



Sandra Montañez-Diodonet, Ed.D.  
Superintendent of Schools

Jessica Tomczyk  
Coordinator of Food Services



Dear Parents/Guardians:

Our schools will be participating in a special **Fresh Fruit and Vegetable Program** for the 2023-2024 school year. **We will be offering fresh fruits and vegetables as snacks.** We are excited to have been awarded this grant to provide our school children at **Martin Luther King School #6, Ulysses S Grant School #7, Casimir Pulaski School #8, Etta Gero School #9, William B Cruise School #11, Vincent Capuana School #15, Daniel Ryan School #19, Gifted and Talented School #20, Sonia Sotomayor School #21, Mahatma Gandhi School #25** with healthy, nutritious foods. **The NJ Department of Agriculture awarded this program to only 210 schools throughout the state.**

**Two days each week your child or children will enjoy a fruit or vegetable.** Occasionally, there will be **information and recipes** sent home for you as a family to participate in promoting and increasing your consumption of fruits and vegetables

Please try to extend your child's/children's fruit and vegetable experience by **encouraging fruits and vegetables at mealtimes and for snacks.** Your participation will contribute to the success of this project!

**The goals of the fruit and vegetable program are as follows:**

- ✓ Increase Children's Fruit & Vegetable Consumption
- ✓ Create Healthier Schools
- ✓ Promote Wellness
- ✓ Change Children's Diets to Impact their Future Health

We hope you will extend our goals among your family and promote fruits and vegetables at home. Thank you for your support!

**Remember --- Eat More Fruits and Vegetables Everyday!**

Sincerely,

Jessica Tomczyk

Coordinator of Food Services

Department of Food Services

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Estimado Padre/Encargado:

Nuestras escuelas estarán participando en un **programa especial de Frutas y Vegetales Frescos** en el año escolar 2023-2024. **Estaremos ofreciendo frutas y vegetales frescos como merienda.** Estamos entusiasmados de haber recibido este otorgamiento que va a contribuir a que nuestras escuelas **Martin Luther King School #6, Ulysses S Grant School #7, Casimir Pulaski School #8, Etta Gero School #9, William B Cruise School #11, Vincent Capuana School #15, Daniel Ryan School #19, Gifted and Talented School #20, Sonia Sotomayor School #21, Mahatma Gandhi School #25** provea a los niños comidas saludables y nutritivas. **El Departamento de Agricultura de Nueva Jersey otorgo este programa a solo 210 escuelas en el estado.**

**Dos días cada semana su niño(s) disfrutaran de una fruta o vegetal fresco.**

Frecuentemente, enviaremos **información y recetas** a sus casas para que la familia participe en la promoción y el aumento del consumo de frutas y vegetales.

Por favor trate de enriquecer la experiencia de su niño(s) respecto al consumo de frutas y vegetales frescos **incluyendolos en las comidas en la casa y en las meriendas.** Su participación contribuirá al éxito de este proyecto!

**Las metas del programa de frutas y vegetales son las siguientes:**

- ✓ Aumentar el consumo de frutas y vegetales en los niños
- ✓ Crear escuelas más saludables
- ✓ Promover salud y bienestar
- ✓ Cambiar los hábitos alimenticios de los niños para una mejor salud en el futuro

Esperamos extender nuestras metas para con su familia y así promover el consumo de frutas y vegetales frescos en el hogar. Gracias por su apoyo! **Recuerden --- Consuma más frutas y vegetales todos los días!**

Sinceramente

Jessica Tomczyk

Coordinadora de Servicios Alimenticios

Department of Food Services

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