

## **WE NEED YOUR SUPPORT WITH HEALTHY EATING**

Memo to: Parents and Guardians

Recommendations from national studies on student health repeatedly call for the promotion of healthy lunches at school and parental involvement. The Heart and Stroke Foundation recently found that Newfoundland and Labrador ranked last in Canada in terms of healthy weight and 11<sup>th</sup> place in terms of fruit and vegetable intake. 1 in 5 teens in Canada are at risk for heart disease due to overweight and inactivity (Globe and Mail, October 2009).

In the last few years, our school has worked very hard to bring about positive changes with healthy eating. When healthy foods are sent to school, this supports the message that teachers and administrators are attempting to promote. When unhealthy takeout foods are sent to school, however, students receive mixed messages about the importance of eating healthy and the efforts of the school may be lost. Most fast foods have a very high content of saturated fat and salt and are not healthy choices for children.

We are asking parents to please avoid sending in unhealthy takeout foods to school. If you must do this, please limit it to once a week (perhaps on Fridays only). We ask for your support to help promote the message of the importance of eating healthy eating. Ultimately, the goal is to improve the general health of our students.

Thanks for your support with this.

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Principal