

## SAMPLE PARENT LETTER

Dear Parent or Guardian,

Parents and childcare providers are partners in helping children learn to make healthy food choices to establish a lifetime of good eating habits. At my childcare home, your child is served nutritious meals and snacks and had opportunities to learn about food and eating. You can reinforce what your child learns at childcare by:

- Talking about what your child learned in childcare each day;
- Sending your child to care with healthy foods;
- Encouraging your child to try new foods at home;
- Letting your child help prepare simple foods at home;
- Being a good role model by making healthy food choices yourself.

Please refer to the Food and Nutrition Guidelines and Parents Guide to Nutritious Food Brought from Home for more information.

Your Child Care Provider,

*Your name*

