



Dear Parents,

We have some exciting news! The EPISD Office of Health and Wellness, in coordination with the EPISD Department of Food and Nutrition Services, has been awarded a federal grant that will allow all second grade students the opportunity to taste and learn about two selected fruits and vegetables every week, for nine weeks.

Cafeteria personnel will deliver a different fruit and vegetable to each classroom twice a week, beginning February 2nd. Students will sample, rate, and complete a short classroom activity about the fruit or vegetable of the day.

You are a leading influence in guiding your child on the path to healthy eating! Below is a fun activity that will motivate your child to increase their fruit and vegetable intake and reinforce what they are learning at school. We encourage you to complete this activity as a family.

Thank you for your participation in this exciting program!

Sincerely,
EPISD's Office of Health and Wellness

****If your child has any fruit or vegetable allergies, please let your child's teacher know.***

Directions: Below is a table of all of the various fruits and vegetables your child will taste at school over the next nine weeks. When you buy any of the produce items in a grocery store, you will notice a sticker on each one, stating where it came from. Every time your child eats a fruit or vegetable, have them place their sticker on the correct space below. Your child will have fun seeing how quickly they can fill up their chart!

Pear	Free Choice	Jicama	Grapefruit	Green Bell Pepper
Free Choice	Cherry Tomato	Free Choice	Zucchini	Cantaloupe
Red Pepper	Banana	Free Choice	Red Apple	Grape
Baby Carrot	Free Choice	Orange	Celery	Free Choice
Green Apple	Kiwi	Cucumber	Free Choice	Broccoli