Dear Teachers & Staff:

Our school will be participating in a special Fresh Fruit and Vegetable Program for the 2019-2020 school year. **We will be offering fresh fruits and vegetables in the classroom as snacks.** We are excited and privileged to have been awarded this grant to provide our _[Name of School]_ School children with healthy, nutritious foods. The NJ Department of Agriculture awarded this program to only 157 schools throughout the state.

_(# of Days)_ days each week your students will enjoy a fruit or vegetable in the classroom. Please **do not allow students to take these items home!** In order for this program to be a success we are asking for your help! This snack should be a classroom experience shared among peers.

We need you to be role models by implementing the following:

❖ **Join** in with your students and **eat the fruit or veggie snack.**

❖ **Highlight** the importance of eating healthy fruits and veggies.

❖ **Emphasize trying veggies** even though your students may think their nasty. Persuade your students to **take a small taste.**

❖ **Be positive** about eating **raw veggies** you may commonly consume as a cooked food.

❖ **Encourage** your students to **eat fruits and veggies at home** during meal times and for snacks.

The goals of the fruit and vegetable program are as follows:
✓ Increase Children’s Fruit & Vegetable Consumption
✓ Create Healthier Schools
✓ Promote Wellness
✓ Change Children’s Diets to Impact their Future Health

We hope you will extend these goals in your classroom. This program will benefit the health and well-being of our students! **Students look up to you! As their teacher and adult role model you can make a difference in their future health. Please support this program and make our school shine!** Thank you for your support!

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Principal