

Dear Parents:

Today your child received a visit from the “Fit Foodies” Club.

Look at the Membership card! Reinforce the ideas that we should be eating more fruits and vegetables; really half of our plate. Help your child make a tasting scrapbook...a journal of healthy foods you have tasted together.

Read books about healthy foods.

- **Look for Lois Elhert’s Eating the Alphabet or Planting Vegetable Soup.**
- **Find Eric Carle’s Very Hungry Caterpillar or Today is Monday.**
- **There are numerous versions of the classic Stone Soup, the original by Marcia Brown.**
- **Look at the library for funny photography using fruits and veggies in Saxton Freymann’s Fast Food or How Are You Peeling?**
- **Charlie and Lola fans will enjoy I Will Never, Not Ever, Eat a Tomato by Lauren Child.**

Try to do more physical movement instead of watching TV, playing computer games or enjoying all of the new electronics available to kids today. Enjoy the outdoors, even as the seasons turn cold. Bounce a ball, play catch, hopscotch or just run around! Walk the dog, park far away from the supermarket or mall, walk around the block. Hop, skip, jump, gallop...try different ways to move.

Thanks for participating with us.

Fit Foodies is a collaborative project of Camden Co. College and NJAEYCSouthern Affiliate 221