Dear Parent / Teacher,

Your child / students will be participating in the *Food, Farming, and Fun* program presented by McMillen Health on .

Captain Carbohydrate, Premium Protein, Fabulous Fats, and the rest of the Super Nutrient team help students uncover the role of nutrients in a balanced diet. The team reveals why we should eat nutrient dense foods and the important sources of these foods. Students experience where their food comes from by putting together the steps of the farm to table process. This program ends with an activity about the parts of plants that our bodies use for energy.

Our goal is to provide a learning experience that is both fun and informative. Please email me at sgleason@mcmillenhealth.org or call me at 260-456-4511 or toll free at 1-888-240-7268 should you have any questions concerning this program. If I am not available, another Health Educator will be happy to assist you!

Thank you for scheduling this program with McMillen Health!

Sincerely,



Shannon Gleason

Director of Educational Services