

Date _____

Food Groups for the Food Bank

Dear Parent,

In learning about nutrition, we are also learning that some people's tables need our help.

We are asking students to bring one food to class for learning purposes, which will later be donated to our local food bank. Please choose a food with them that represents one of the food groups we are learning about. We would appreciate food in boxes, cans, or bags. For Example, for the:

- ☺ **Grain Group** - pasta, rice, couscous, quick bread mixes, pancake mixes, etc.
- ☺ **Fruit and Vegetable Group** – cans
- ☺ **Milk Group** – cans of evaporated milk or boxes of powdered or shelf-stable milk, etc.
- ☺ **Meat Group** – cans or boxes of meat, fish, beans, powdered eggs, dried beans, etc.

Tomorrow, each student will put their contribution on the class **Food Group Table** in the correct category. At the end of the week all the food will be put into bags and dropped off at the food bank.

Sincere thanks for your donation. It will help your child learn about nutrition as well as the positive aspects of assisting their community.

