

December 11, 2006

Mr. Fred DeJesus
M.D. Fox Elementary School
470 Maple Avenue
Hartford, CT 06114

Dear Principal DeJesus,

We are Psychology majors at Trinity College currently taking Child Development with Professor Dina Anselmi. For our semester-long public policy project we have focused on children's health issues in Hartford. We investigated the current health issues in elementary schools. We are aware of the current changes in nutrition offered in public school cafeterias, such as the recently passed bill banning soda. While this ban is a first small step, it does not address many of the serious nutritional health issues in schools.

We discovered that Fox Elementary was without a steady health curriculum. Ms. Coe, the nurse at Fox, informed us that you do provide a healthy breakfast and lunch, but providing these meals is not sufficient enough. The issue she found most significant was the fact that parents were not as involved as the school hoped in promoting healthy lifestyles for their children. After speaking with Ms. Coe, we decided that we should target parents in order to increase their awareness of healthy eating.

We are proposing to you a health awareness newsletter for parents entitled "Healthy Eating Lifestyles." It includes information about nutritional facts and fun meal and snack ideas. We hope that you will find this beneficial and consider passing it out to the parents of your students. It is crucial for parents to know what a significant impact they have in their children's lives, and it is also very important for the school and the parents to work together to promote healthy eating and lifestyles. Lastly, in order for this newsletter to be useful for all parents, we have provided both Spanish and English versions.

Sincerely yours,

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Parents, is your child in danger?

Did you know that we, at Fox Elementary School, do not currently have a health curriculum for your children? Health is a very important aspect in your children's lives. Proper nutrition benefits children's social and academic development. This is why we need YOUR help. Remember, your role as parents is extremely important and influential in providing and promoting a healthy lifestyle for your children.



Did you know that Fox Elementary School provides free nutritious breakfasts and lunches each and every school day? With these great meals, why not encourage your children to eat at school rather than spend money on less healthy items, such as candy and soda, at the local "pop store." Small steps in stressing nutritious eating habits can make major differences in your child's life and health. There are many ways to achieve a healthy diet for you and your family that do not require a great deal of money or time, just awareness about what is good and bad in terms of health. Let's join together to help out the children we truly care about.

As parents, we know you are very busy people. By setting a good example of proper eating and exercise in your daily lives, your children will follow your lead. You have to be your children's guide to making healthy choices.

You are not alone. Your child's school nurse, Judy Coe, is available to answer your questions about proper nutrition. We have created a guide for you to check out, "Healthy Eating Lifestyles," to help you gain a better understanding on proper nutrition to provide for you and your family!

Sincerely,

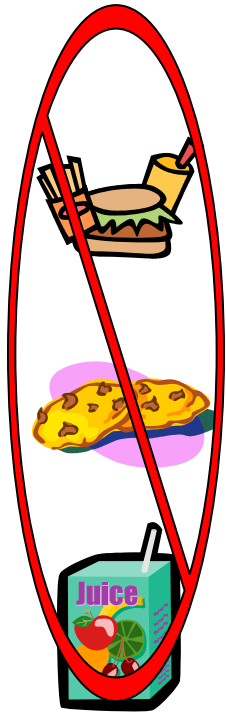


VS.



Don't be one of the 99 billion served. Serve fruits instead!

Healthy Eating Lifestyles



- 👍 **Low-fat milk is important for the body because it has calcium, which keeps bones strong. Bonus: Milk has many vitamins!**
- 👍 **Soda is not provided for your children at school due to its high sugar content. Continue what the school has begun, and don't promote it at home.**
- 👍 **Provide some raisins, chex mix, sunflower seeds, nuts, and trail mix as healthy alternatives to bad snack foods, such as chips, cookies, and candy.**
- 👍 **Try fruit, such as strawberries and blueberries, mixed with low-fat vanilla yogurt for a delicious breakfast, snack, or dessert!**
- 👍 **Swap white breads for whole grains in the form of bread, bagels, crackers, and English muffins! Also switch fried foods to baked foods for a better diet!**
- 👍 **Promote water because it is a valuable drink for your body. No calories, no fat, and no sugars, which are in many juices, sodas, and sports drinks.**



Interactive and Fun Ways to Promote Healthy Eating!



- 👍 **"Ants on a log" - Celery, peanut butter, and raisins! Yum! Spread peanut butter on celery sticks and use raisins as toppings.**
- 👍 **Healthy ice pops - Using ice cube trays or ice pop molds, freeze unsweetened fruit juice for a tasty popsicle!**
- 👍 **Trail mix - Mix in a large bowl or bag assorted healthy snacks, such as peanuts, raisins, dried fruits, almonds, and pretzels. This provides a great mix of protein and carbohydrates; a much better alternative to sugary, pre-packaged snack foods.**
- 👍 **Baked potatoes - Be creative and fill baked potatoes with cheap and nutritious foods, such as baked beans, tuna, and broccoli.**
- 👍 **Rice - Use rice to accompany chili, salads, and curry.**
- 👍 **Breakfast - Make egg white omelettes with vegetables, such as broccoli, peppers, and tomatoes. Perhaps even add some ham, which adds many vitamins and protein to our bodies.**
- 👍 **Fruit salad - Engage your children by having them help cut and slice fruit to create a big bowl full of assorted fruit.**

