



August 26, 2009

To Parents and Guardians,

We are happy to announce that Houlton Elementary, Houlton Southside and Wellington School are each recipients of a USDA Fresh Fruit and Vegetable Program grant. The Fresh Fruit and Vegetable Program (FFVP) will provide all students in these three schools with a variety of free fresh fruits and vegetables for a snack during the mid morning break. Southside School and Houlton Jr. High received this grant last year and it was a very successful program.

**The goal of this program is to:**

- Create healthier school environments by providing healthier food choices.
- Expand the variety of fruits and vegetables children experience.
- Increase children's fruit and vegetable consumption.
- Make a difference in children's diets to impact their present and future health.

This snack program will begin on Thursday, August 27. The snacks will be provided at least two times each week, generally on Tuesday and Thursday. Following harvest break there is a possibility that the program will be increased to three days each week, depending upon funding. Each teacher will be given a tentative schedule. The program will use locally grown foods, where possible, and will continue for entire school year.

To promote this snack program, teachers at the schools will be providing nutrition education activities within the classroom to increase the students' knowledge of the health benefits of eating fruits and vegetables. Updates on the program will be included in school newsletters and on the district website throughout the school year.

If you have questions, please call Lynn Brown or the principal at your child's school.

Sincerely,  
Lynn Brown, MSAD#29 School Health Coordinator  
521-0365

*This program is sponsored by MSAD#29 Food Services and the Coordinated School Health Program.*