

Dear W+H Parents,

I extend a warm welcome to our new families and an enthusiastic welcome back for our returning families! What would a successful school year be without talking about the nutrition of our students? It is my and my team's goal to foster the development of your children's healthy food choices during this critical time of development and learning. At their core, healthy children just learn better!

We take your child's nutrition very seriously. **Your children need proper nutrients to stay healthy and strong.** Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that your child can apply throughout life.

I assure you that we are continuing our commitment to provide diverse, exciting, healthy dining choices to our students. I ask all of you for your partnership in ensuring the best culinary and nutritional experience for your children. To that end, our kitchen is serving up some homework for parents. We ask that you make having a family conversation with your children on their menu selections a common practice and that if there are any concerns, you raise them to me and my team.

Additionally, we follow the guiding principles below and ask for your support driving adoption of the same:

- Show kids what "eating right" looks like and encourage them to fill half their plate with fruits and veggies that have nutrients to help their bodies grow.
- Avoid calling foods "good" or "bad." Foster an environment where kids learn that all foods have a place in their diet.

Together, we will be partners in ensuring good nutrition and a balanced diet to help our students grow up healthy.

I thank you for trusting your children with me and my team and assure their nutritional needs will be well taken care of here at school.

My kitchen door is always open for you, so please do not hesitate to reach out with any individual needs. I wish you all a successful and flavorful 2022-23 school year!

Thank you,
Chef Anibal
Sage Dining Services