October [INSERT DATE], 2021

Dear Parent,

On Wednesday, October 21, 2021 [INSERT SCHOOL/ORGANIZATION NAME] will be participating in Apple Crunch, a statewide celebration of healthy snacks supported by The GIANT Company.

To celebrate Apple Crunch, youth at [INSERT SCHOOL/ORGANIZATION NAME] will be [INSERT EVENT DETAILS HERE].

Studies show that it is important to have at least five servings of fruit and vegetables every day. Why? Fruits and veggies:

* Add color, texture, and appeal to your plate
* Are nutritious in any form — fresh, frozen, canned, dried and 100% juice
* Are naturally low in calories
* Provide fiber that helps fill you up and keeps your digestive system happy
* Are rich in vitamins and minerals that help you feel healthy and energized

By working together, we can help today’s children lead active, healthy lives!

For more information on this event and ways you and your family can make healthier food and activity choices at home, please visit med.psu.edu/PROwellness.

Thank you for your support,

[INSERT CONTACT NAME]

[INSERT CONTACT TITLE]

*Apple Crunch is a program of Penn State PRO Wellness. For more information, visit med.psu.edu/PROwellness.*