



Dear Parents:

We are very excited to offer the Greenvale Park students a healthy snack option each day for a minimal cost. We will have a healthy snack cart where students can choose a snack each day.

We know that most children do not eat enough fruits and vegetables on a daily basis. Research has shown that 5 fruits and vegetables a day are the minimum required for good health, and down the road they can reduce a number of medical health concerns by eating a diet that includes a variety of fruits and vegetables. Fruits and vegetables are loaded with vitamins and minerals, are low in fat, sugars, salt and are high in fiber. We call them, "the original fast food!" Fruits and vegetables give you the best "bang for your buck." No other snack food provides as much nutrition as a piece of fruit or a vegetable.

At Greenvale Park Elementary we would like to offer your child a healthy snack mid-morning to help encourage a 5 a Day habit! We are able to order fruit, vegetables, and other healthy options. During the first week of school you will have the option of signing up for healthy snacks for your child or children. The cost will be \$60.00 for the school year. There will be several choices each day for students including: bananas, baby carrots, apples, oranges, string cheese, graham crackers, pretzels and more. The choices will rotate on a seasonal basis as more fruits and vegetables become available within our cost parameters.

If you choose to send a snack with your child to school we ask that you choose from the following items: (any fruits) grapes, apples, oranges, bananas, melon chunks, etc., (any vegetables) carrots, celery, cucumbers, broccoli, cauliflower etc., crackers, pretzels, rice cakes, whole grain bagels or yogurt.

We hope that you take the opportunity to participate in this program and enjoy the convenience of a school provided snack, and most importantly provide a "top-notch" nutrition for your child at snack time. This is how the cost breaks down.

\$60.00 a year
174 school days
.35 cents per day!

Please fill out the bottom portion of this letter by Sept. 9, 2011 and enclose \$60.00 to participate in Greenvale's Healthy Snack program. The Healthy Snack Program will begin September 12, 2011.

Sincerely,



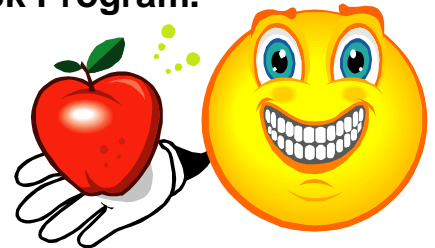
David Craft
Greenvale Park Elementary Principal

Donations are welcome to sponsor another student who may not be able to afford this program. This program is not covered by the educational meal benefits associated with school breakfast and lunch as we receive no federal or state funding to support it.

Sign me up for Greenvale's Healthy Snack Program.

Student's Name

Teacher's Name



Please include \$60.00 for healthy snacks for the year. Checks made payable to Northfield Public Schools Child Nutrition.