

Dear Parents

Our class is taking part in the **Brown Bag Olympics** - a fun, easy nutrition education activity being promoted by the PEI Healthy Eating Alliance. Our class has been training for the Olympics by reviewing the Olympic Food Guide.

The Olympics will run from _____ to _____. During this period students will check their recess snack or lunch each day to see if it contains "Olympic" foods (foods that fit into the Olympic Food Guide). The class will be awarded a medal and points depending on the percentage of the class that has an Olympic snack or lunch. We would appreciate it if you would help your child plan Olympic recess snacks or lunches that he/she will eat at school.

An Olympic **snack** contains one food choice from **two of the four food groups**. An Olympic **lunch** contains one food choice from **all four food groups** on the Olympic Food Guide (attached).

The medal criteria for an Olympic qualifying recess snack or lunch are:

Gold Medal (3 points):

- at least 80% of the class

Silver Medal (2 points):

- between 40-80% of the class

Bronze Medal (1 point):

- 40% or less of the class

At the end of the Brown Bag Olympics we will add up how many points we earned as a class. This is a class activity, not an individual competition. We will receive a class certificate of recognition from the PEI Healthy Eating Alliance. The class with the most points will win a prize!

We thank you in advance for helping us making the **Brown Bag Olympics** an enjoyable learning experience.

Sincerely

(Teacher's Signature)