***To feed the body is to feed the mind***

Dear Parents:

We would like to thank [insert name(s) and titles] who have started a successful Student Nutrition Program (SNP) at our school. The program aims to promote and educate students about healthy eating by providing a healthy snack to those who would like one. We hope the program encourages students to adapt healthy lifestyle choices that will result in a productive learning today and far into the future.

The nutrition program is simple; students have access to and can help themselves to healthy foods at school, at no cost, when they feel hungry. **Please note, we still ask you to send your child to school with a healthy snack.**

In an extensive research study[[1]](#footnote-1), it was proven that a nutrition program has a positive impact on student achievement, less student interruption in the classroom and overall health and well-being.

We are excited to invite you to participate:

* ***As a volunteer***: To help shape the program and to be a part of the success. Please contact: [insert name/email/phone]
* ***In-kind donations***: We would gratefully accept the following: [list items]
* ***Cash donation***: Via our CashNet system, directly to the student nutrition program

Make no mistake; your involvement, in any way, will have a big impact on the kids!

Sincerely,

[insert name/title]

1. Toronto Public Health: Nourishing Young Minds, June 2012.

   <http://www.toronto.ca/legdocs/mmis/2012/hl/bgrd/backgroundfile-48313.pdf> [↑](#footnote-ref-1)