



Dear \_\_\_\_\_

I would like to introduce you to the Build Healthy Kids® school and community program. It is based on the USDA's Dietary Guidelines and the recommendations of the American Academy of Pediatrics. It is not a curriculum but rather an outline that will work with any and all existing health and wellness initiatives that you have going on in your school.

This program helps teachers, food service personnel and the families of students.

The foundation of the program is a free, two-sided newsletter that is distributed to students either through their backpacks (need cost of printing) or by email (free). See attached description (attach the Build Healthy Kids® SCHOOL DESCRIPTION). Each month the school and community can get together so that children hear the same messages at their school, home, pediatrician's office as well as their local community. One month the topic is on vegetables for example. The handout will teach parents why eating 3 vegetables a day is important. The Build Healthy Kids® social media will support that change, local grocery stores can highlight the vegetables and the child's pediatrician is also supporting the family to make a healthy change.

I hope that you will help me to reverse the prevalence of diabetes, obesity, heart disease, and a host of other conditions caused by our children's dietary and activity choices. Please contact me if you have any questions or concerns. Together we can make sure that this generation of children lives as long as their parent's generation.

In health,

Dr Deb (PhD in nutritional biochemistry from Tufts; worked at Yale/Griffin PRC, Columbia, Tufts and Cornell)

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