

Healthy Eating Choices Letter

Date: [Insert Date]

Dear Parents and Guardians,

We are excited to inform you about our commitment to promoting healthy eating choices in our school meals. Our goal is to provide nutritious and balanced meals that support the growth and development of our students.

Healthy Eating Guidelines

- Include a variety of fruits and vegetables in every meal.
- Choose whole grains whenever possible.
- Limit processed foods and added sugars.
- Incorporate lean proteins in our meals.
- Provide water as the primary beverage option.

Sample Meal Options

Here are some examples of healthy meal options we will be offering:

- Grilled chicken with quinoa and steamed broccoli
- Vegetable stir-fry with brown rice and tofu
- Whole grain pasta with marinara sauce and mixed greens
- Fruits and yogurt parfait for dessert

We encourage you to discuss these healthy choices with your children and help reinforce the importance of nutritious eating habits at home.

Thank you for your support in fostering a healthier school environment!

Sincerely,

[Your Name]

[Your Position]

[School Name]