

Dear Parents,

Do you dread the thought of deciding what to pack for school snack? Are you tired of trying to find something both you and your child agree upon as a satisfactory school snack? **Make snack time choices easy, nutritious, delicious, and inexpensive by adopting a “fruit and veggie only” snack policy!**

Fruits and vegetables are high in vitamins, minerals and fiber and low in fat, sugar and salt. Purchasing fruits and vegetables that are in season are not only delicious in flavor but inexpensive as well. Most children do not eat enough fruits and vegetables. Only one out of five kids gets the daily recommended amount of fruits and vegetables. By providing a fruit or vegetable at snack time you can bring your child closer to meeting the daily goal. Fruits and vegetables are not high in calories; therefore children eat a better lunch too.

Your child’s teacher may be adopting a “fruit and veggie” only snack program in his/her classroom. The goal is to educate the children as to what a healthy fruit/veggie snack is, and to integrate it into their daily food consumption. It is our hope that fruits and veggies will become part of your child’s snack selection at school and at home. Best of all, this fruit and vegetable snack guideline can help your child get into a fruit and veggie snack habit for a lifetime. You may even find your child encouraging you to eat more fruits and vegetables every day.

Feel free to contact your child’s teacher for more information.

EAT SMART, THINK SMART

