



September 7, 2017



*"We can make a commitment to promote vegetables and fruits and whole grains on every part of every menu. We can make portion sizes smaller and emphasize quality over quantity. And we can help create a culture — imagine this — where our kids ask for healthy options instead of resisting them." First Lady Michelle Obama*

Dear Parents and Guardians,

At the Early Childhood Discovery and Design Magnet School, we are concerned with the well-being of every child. Diet and exercise play an important role in overall wellness, and developing healthy habits at an early age can bring benefits for a lifetime.


**This year we will continue promoting healthy food choices in support of former First Lady Michelle Obama's mission for health and wellness for all children.**

- School lunches are balanced meals, and usually include a dessert item. Students who participate in the school lunch program are discouraged from bringing snacks such as chips, cookies and cakes into the cafeteria.
- Students who bring a lunch to school that include a dessert item are encouraged to make it a healthy item, such as fruit or low fat, low sugar treats.
- Students are encouraged to bring water to school, but sweeteners such as 'Kool-Aid' to add to the water are discouraged. Students are discouraged from bringing sweetened fruit drinks such as 'Sunny D'. Students are discouraged from bringing soda and beverages containing caffeine, such as iced tea, to school.
- Students are discouraged from bringing candy and fruit snacks to school.

If your child brings any of these items to school, the classroom teacher will hold them for him or her until the end of the day.

Your child's health and well-being are important to us. Please let us know if you have further ideas for promoting health and nutrition at school. As always, if you have questions or concerns about our breakfast and lunch policies, don't hesitate to call or stop by the office to speak to me in person.

Sincerely,

  
Jane Murphy  
Principal