



(888)939-1399

PO Box 97, Bolton, MA 01740

Healthy: "Build-a-Tray" helps your child make nutritious choices

Easy: Your child matches the 5 sections on the interactive tray

Simple: Numbers, shapes and colors make good choices easy!

A New, Interactive 'Eat Right' School Lunch 'Game' ... Helps Your Child Discover & Get ... Proper Nutrition!

Dear Parents,

As part of our ongoing efforts to make sure your child gets the nutrition he or she needs from his or her school lunch, we're pleased to introduce "Build-a-Tray" to your child's school.

"Build-a-Tray" is a educational, interactive and fun game that graphically encourages your child to make healthy, nutritious choices at school—and responds to your concerns that while in our school, your child gets the nutrition he or she needs to help prevent obesity and weight-related diseases such as diabetes.

"Build-a-Tray" makes it ok to play with food! It simplifies the food selection process, guiding your child with clear, colorful and engaging decorations to make sure he or she puts the *right food in the right place at the right time*—thereby getting one-third of the U.S. Recommended Daily Allowance (RDA).

How it works: Playing "Build-a-Tray" is easy. At the start of the lunch line, your child picks up a pre-marked tray with the numbers 1-5. Each number corresponds to a shape and color:

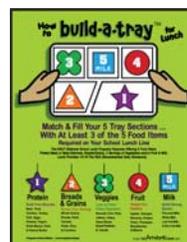


The Tray

Actual tray has no color



- Purple Star = Protein
- Orange Triangle = Grain
- Green Clover = Vegetable
- Red Circle = Fruit
- Blue Square = Milk



The Poster

Your child wins when, at the end of the lunch line, he or she has filled each space in his or her tray with the right food.

What you can do: Just talk to your child about the five shapes and colors and the importance of making healthy, nutritious choices. We'll do the same in our school. *Note:* "Build-a-Tray" also gives you a program you can implement in your home and thus reinforce the game your child plays every day in our school.

Together, in a fun, interactive and engaging way, we can help your child make nutritious choices that will keep him or her healthy his or her whole life.

Sincerely,

Madeleine C. Diker

Madeleine C. Diker
Food Service Director

P.S. Encourage your child to play "Build-a-Tray" by putting the right foods, in the right spots, on his or her tray.