



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 2024-2025 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, William B Cruise School #11, 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 190 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

Phone: 973.470.5430 | 663 Main Ave, Passaic, NJ 07055 | jtomczyk@passaicschools.org



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Estimado Padre/Encargado:

Nuestra escuelas estara participando en un **programa especial de Frutas y Vegetales Frescos** en el año escolar 2024-2025. **Estaremos ofreciendo frutas y vegetales frescos como merienda.** Estamos entusiasmados de haber recibido este otorgamiento que va a contribuir a que nuestra escuelas **Martin Luther King School #6, Ulysses S Grant School #7, William B Cruise School #11, 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 190 escuelas en el estado.**

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

Frecuentemente, enviaremos **informacion y recetas** a sus casas para que la familia participe en la promocion 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 participacion contribuira al exito 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 mas saludables
- ✓ Promover salud y bienestar
- ✓ Cambiar los habitos alimenticios de los niños para una mejor salud en el futuro

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

Sinceramente

Jessica Tomczyk

Coordinadora de Servicios Alimenticios

Department of Food Services

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