April [INSERT DATE], 2022

Dear Parent/Caregiver,

On April 6, [INSERT SCHOOL/ORGANIZATION NAME] is participating in Go for the Greens, a statewide celebration of green vegetables supported by The GIANT Company.

To celebrate Go for the Greens, students 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

Celebrating Go for the Greens is just another way, that [insert school/organization name] is helping today’s children learn how to lead active, healthy lives! Please join us in our efforts by making fruits and vegetables of all colors available in your home.

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]

*Go for the Greens is a program of Penn State PRO Wellness Center. For more information, visit med.psu.edu/PROwellness.*