



Dear Parents,

This March for National Nutrition Month, our school will be participating in the VegOut! Challenge, an easy, delicious food adventure created by Recipe for Success Foundation to encourage children and adults to increase their regular intake of fresh vegetables. The challenge is simple - eat 30 different vegetables in 30 days - and anyone can participate!

Texas is one of 12 states where more than 30% of the population is obese and at risk for a staggering array of chronic disease tied to unhealthy weight. The problem has expanded to include even the youngest of our children. Everyone knows we need to eat healthier, but it's not always easy. Doctors tell us that there is no faster, more effective way to improve our health than by eating more fresh produce. In fact, the National Institute of Health says 1/2 of our plate at every meal should be devoted to veggies. So, let us help you get started eating more veggies with some fun.

Participate by registering online at [www.vegoutwithrfs.org](http://www.vegoutwithrfs.org) and completing your Veggie Log. Veggie Logs should be returned to the school by April 1<sup>st</sup> to be eligible for prizes. You can also check out our monthly calendar for events and activities!

See you in the produce aisle!



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