**Let Your Child’s School Lunchroom Manger Know How**

**They Can Make it Healthier to Eat There**

**Sample letter**

Dear [name],

My name’s [\_\_\_\_] and I’m [you child’s name]’s parent. Thank you for all that you do to help our the children at [\_\_\_\_\_] School to eat better. That’s a huge job for a tight budget, and our family appreciates all that you do.

I’ve recently been hearing about something called the Smarter Lunchroom Movement. It’s a low-cost – and usually no cost – way to guide kids to select the healthiest foods in the lunchroom without making any changes to what’s being offering. The idea is that by making small changes to the layout or signage in a lunchroom, you can guide kids to the apple instead of the cookie. By doing simple things like putting fruit in a nice fruit bowl next to the cash register, giving vegetable dishes a name, or making white milk the most convenient beverage in the cooler, kids will be more likely to take these and not waste these.

These principles are already being used in over 20,000 schools. The book Slim by Design by Brian Wansink offers many other ways you could profitably make it easier for the your lunchroom to help kids eat healthier and to also increase participation in the lunch program. I’ve enclosed a one page print out of the program and the self-assessment scorecard.

Thanks for taking the time to consider how you could make small changes to help make our kids healthier and happier. I look forward to visiting you again soon. Let me know if you would like to discuss this further, and let me know how I can help you.

Sincerely,

**Let Your School District’s Health and Wellness Committee Know What They Can Do to Help Children Eat Better at School**

**Sample Letter**

Dear [name],

My name’s [\_\_\_\_] and I’m the parent of [your child’s name] in [their school]. Thank you for all that you do to volunteer to help our children be healthier and happier. My family appreciates what you do.

I’ve recently been hearing about something called the Smarter Lunchroom Movement. It’s a low-cost – and usually no cost – way to guide kids to select the healthiest foods in the lunchroom without making any changes to what’s being offering. The idea is that by making small changes to the layout or signage in a lunchroom, you can guide kids to the apple instead of the cookie. By doing simple things like putting fruit in a nice fruit bowl next to the cash register, giving vegetable dishes a name, or making white milk the most convenient beverage in the cooler, kids will be more likely to take these and not waste these.

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Thanks for taking the time to consider how you could make small changes to help make our kids healthier and happier. I look forward to visiting you again soon. Let me know if you would like to discuss this further, and let me know how I can help you.

Sincerely,