



5 A Day and School-Age Children

Sample Parent Letter

Letter writing is an effective, personal way to tell people your ideas. Keep letters to one page and at a sixth grade reading level. Make sure you spell the parents' names correctly and have the correct address.

Use official letterhead

Mr. and Mrs. Edward Garcia
1423 Plains Avenue
Sandler, NC 27886

Dear Mr. and Mrs. Garcia:

The students at Eggplant Elementary School are learning about 5 A Day. This is a national initiative to encourage Americans to enjoy the great taste and health benefits of at least five servings of fruits and vegetables each day as part of a lower-fat, higher-fiber eating style. Your child may be bringing home activities and newsletters to share with you. In addition, you may be asked by a teacher or another parent to assist with activities, decorations or refreshments for special 5 A Day events.

You can also support your child's efforts to increase his/her fruit and vegetable consumption in many ways throughout the year. For example:

- Eat breakfast or lunch with your child at school and help him/her select fruits and vegetables.
- Take your child grocery shopping. Let him/her assist in selecting a new fruit or vegetable to try on a regular basis. This could be a fresh, frozen, canned or dried item.
- Give your child options! Let him/her choose which vegetable to serve at dinner some nights.
- Keep fruits and vegetables where kids can see them - like on counter tops.
- Send fruits, 100% fruit or vegetable juices or vegetables to school when snacks are requested for parties or special events.
- Seek out a farmer's market in your area and take your child.
- Be a model! If your child sees you eating fruits and vegetables regularly, he or she will be more likely to eat them.

Please make every attempt to encourage your child to take part in our 5 A Day activities. Please call me at (252) 555-1234 if you have any questions. Thank you for helping your child be healthier with 5 A Day!

Sincerely,

Name
Title