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December 13th, 2011

Dear PS 11 Families,

I am writing to you on behalf of the Food Committee and School Leadership Team. As you know, one of our goals at PS 11 is to encourage our students to make healthy choices when selecting the food they eat. We are proud to have programs that promote and teach children about healthy decision-making. Our partnership with Wellness in the Schools works from the premise that healthy bodies make healthy minds. Chef Cynthia, our liaison from Wellness in the Schools has provided our children with many great experiences around food choice and preparation. Our students have participated in preparing and cooking the foods that appear on our school menu as well as actively learning about the benefits of eating certain vegetables and protein. The children have even had the opportunity to work with famed chefs Alex Guarnaschelli and Amanda Freitag from the shows *Chopped* and *Iron Chef*.

In order to demonstrate the sustainability of Wellness in the Schools, it is essential that the program is seen as being an effective and viable option for our children. We would like to show that this program is vital not only for the PS 11 community, but for all children who eat lunch in any public school. To support the non-profit organization, Wellness in the Schools, we would like for our school to increase the number of school food trays that are served on a daily basis. **Starting the week of December 19th, we would like to promote eating school lunch.** To assist in this initiative, we have set a goal of increasing the number of days that each child eats at school by one. In other words, if your child eats a school lunch 1 day a week, we are asking you to encourage your child to eat from the school menu two days a week. We recognize that many of our students like their home meals. We have taken this into consideration, and have decided, as a committee, that the children could opt to bring their own lunch from home and complement that lunch with a refreshing salad or vegetables from our school's salad bar. **The cost of lunch is \$1.50, which includes a hot meal, milk, fruit and a variety of choices from the salad bar.**

Please help us support this initiative and promote Wellness in the Schools Movement towards healthy eating, environmental awareness and fitness as a way of life for kids in New York City's public schools. For more information about our school wide initiative and to view our school's monthly lunch menu visit our website online at PS11chelsea.org

Sincerely,

Bob Bender
Principal

