



Dear Parent,

Your child will be seeing FOODPLAY, a fun-filled, national award-winning theater show that teaches kids about healthy eating and active lifestyles, on _____.

We know how hard it is in today's fast food world to raise healthy eaters. We hope, when your child comes home after the show, s/he will be more excited about choosing healthy snacks, eating more fruits and vegetables, cutting down on sugar (especially soda and sweetened drinks), and having fun being physically active every day.

You can help keep the messages of FOODPLAY alive all year round. Here's how:

- 🍏 After the show, ask your children how they liked it and what they learned. They will be bringing home a snack card with delicious and nutritious snack ideas and tips to "Treat your body right!" We hope you'll post this on your fridge and go over these snacks and tips together.
- 🍏 Check out the new MyPlate food guide – found at www.ChooseMyPlate.gov. It shows how to create a balanced diet with all five food groups. Let your kids get involved in planning and preparing healthy meals with you – the more they take part, the more likely they are to try new foods! And, try to eat together as a family whenever you can.
- 🍏 Stock up on healthy GO foods – foods that are rich in nutrients, like fruits, vegetables, whole grains, lean protein foods, and dairy. Try to serve fewer WHOA foods – highly processed food products that contain added sugars, fats, salt, and artificial additives. (See next page for "Making Fruits and Veggies Fun!")
- 🍏 Have fun being physically active as a family – take a walk after dinner, reward kids with a fun activity instead of giving sweets, go to the park, join the Y or local youth club, dance together on rainy days, go for a hike, and create fun physically active family traditions!

Eating healthfully and being physically active is good for everyone!

The FOODPLAY program is brought to your school with special thanks to _____.

It is our pleasure to bring FOODPLAY to your children. Here's to your health!

Sincerely,

Barbara Storper, MS, RD
Nutritionist, Executive Director

For tips, activities, handouts,
and fun-filled resources:

www.foodplay.com