



The Commonwealth of Massachusetts
Executive Office of Human Services
Department of Public Health
Bureau of Prevnt. Child and Adolescent Health
150 Tremont Street, Boston 02111

Dear Parent or Principal,

We're pleased to recommend FOODPLAY, an award-winning nutrition education performance which has been bringing nutrition to life for elementary school children throughout the country. FOODPLAY helps children learn about good nutrition and how to make healthy food choices through a theatrical show with juggling, puppets, music and audience participation.

Health experts now recognize the importance of nutrition for the present and future health and well-being of our nation's children. Encouraging healthy eating habits early in life can help develop eating habits that will promote health and prevent disease over the long term. Yet, surveys of our nation's children show troubling trends. All too often, TV advertisements, peer pressure, the wide availability of high-fat, high-sugar food products, combined with our fast-paced lifestyle encourage the wrong food choices. Kids desperately need sound nutrition information.

FOODPLAY addresses the major nutritional problems facing elementary school children and helps them take charge of growing up healthy and fit. Fortunately, it does so in a wonderfully entertaining way which delights students, teachers, and parents alike. As Director of the state Office of Nutrition, I have seen this fine play performed on numerous occasions. The play teaches, inspires and involves children to think about what they eat and the food choices they make.

It would be a treat for all for you to bring the FOODPLAY show to your school this year and help transform our children into healthy eaters.

Sincerely,

Ruth Palombo

Ruth Palombo, MS, RD
Director, Office of Nutrition