

Dear Parents / Guardians,

Breakfast **IS** the most important meal of the day. It is essential to our health and it helps our children do their best in school. Still many children and adults skip breakfast. Our school will be participating in the Hawaii 5210 Let's Go! Breakfast Campaign and we would like your help!

Children learn about healthy lifestyles at home. Help your children be healthy and ready to learn by making sure they eat breakfast every day. You are the most important role model for your child so remember to eat breakfast yourself!

Over the next few days, we'll talk about the importance of breakfast in the classroom. The kids will receive materials on breakfast to share with you at home.

We would like to remind you that our school has a breakfast program. We encourage you to eat breakfast at school – the foods are delicious and nutritious. Please contact your school food service representative or the school office if you have any questions about this program.

If you would like more information on breakfast and healthy living, visit the Hawaii 5210 website at www.Hawaii5210.org

Sincerely,