



“**Fresh To You**” is a PAC-sponsored program that promotes healthy food choices. It provides high-quality, fresh, and seasonal produce. Many of the farmers use organic practices, and all are local in BC. 100% of net proceeds will directly benefit the Laurier students via the PAC.

There are 2 ways you can participate:

1. **Buy for your family** – support local farmers and the Laurier school programs & events.
2. **Volunteer with your child** to take orders from friends and neighbours. As a fundraising volunteer, your child will practice planning and communication skills, feel empowered to contribute to the school, and build self-esteem. A simple initiative can go a long way for your child and the school.

“I like local produce! How can I buy it?”

Order form will be sent home Oct 7-11; simply return it with cash/cheque to your child’s teacher or the office. Then, students will bundle your fresh produce for **pick up in mid-Nov** (exact date will be posted by Nov 5).

“I want to buy, but it may be too much veggies and fruit for my family...”

No problem! Share with another family and split the bundle between yourselves.

“It’s a great teaching opportunity for my kid! What does it take to volunteer?”

The time commitment is **up to you** – it can be 30min, 3hrs... you are in control. We will provide forms, “sales pitch” script, etc. When/where your child goes to sell is also up to you; make it fun and go with a friend!

For more information and to participate, please email the coordinator (David) at laurier.pac@gmail.com. There will be an ~30min info session / volunteers training on **Thur Oct 10th** , **meet at the library at 3pm**.



Alimentação saudável

健康的な食事

पौष्टिक भोजन

Здоровое питание

Heathy Eating

Bundle 1 - \$20

5lb bag of Pacific Sunrise Potatoes
3lb bag of Carrots
3lb bag of Red Beets
3lb bag of Yellow Onions

Bundle 2 - \$18

5 lb bag of Gala Apples
3 lb bag of Pears

malusog na pagkain

健康饮食

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