutrition Basics for the School Year

### Buy Local

Buying local matters! Eating locally not only supports local farmers and the economy, it may give you a product with higher nutrient value and better taste.

**Fresher, healthier foods:** when fruits and vegetables are imported, some may be picked before they are ripe so they can survive the journey, resulting in a less nutritious and fresh product. Local food may have higher nutrient value because they are picked when they are ripe.

**Stronger communities:** buying locally contributes to the development of strong urban and rural communities. It directly affects farmers, consumers, and the economy, and it creates jobs.

**Better for the environment:** local food does not have to travel as far to arrive on your plate, so it helps reduce greenhouse gas emissions and contributes to improving our carbon footprint.

**Family challenge**→ Explore labels with your children in grocery stores for imported foods and once at home bring a map to clearly show how far these foods needed to travel.



### Canada's Food Guide

Recommended servings for 4 to 13-year-olds

- 1 Vegetables and fruit  
5-6 servings per day
- 2 Grain products  
4-6 servings per day
- 3 Milk and alternatives  
2-4 servings per day
- 4 Meat and alternatives  
1-2 servings per day

### Take Your Kids to a Farmers' Market

**Taking your kids to a farmers' market can be a fun family outing!**

- Farmers' markets can be a fabulous learning experience.
  - Teach them about:
    - Where the farms are located
    - Eating seasonally
    - Names of all the fruits and vegetables
    - How food gets on the table





## What's in Season now?

Apples	Onions
Beets	Parsnips
Broccoli	Potatoes
Lettuce	Pumpkin
Cabbage	Tomatoes
Carrots	Turnips
Cauliflower	Grapes
Chard	Kale
Brussel Sprouts	
Winter Squash	



## Did You Know?

1. Annual fruit consumption in Canada rose 47.5 kg per person in 2008. Berries are becoming more popular.
2. The consumption of vegetables such as asparagus, eggplants and sweet potatoes are slowly but steadily increasing.
3. Our province now has a Local Food Availability Guide; [http://www2.gnb.ca/content/dam/gnb/Departments/10/pdf/Agriculture/BuyLocal\\_AchetezLocal/availabilityguide.pdf](http://www2.gnb.ca/content/dam/gnb/Departments/10/pdf/Agriculture/BuyLocal_AchetezLocal/availabilityguide.pdf)