



Dear Families,

This year your child will participate in a nutrition education program designed to teach him or her how to choose healthy snacks and be more physically active. The program is called BASICS and we use Pick a **better snack™** and **Act** lessons and materials.

Your child will have an opportunity to taste a variety of fruits, vegetables and low-fat milk products in a kid-friendly environment. They will explore new ways to have fun and be active with their friends and family and understand why this is important to their health.

What are the goals of the program?

Provide information and strategies to help children and their families:

Eat more fruits and vegetables.

Be physically active every day.

Consume fat-free or low-fat milk or milk products every day.

These program goals are consistent with the 2010 Dietary Guidelines for Americans and the Health Promotion Unit of the Iowa Department of Public Health. For more information on Pick a **better snack™** & **Act** visit:

www.idph.state.ia.us/pickabetersnack