



Sample Family Letter

Dear Family,

Beginning next (week, month, school year) our school will be making changes to our entire school environment as we work toward becoming certified as an award-winning school by the U.S. Department of Agriculture's voluntary HealthierUS School Challenge. The HealthierUS School Challenge nationally recognizes schools at the Bronze, Silver, Gold, or Gold of Distinction award levels for: 1) serving school lunches that reflect the *Dietary Guidelines for Americans*; 2) restricting the availability of foods and beverages at school to those that meet healthier guidelines of lower fat, added sugars, and sodium; 3) offering nutrition education for students to learn to make healthy choices; and 4) providing physical education and opportunities for students to be physically active during the school day.

We believe that children who learn to make healthy food choices and be physically active at school will continue these habits into adulthood. Look for these changes on our school lunch menu:

- A wider variety of fruits and vegetables, including dark green and orange vegetables, dry beans and peas, and fresh fruits
- Frequent use of whole-grain products
- Low-fat or fat-free milk

We invite you to have lunch with your child often and to encourage your child to try new foods. Involving your child in selecting healthy choices at the grocery store and preparing healthy choices at home will reinforce the messages we're teaching at school.

If you are interested in serving on our HealthierUS School Challenge Advisory Team, please contact our office. We hope that you will encourage your children to choose a tasty, nutritious lunch at school. Please call us if you have any questions.

Sincerely,

John Doe

Principal

Telephone:

