

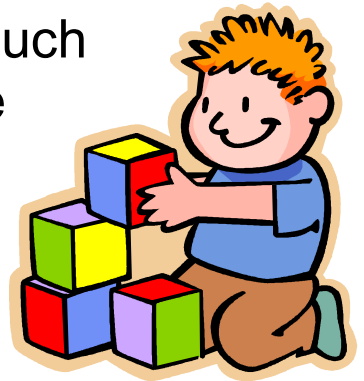
Food For Thought

Dear Parents,

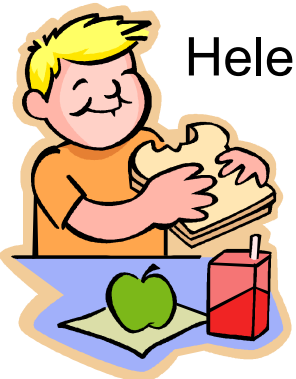
Snack time is an important part of our curriculum. The children will experience a variety of healthy foods and learn about their benefits.



What our children eat affects much more than the fact that they are not hungry any more. There is much research now on the role children's diets play in ability to learn and their behavior.



The first newsletters will address the topic of breakfast since this is such an important meal when children start school. I hope you will learn some new things that will help you with your child's diet on an ongoing basis.



Helen Spaulding, Preschool Director